

Student Body Goals and Topics

Student Body is...

a national FCCLA peer education program through which young people learn to—

- eat right;
- be fit;
- 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.

Student Body is sponsored by—

Family, Career and Community Leaders of America (FCCLA).

Student Body Topic Areas

Student Body projects relate to one of three topic areas.

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 healthy lifestyle by avoiding drugs, alcohol and tobacco; managing stress; building self-esteem; and practicing good character.