



Student Body is an FCCLA national peer education program that helps young people learn to eat right, be fit, and make healthy choices. Its goals are to: help young people make informed, responsible decisions about their health, provide youth opportunities to teach others, and develop healthy lifestyles, as well as communication and leadership skills.

The teen years are an ideal time to establish healthy attitudes and habits to last a lifetime. Unfortunately, many of our youth are not physically fit, have poor eating habits, and are often bothered by a lack of self-esteem. Teen idea and information exchanges are ideal ways to accomplish changes in attitudes. Student Body gives teens the facts and incentives they need to build a healthy body, both today and in the future.

Student Body Units:

To help members focus their projects, Student Body addresses three units. Members may complete projects in one or several units:

- **Eat Right** — Explore good nutrition, eating disorders, healthy snacks, supplements, vegetarianism, and more
- **Be Fit** — Take action related to lifelong exercise habits, obesity, sports training, and other topics
- **Make Healthy Choices**— Choose a positive lifestyle by avoiding drugs, alcohol, and tobacco; managing stress; building self esteem; and practicing good character.

Awards:

FCCLA offers national recognition to chapters that complete FCCLA Student Body projects. This honor includes cash awards and special recognition at the National Leadership Conference and in the online *Teen Times* magazine. Chapters apply online for recognition for their hard work and innovative projects with the National Student Body Program Award Application.

- High School Award — \$1,000
- Middle School Award — \$1,000
- Runner-Up Award — \$500

Resource: American Dietetic Association <http://www.eatright.org>