



HEALTH

MRS. AMANDA HUNTER

CONTACT INFO

CLASS: MONDAYS AT 11 AM ET, SPRING
MRSHUNTERRUNS@GMAIL.COM
(765) 430-1368
OFFICE HOURS BY APPOINTMENT

CLASS MATERIALS

TOTAL HEALTH TEXTBOOK
(HIGH SCHOOL ED.)
BY SUSAN BOE

OVERHEARD

“THANK YOU FOR YOUR EXCELLENT TEACHING! K HAS LOVED LEARNING FROM YOU AND SHE HAS LEARNED AND IMPROVED IN HER STUDY SKILLS SO MUCH SINCE BEGINNING YOUR CLASS. SHE HAS ALSO TAKEN A MORE SERIOUS INTEREST IN ANATOMY AND PHYSIOLOGY AND BIOLOGY. WE ARE GRATEFUL TO HAVE HER LEARNING FROM A CHRISTIAN PERSPECTIVE.”

“THANK YOU! THIS CLASS EXCEEDED MY EXPECTATIONS! YOU DID A FABULOUS JOB, AND I'M SO HAPPY THAT N HAD THIS EXPERIENCE WITH YOU!”

“THE TIME WE SPENT WITH YOU CREATED A DEEP CONNECTION BETWEEN YOU AND MY FAMILY.”

ABOUT THIS CLASS

HOW SHOULD I DEAL WITH STRESS?
CAN VEGETABLES ACTUALLY TASTE GOOD?
CAN EXERCISE HELP TO PREVENT CERTAIN CHRONIC DISEASES?
IS HEALTH MORE THAN EATING FRUITS AND VEGETABLES?

WE WILL EXPLORE THE ANSWERS TO THESE QUESTIONS AND MANY MORE AS WE TAKE A BIBLICAL APPROACH TO THE STUDY OF OVERALL HEALTH.

THIS IS A VERY PRACTICAL CLASS WHERE STUDENTS WILL TRY NEW RECIPES, LEARN BUDGETING, CREATE A FRUGAL, HEALTHY MEAL PLAN, PRACTICE GOAL SETTING AND ACCOUNTABILITY, CREATE A BODY SYSTEMS NOTEBOOK, AND LEARN HOW PRECIOUS THEY ARE IN THE EYES OF OUR CREATOR.



MEET MRS. HUNTER

I AM THE WIFE OF MY HIGH SCHOOL SWEETHEART AND MAMA OF 2! I ALSO HAVE MY DOCTORATE IN PHARMACY, AM A REGISTERED PHARMACIST AND CERTIFIED HEALTH COACH. I LOVE TEACHING - MY OWN CHILDREN, THOSE IN OUR RURAL COMMUNITY, AND MY ONLINE ANATOMY AND PHYSIOLOGY AND HEALTH STUDENTS. I AM PASSIONATE ABOUT NUTRITION AND FITNESS AND THE EFFECT THEY HAVE ON HEALTH, AND I HOPE TO INSPIRE STUDENTS TO CARE FOR THEIR BODIES. MY ULTIMATE GOAL IS TO GLORIFY GOD AND TO HELP STUDENTS TO DO THE SAME!