



Research shows that college students' lifestyle behaviors affect their academic performance.

*What if...*

Students *participated in safer and healthier lifestyle behaviors?*

This book provides an evidence-based approach for your students to learn important health information and behavioral techniques to help them pursue safer and healthier habits, which can positively impact their academic outcomes!

***Living & Eating Your Way to a Better GPA:  
50 Keys to Unlock Your Success  
(based on an award-winning seminar)***

by

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Therese Pasqualoni is a behavioral therapist and public health specialist, with more than 14 years of research and educational experience, including three degrees and 10 health-related certifications. She has implemented over 970 presentations, more than 3,900 counseling sessions, over 1,200 exercise sessions, along with creating numerous health programs. Her latest endeavor is the formulation of a college-based seminar and author of a new book, *Living & Eating Your Way to a Better GPA*, to help students pursue safer and healthier lifestyle habits, while decreasing their risk of preventable health-related issues and increasing their ability to achieve higher levels of academic success!



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