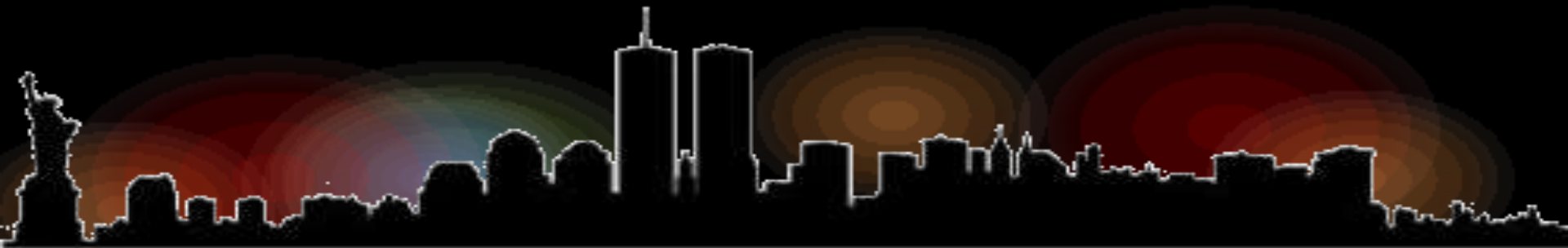




Healthy New
Year's Resolutions

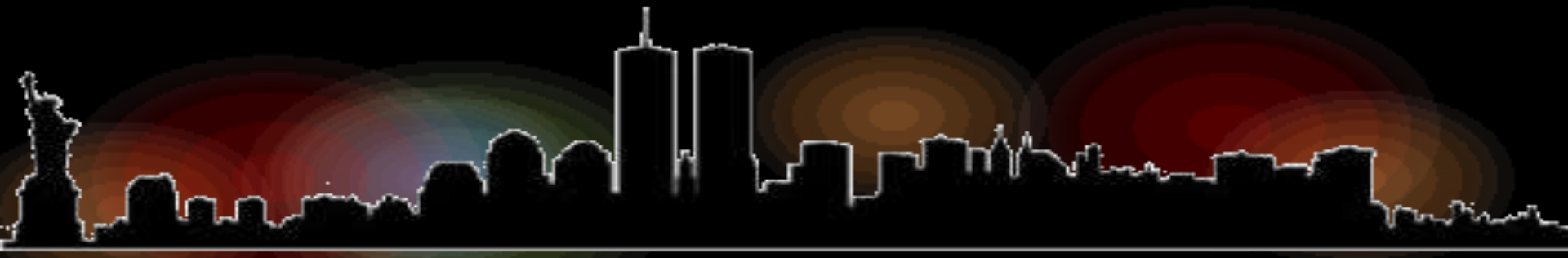


FCCLA members setting up our NYC skyline with goal ball-drop.



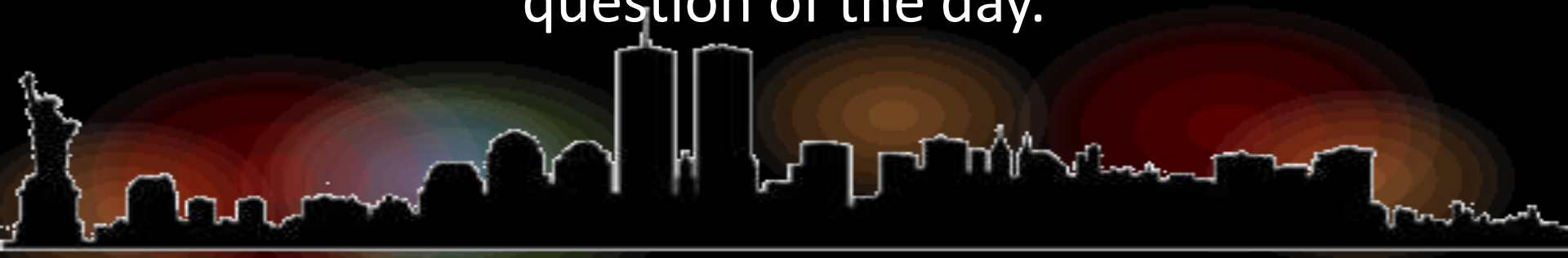


Students setting a goal to hang on the skyline.



