







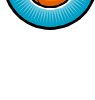


The 9 power standards of health....

-  Understand human growth and development, especially as it relates to nutrition and body composition
-  Understand how emotions influence decision-making, both good and bad
-  Incorporate stress-reduction strategies into daily life
-  Understand the concept of self-control and prevention of disease as it relates to personal choice and social responsibility
-  Acquire skills necessary to live safely, thus reducing both long-term and short-term health risks
-  Locate reliable, reputable health resources. Discriminate between fact and fiction, (a.k.a. propaganda)
-  Competent consumer consumption (CCC) Buyer beware!
-  Develop lifelong fitness plan and monitoring system relevant to an individual's life goals
-  Contribute to and promote the health and well being of family and friends

.....because gray matters!

