

INLAND SECTION

2021-2022



FBLA

STAYS
FIT

Geared to encourage FBLA members:

To increase their knowledge of how to maintain & implement healthy actions into their daily lives

COMPLETION

- Requires a minimum of **75** points
- All activities must be completed from this FBLA calendar year
- You must only use the project template PDF provided to complete your project
- Your name & chapter must appear on all project pages (no credit otherwise)
- 1 PDF file per member (including project file and photos)
- Check with your adviser to see if they have an earlier "due to them" date

SUBMISSION

No student submissions accepted.

Advisers, submit:

- On or before December 10, 2021
- Via official school EMAIL to inlandstaysfit@cafbla.org
(Email also posted - cafbla.org, Inland Section page)
- Combine **ALL** student entries into one PDF, with a typed cover page listing all participating members
- Do NOT send links to shared folders
- Do NOT send from generic chapter emails

QUESTIONS?

Annie Pan, Inland Section VP of Programs at apan@cafbla.org

FBLA STAYS FIT

Project Guide

1. Open the Stays Fit activity document from the CA FBLA website (Inland tab)
2. Go to tinyurl.com/staysfittemp to make a copy of the project template
3. Upload **ALL** responses and pictures into appropriate grids on the activity log (Add/delete rows as necessary)
4. Attach a scanned copy of your signed activity document to the template
5. Complete activities and achieve a minimum of 75 points
6. Submit to your adviser!

FBLA STAYS FIT

NAME:

CHAPTER:

#	ACTIVITY	REQUIREMENTS <i>(activities highlighted in blue box are REQUIRED activities)</i>	POINTS	DATE	INITIAL OF ADVISER!
1.	Become a leader by promoting and fostering healthy habits	Develop and attach a Public Relations Flyer which includes: <ul style="list-style-type: none"> 5 Benefits of staying physically fit 5 Steps people can take to become fit 	<div style="background-color: #004a7c; color: yellow; padding: 10px; border: 1px solid black;"> <p>REQUIRED ACTIVITY</p> <p>NO POINT VALUE</p> </div>		
2.	Your Lifetime Healthy Plan	Write a 250-word paper describing your long term action plan to maintain good physical health and a healthy diet.			
3.	More businesses are becoming more health conscious.	Email your Public Relations Flyer, from Task 1, to a local business asking them to post them in their business. Attach a picture of the email sent. 2 points per business, Max 4 pts	_____/2 _____/2		Adviser Signature
4.	Substitute junk food you eat often with a healthier option. For example, if you like to eat butter popcorn, substitute it with SkinnyPop.	Each substitution is worth 1 point. Attach pictures of your replacement foods. <ul style="list-style-type: none"> Junk food: _____ Substitution: _____ Junk food: _____ Substitution: _____ Junk food: _____ Substitution: _____ Junk food: _____ Substitution: _____ Max 4 pts	_____/4		Adviser Signature
5.	Understanding why junk food is not good for you is the first step in eating healthier.	Attach a 50-word summary for each substitution in Task 3. 1 point per summary, Max 4 pts	_____/4		Adviser Signature

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FBLA STAYS FIT

NAME:

CHAPTER:

#	ACTIVITY	REQUIREMENTS	POINTS	DATE	INITIAL OF ADULT WITNESS
6.	Join a sporting, nutritional, or athletic email list. This will teach you about healthy living and healthy opportunities.	Attach the confirmation email from the organization showing your enrollment.	_____/5		Adviser Signature
7.	Jumping rope burns about 11 calories per minute.	Attach picture of you USING your jump rope. NO CREDIT for Posing with the jump rope.	_____/5		Adviser Signature
8.	Proper exercise equipment will help you stay fit and prevent injuries.	Attach a sales receipt for the purchase of exercise equipment. Include a picture of you USING or WEARING the exercise equipment. \$10+ spent, 5 pts \$20+ spent, 10 pts (Max)	_____/10		Adviser Signature
9.	Becoming vegetarian could teach you about nutrition. Interview a vegetarian to gain insight.	Attach a document of 5 interview questions you asked a vegetarian OR explain 5 benefits of being a vegetarian. Minimum of 200 words.	_____/5		Adviser Signature
10.	A vegetarian diet can reduce risks of chronic diseases and lower cholesterol levels.	Create your own vegetarian dish using healthy ingredients. Take a picture of YOU with your food and recipe. 5 pts each recipe/meal, Max 10 pts	_____/10		Adviser Signature
11.	Create an organized healthy exercise plan. Follow this plan for 1 week.	Type up an organized healthy exercise plan (chart of exercises & routines). Attach pictures of you doing these exercises in your plan (minimum 3 pictures). Make sure you are identifiable in the pictures.	_____/7		Adviser Signature

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FBLA STAYS FIT

NAME:

CHAPTER:

#	ACTIVITY	REQUIREMENTS	POINTS	DATE	INITIAL OF ADULT WITNESS
12	Read an article that discusses the relationship between mental health and unhealthy lifestyle choices.	Attach the article read. Write and attach a 300-word summary of your findings.	____/8		Adviser Signature
13	Give a short 2-3 minute TED talk online to a small group about the importance of staying fit. Include tips about daily exercises and healthier food options.	Date: Time: Location: Number of Attendees (Min. 5): Attach a 100-word summary about your TED talk and include a picture of you and the group of people you talked to.	____/10		Adviser Signature
14.	Fast food may taste good, but may not be the healthiest choice for our body. Health issues tend rise due to fast food overconsumption.	Write a 225-word report about the impact of the increasing popularity of fast food chains on health issues in America. Include Works Cited page (not included in the word count)	____/10		Adviser Signature
15.	Spreading awareness regarding healthy decisions can help achieve your goals.	Present at a local chapter meeting about the following topics: <ul style="list-style-type: none"> • The food pyramid • Tips to achieve a healthy diet • Health consequences of poor life choices Attach a photo of YOU PRESENTING at the meeting.	____/10		Adviser Signature
16.	Earn a current lifeguard or CPR certification from a recognized organization. This knowledge helps you protect others.	Make a copy of your certificate and attach it.	____/20		Adviser Signature

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NAME:

CHAPTER:

#	ACTIVITY	REQUIREMENTS	POINTS	DATE	INITIAL OF ADULT WITNESS
17.	Participate in a social distancing sporting event. Getting involved in community events motivates you and others to stay healthy. Follow CDC guidelines.	Event 1: Date: Time: Location: Event 2: Date: Time: Location: Attach pictures of you at each event(s). Max 12 pts	 ____/6 ____/6		Adviser Signature
18.	Group workout sessions encourage networking and a healthy lifestyle.	Host a virtual workout session with AT LEAST 7 others. Attach a picture of the entire group while the workout session is taking place. Make sure you are identifiable within the picture(s). Also take a short minute or two video and post it to YouTube. Please attach a link when you submit. 5 points per session (2 sessions maximum).	 ____/10		Adviser Signature

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Total Points: _____