

Student Body

Middle School Winner **Monticello Middle FCCLA** **Monticello, Arkansas** **Title: “Fizz”ics of Fitness”**



Members of Monticello Middle FCCLA created their project, “Fizz” ics of Fitness” to provide relevant fitness and nutritional information to the students of their school. A big focus was the harmful effects of unhealthy habits of teenagers. “ Fizz” ics of Fitness was a collaboration of students, teachers, coaches and

the after school program. Activity and nutrition journals as well as pre and post BMI assessments assisted students in tracking their progress.