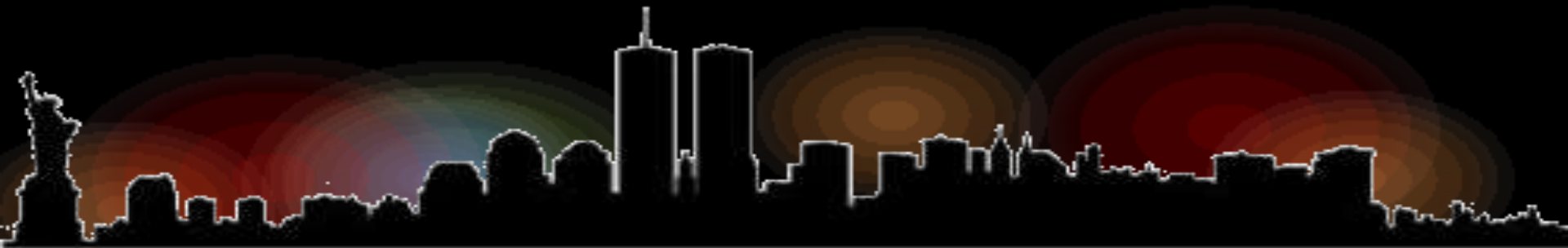


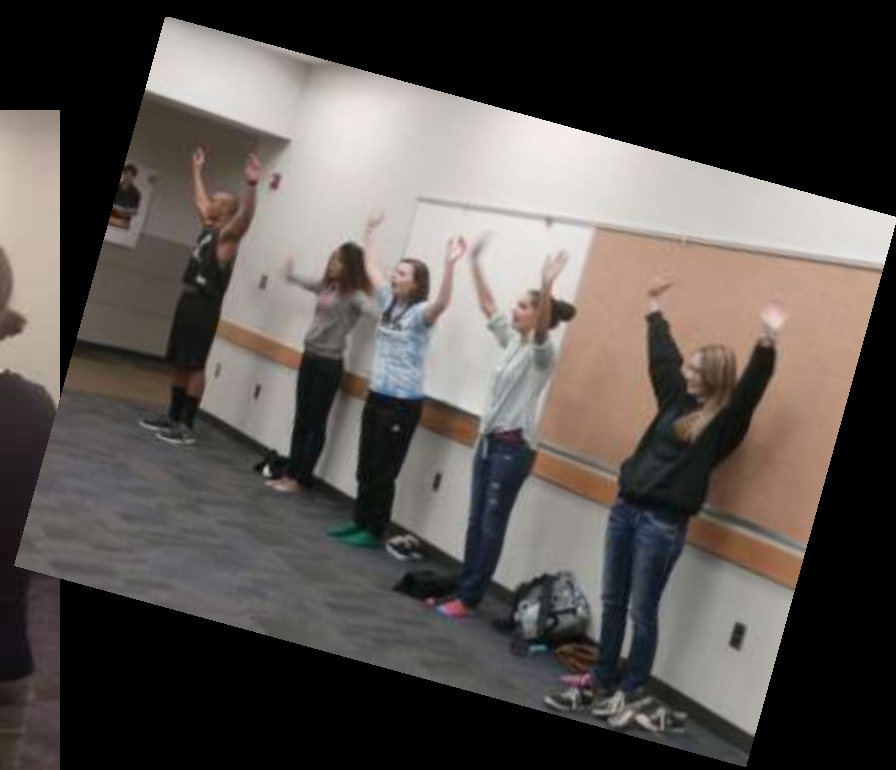
Students received “Be Fit #FCCLA” bracelets for setting a goal, attending an afterschool event or answering a library question of the day.



