

Student Body Mixer

Do your peers eat right, stay fit, and make healthy choices? Read the statements in each box. Then, find a person to match the statement in each box, and get their signature. Each person may sign only once.

Exercises every day	Does not smoke	Follows a vegetarian diet	Takes nutritional supplements
Eats five fruits and vegetables every day	Is NOT trying to lose weight	Has at least one hobby that involves being active outdoors	Can name one way to show good character
Has been offered tobacco, alcohol or another drug	Can name or describe an eating disorder	Had a nutritious breakfast today	Participates in a sport they could still be doing 30 years from now
Believes a healthy lifestyle is important for young people	Had a healthy snack within the past 24 hours	Drinks at least 8 glasses of water every day	Has used a positive way to deal with stress in the past two weeks