



Traci Lengel is a bestselling author and Health and Physical Education teacher in the Pocono Mountain School District. With more than twenty-five years of experience, Traci's knowledge in movement education, motor development, lifelong fitness/wellness, health education, curriculum development and educational publication has contributed to the success of her insightful programs. Additionally, Traci is an adjunct professor at La Salle University in Pennsylvania and The College of New Jersey. In conjunction with these positions, she is a designer/coauthor of three graduate courses with Mike Kuczala. These highly esteemed graduate courses, titled *Wellness: Creating Health and Balance in the Classroom*, *The Kinesthetic Classroom: Teaching and Learning through Movement* and *The Kinesthetic Classroom II: Moving Across the Curriculum*, have had a profound effect on the personal and professional lives of thousands of educators. Furthermore, Traci is coauthor of the book *The Kinesthetic Classroom: Teaching and Learning Through Movement*, which was published in 2010 and is widely known as a best-selling educational publication.

Known for her enthusiasm, innovation, work ethic and passion, Traci devotes much of her time to both her personal and professional successes. With her motivational teaching methodology, she presents and facilitates workshops and provides keynote presentations for development programs in the areas of wellness, stress management and teaching and learning through movement. Her ultimate professional challenge is to inspire educators at all levels to incorporate movement into their daily teaching. Traci's greatest joy is the unconditional love and support she shares with her family and friends. She is kindhearted and committed to bringing fun and laughter to education and the people who share her journey. Traci is persistent, dedicated and leaves a lasting impression.