STUDENT BODY
NATIONAL PROGRAM INFORMATION SHEET

STUDENT BODY

HEALTHY, FIT, REAL, AND RESILIENT

Student Body helps FCCLA Members make informed, responsible choices about physical, mental, and emotional health while providing opportunities to educate peers. Through classroom learning and student-led projects, members examine everyday habits, practice self-awareness, and support healthier school and community environments.

STUDENT BODY ESSENTIAL TOPICS

THE HEALTHY YOU	THE FIT YOU	THE REAL YOU	THE RESILIENT YOU
Explore food, nutrition, and lifestyle choices that contribute to well-being.	Consider physical activity and personal fitness choices.	Promote positive mental andemotional health and healthy self-understanding.	Develop coping skills and practices that support long-term wellness.

HOW STUDENT BODY WORKS

1. **LEARN:** Explore nutrition, movement, mental wellness, and resilience with age-appropriate activities and reputable information.
2. **PLAN:** Use the FCCLA Planning Process to identify a wellness education need, create activities, and decide how to evaluate them.
3. **LEAD:** Share peer education, encourage realistic healthy habits, and gather feedback on awareness and learning.

INSIDE THE PROGRAM GUIDE

- 4 comprehensive units: The Healthy You, The Fit You, The Real You, and The Resilient You
- 8 ready-to-use lesson plans
- Over 100 interactive activities and wellness education ideas
- Connections to Family and Consumer Sciences health, nutrition, and personal well-being topics

WHAT PROJECTS CAN LOOK LIKE

- **NUTRITION LITERACY ACTIVITY:** Use food labels and meal-planning examples to explore informed everyday choices. Invite participants to explain why different options might meet their needs.
- **MOVEMENT AND FITNESS CHALLENGE:** Invite peers to set accessible physical activity goals and reflect on progress. Offer multiple participation options and support reflection without comparisons.
- **MENTAL WELLNESS AWARENESS:** Develop a peer resource guide on stress management and seeking appropriate support. Provide information on school or community support resources.
- **RESILIENCE SKILLS WORKSHOP:** Practice coping tools, identifying trusted adults, and positive responses to setbacks. Discuss the value of trusted support networks and realistic coping plans.

NATIONAL RECOGNITION

Chapters may apply for a Student Body National Program Award through the FCCLA Portal. Applications are due **March 1.**

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

GET THE PROGRAM

Included with Membership Packages

The digital National Program Guide is included in the FCCLA Knowledge Hub with eligible chapter membership packages.

Digital guides may be purchased through the FCCLA Portal E-Store for $60.

Designed for classroom and chapter use, Student Body integrates nutrition, physical activity, mental well-being, and resilience with student-led learning and responsible health choices.

For more information, **visit fcclainc.org** or email **programs@fcclainc.org.**