**HEALTH 11 VIDEOS:**

**Intro Day:**

1. How to Develop a Growth Mindset: <https://www.youtube.com/watch?v=9DVdclX6NzY>
2. 8 Secrets of Success: <http://new.ted.com/talks/richard_st_john_s_8_secrets_of_success>
3. Your Body Language Shapes who you are: <http://new.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are>

**Module 1, Setting Achievable Wellness Goals:**

1. Desire: <https://www.youtube.com/watch?v=CMm6tDavSXg>
2. The happy secret to better work: <http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work>

**Module 2, Nutrition- An Applied Approach:**

1. What’s wrong with our food system: <http://new.ted.com/talks/birke_baehr_what_s_wrong_with_our_food_system>
2. Nutrition: <https://www.youtube.com/watch?v=6bKbFb9Z5oc>

**Module 3, Reaching and Maintaining a Healthy Weight:**

1. Trust your hunger and make peace with food: <https://www.youtube.com/watch?v=Ssr2UDB9EWQ>
2. What is body composition: <http://www.youtube.com/watch?v=61k7MmtoFFc>

**Module 4, Improving your Personal Fitness:**

1. Your fitness test: <https://www.youtube.com/watch?v=KLc82yOZCww&index=17&list=PLqmACbb0gE-9n4RPotp9QI5kdk24_EpiY>
2. Health, Fitness, and Happiness: <https://www.youtube.com/watch?v=RQupiauyZYE>
3. Why do we fall: <https://www.youtube.com/watch?v=mgmVOuLgFB0>

**Module 5, Stress Management:**

1. Look at yourself after watching this: <https://www.youtube.com/watch?v=Gc4HGQHgeFE>
2. 90:10 The single best thing you can do for stress: <https://www.youtube.com/watch?v=I6402QJp52M>

**Module 6, Reducing Your Risk of Cardiovascular Disease, Diabetes and Cancer:**

1. Preventing Heart Disease starts with you: <http://fox6now.com/2014/02/07/preventing-heart-disease-starts-with-you/>
2. What is Cancer: <https://www.youtube.com/user/1cancercenter?v=SGaQ0WwZ_0I>
3. Cancer Facts- how does diet affect the prevention of cancer: <https://www.youtube.com/watch?v=h-tcudWc-tI>
4. Diabetes Basics: What is diabetes? <https://www.youtube.com/watch?v=jHRfDTqPzj4>

**Module 7, Promoting Environmental Health:**

1. CDC’s Tracking Network: Working Toward a Healthier Planet for Healthier People: <https://www.youtube.com/watch?v=J42CLZH1NlE>
2. Health Begins at Home: <https://www.youtube.com/watch?v=Uooj0nsTRVg>

**Research Project**

1. How to write a good term paper: <http://www.youtube.com/watch?v=Ya_GJxFHzYs&feature=youtu.be>