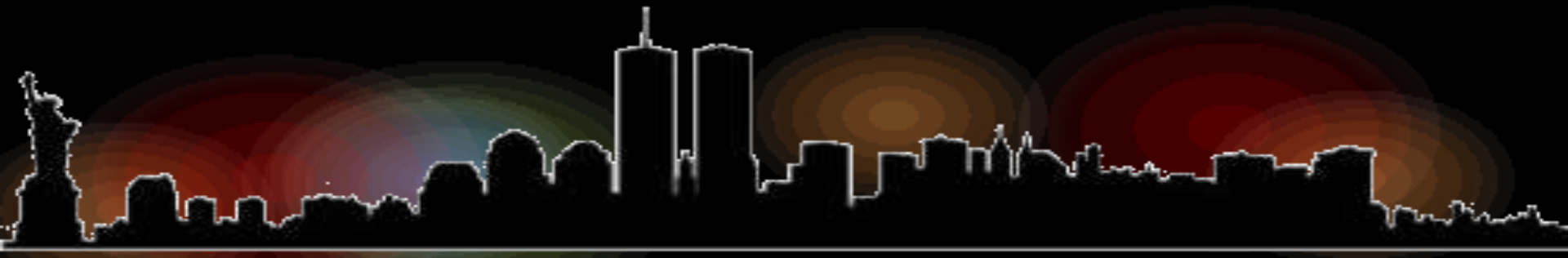


FCCLA members, students and
teachers getting up and moving with
Zumba!



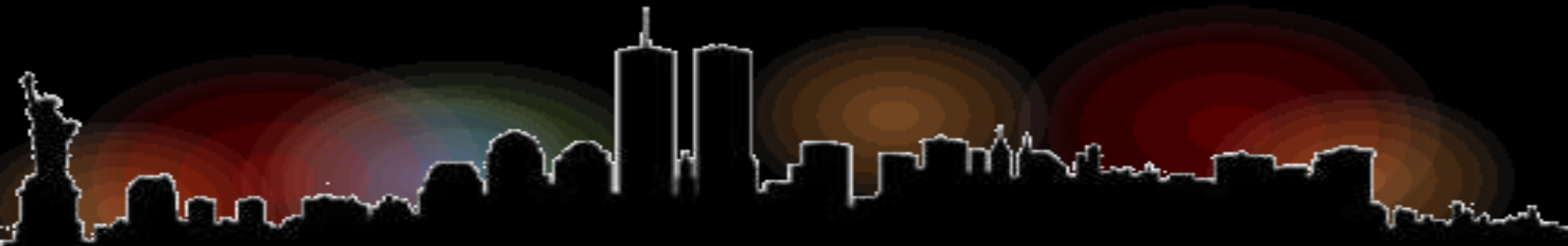


Releasing our stress and increasing our endorphins with Laughter Yoga.



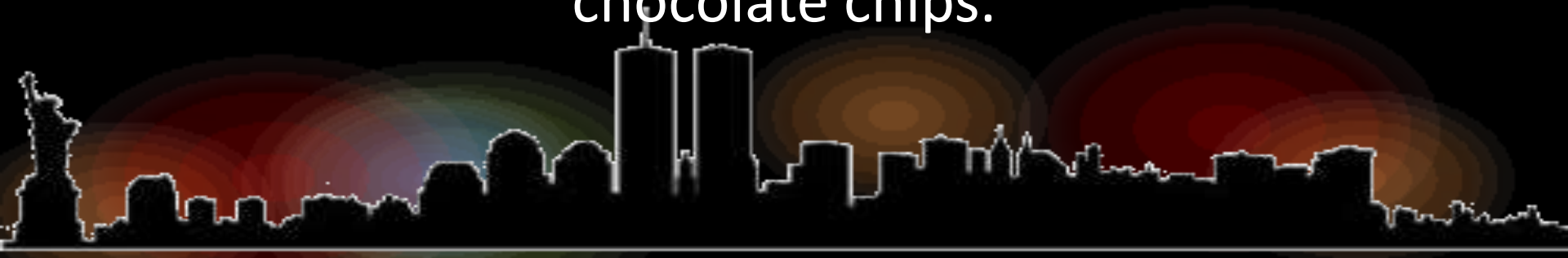


Enjoying healthy snacks after Zumba
and Laughter Yoga.



