

State Community Service Activity



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. Student Body gives teens the facts and incentives they need to build a healthy body, both

today and in the future.

This year's Michigan State Community Service Activity is being tied in with FCCLA's Student Body national peer education program that helps young people make informed, responsible decisions about their health, provides youth opportunities to teach others, and develops healthy lifestyles along with communication and leadership skills.

- The Healthy You - Empowering teens to make wise food and lifestyle choices
- The Fit You - Empowering teens to take charge of their health and their level of fitness
- The Real You - Empowering teens to maintain positive mental health
- The Resilient You - Empowering teens to live in ways that build emotional health

Also submit your projects to earn recognition at the national level!

For more information, and sample lesson plans, go to:

<http://fclclainc.org/programs/student-body.php>

For the Michigan FCCLA State Community Service Activity, a chapter must complete:

- One activity in any unit in to receive the Bronze award
- Two activities in any unit to receive the Silver award
- Three activities in any unit to receive the Gold award

**The recognition form deadline is
March 1st**



State Community Service Activity *Recognition Form*

Deadline: March 1, 2019

This year's Michigan State Community Service Activity is being tied in with FCCLA's Student Body national peer education program that helps young people make informed, responsible decisions about their health, provides youth opportunities to teach others, and develops healthy lifestyles along with communication and leadership skills.

Fill out the application below to receive recognition at the State Leadership Conference.

- Bronze Recognition** - One activity in any unit in to receive the Bronze award
- Silver Recognition** - Two activities in any unit to receive the Silver award
- Gold Recognition** - Three activities in any unit to receive the Gold award

Chapter: _____ Adviser: _____

Total Number of Activities: _____ # of members participating: _____ # of people assisted: _____

Please give a brief description of your activity(s): *Attach additional pages as necessary.*

Project 1 (Bronze):

Project 2 (Silver):

Project 3 (Gold):

Fax to: 734-487-4329
Or Scan & Email to: crodrigue1@emich.edu

DEADLINE: March 1, 2019