**Healthy Habits Presentations**

**Organization:**

1. Introduction
2. Information about personal health and exercise habits
3. Plans for staying healthy in the future
4. Conclusion and thank you to the audience

Questions to think about:

1. What do you do to stay healthy?
2. How often do you exercise?
3. What kinds of exercise do you do?
4. How do you plan to stay healthy in the future?

* You can also talk about your diet, stress, sleeping habits, etc.

**Step 1:  Prepare your presentation, including everything that you need.  Your presentation should be roughly 2 minutes long.**

**Step 2:  Practice on your own.**

**Step 3:  Next Thursday, Sept. 21st, you will give your presentations in small groups to class members, and give each other feedback.**

**Step 4:  Edit your presentation, if necessary, based on feedback.**

**Step 5:  Record yourself giving your presentation and submit it on eCentennial to me for feedback by the end of next Friday, Sept. 22nd.**