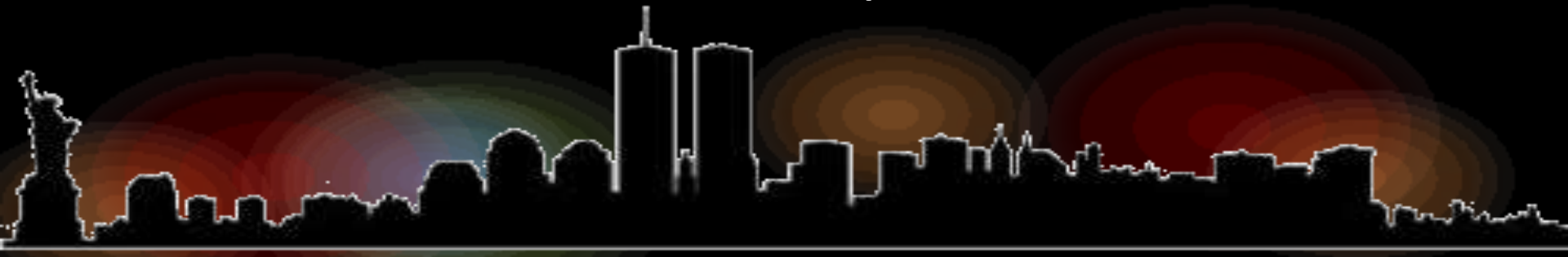


Taste testing Greek yogurt and non-fat yogurt with toppings such as granola, blueberries, bananas, honey, and chocolate chips.



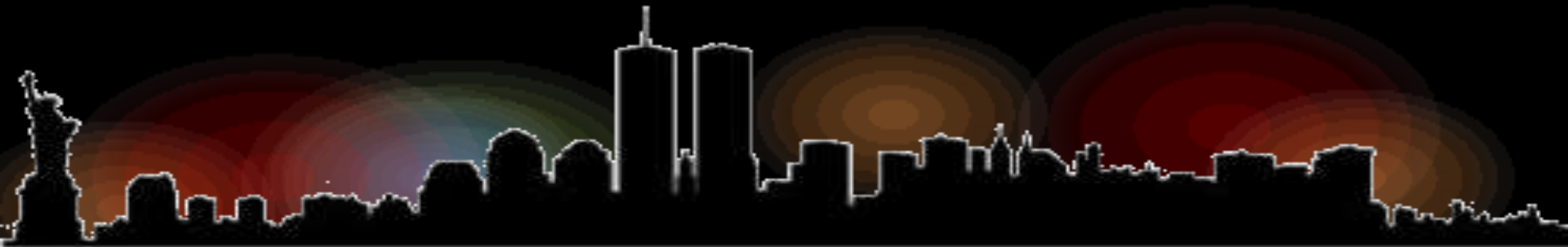


Students and teachers wore pedometer and FitBit bands to track their steps.



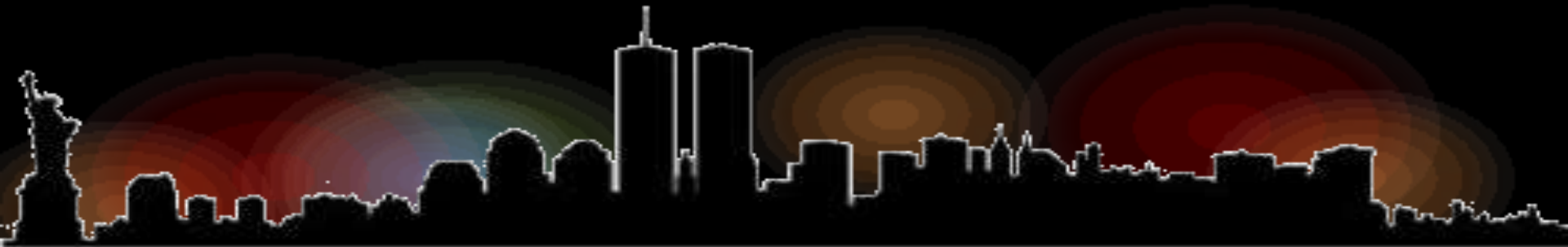


Those who tracked their steps were entered into a drawing for one of three \$10 gift cards to Tropical Smoothie.





After completing our school-wide goal of one million steps, FCCLA members passed out glow sticks to celebrate.





Thank You VA
FCCLA Leadership
Foundation!