



Eat right, be fit, and make healthy choices through FCCLA's Student Body program.

The FCCLA Student Body peer education program helps young people learn to eat right, be fit, and make healthy choices.

Student Body Goals

- 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

Student Body Units

To help members focus their projects, Student Body addresses three (3) units. Members may complete projects in one (1) 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.

Partners

- Action for Healthy Kids, www.actionforhealthykids.org
- American Cancer Society, www.cancer.org
- American Cleaning Institute, www.cleaninginstitute.org
- March of Dimes, www.marchofdimes.com
- National Day to Prevent Teen Pregnancy, www.teenpregnancy.org
- National Dairy Council, www.nationaldairycouncil.org
- National Sleep Foundation, www.sleepfoundation.org

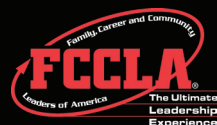
Awards

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

Student Body cash awards

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

Deadline: Award Applications must be submitted online by March 1. The online award system will automatically close March 1, 11:59 p.m. EST.



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