

Lifetime Wellness - Matt Eads, Laura Cook, Beau Haldren, Tyler Devault, David Whaley, Beth Higgins

Lifetime Wellness Module 1

<https://www.youtube.com/watch?v=CiOBhgxdhYo>
<https://www.youtube.com/watch?v=j7CcaUZrUoE>
<https://www.youtube.com/watch?v=Orj7p3KQcyQ>
<https://www.youtube.com/watch?v=uM8yQNZ0x10>
<http://www.choosemyplate.gov/>
http://www.medicinenet.com/exercise_and_fitness_pictures_slideshow/article.htm
<https://www.youtube.com/watch?v=lyjfx47HTLQ&t=7s>
<https://www.youtube.com/watch?v=emBa3HDVZ9Y>
https://www.myfooddiary.com/resources/ask_the_expert/aerobic_vs_anaerobic.asp
https://www.myfooddiary.com/resources/ask_the_expert/muscle_fiber_type.asp
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<https://www.youtube.com/watch?v=yAFb0vxopmc>
<https://www.youtube.com/watch?v=yA53yhiOe04>
<http://healthyliving.azcentral.com/examples-shortterm-fitness-goals-1271.html>
<https://www.youtube.com/watch?v=aUalnS6HIGo>

Lifetime Wellness Module 2

<https://familydoctor.org/mindbody-connection-how-your-emotions-affect-your-health/>
https://www.youtube.com/watch?v=Cy2_pKIQLA
<https://youtu.be/OfL-pn80s-c>
<https://www.youtube.com/watch?v=ihO02wUzgkc>
<https://www.psychiatry.org/patients-families/suicide-prevention>
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<https://www.nami.org/learn-more/mental-health-conditions>
<https://www.youtube.com/watch?v=49mfPFTZsHs>
<https://www.youtube.com/watch?v=Q2BJsOQypuw>
<https://www.healthline.com/health/interpersonal-conflict>
<https://www.youtube.com/watch?v=PEEEJLrJcM>

Lifetime Wellness Module 3

<https://cpr.heart.org/en/resources/what-is-cpr>
<https://www.redcross.org/take-a-class/first-aid/first-aid-training>
<https://staysafeonline.org/resources/online-safety-basics/>
https://www.youtube.com/watch?v=zmH_fwQuh4c
<https://kidshealth.org/en/kids/broken-bones.html?WT.ac=ctg>
<https://www.youtube.com/watch?v=NTS5r1lIVao>
<https://www.youtube.com/watch?v=641UbqBPOVA>
<https://www.youtube.com/watch?v=l3pvuYMcPg4>
<https://www.psychologytoday.com/us/blog/the-wide-wide-world-psychology/201506/why-are-teen-brains-designed-risk-taking>
<https://www.youtube.com/watch?v=FvszaF4vcNY&t=9s>
<https://www.ic3.gov/>
<https://report.cybertip.org/>
<https://www.webmd.com/teens/default.htm#3>

Lifetime Wellness Module 4

<https://www.washingtoncountyttn.org/node/179>
<https://www.plannedparenthood.org/learn/teens/relationships>
<https://kidshealth.org/>
<https://10minutesofqualitytime.com/family-relationships-influence-us/>
<https://www.youtube.com/watch?v=iPSH7PDEqA8>
<https://www.youtube.com/watch?v=o4Y5Mr8rZ9A>
<https://www.youtube.com/watch?v=HwgZQ1DqG3w>
<https://www.youtube.com/watch?v=oFIUqgYqt1A>
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<https://www.mayoclinic.org/healthy-lifestyle/labor-and-delivery/in-depth/stages-of-labor/art-20046545>
<https://www.institute4learning.com/resources/articles/the-12-stages-of-life/>
<https://www.cdc.gov/std/>
<https://medlineplus.gov/sexuallytransmitteddiseases.html>

Lifetime Wellness Module 5

<https://www.samhsa.gov/find-help/national-helpline>

<https://www.mayoclinic.org/departments-centers/psychiatry/addiction-services/services/intensive-addiction-program>
<https://www.youtube.com/watch?v=PCnxHnfbgZY>
https://www.youtube.com/watch?v=WUsO6PH_O54
<https://www.youtube.com/watch?v=SCWIIbrRVLg>
<https://www.youtube.com/watch?v=FvszaF4vcNY>
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<https://www.youtube.com/watch?v=NPINCqBHPnE>
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<https://www.youtube.com/watch?v=JCn0L7m5gTQ>
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