**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. What the heck should I eat: <https://www.youtube.com/watch?v=prFUgbyfPXk>
3. Unbroken: <https://www.youtube.com/watch?v=26U_seo0a1g>

**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. Understanding Cardiovascular Disease: <https://www.youtube.com/watch?v=qJq5hA4pnOk>
2. Cancer 101: <https://video.nationalgeographic.com/video/science/101-videos/00000166-1ba9-d7e2-a966-9beb40320002>
3. Preventing Cancer with lifestyle changes: <https://www.youtube.com/watch?v=ol40FBj5JN4>
4. What is diabetes? <https://www.youtube.com/watch?v=wZAjVQWbMlE>

**Module 7, Promoting Environmental Health:**

1. How fast fashion adds to the world’s clothing waste problem: <https://www.youtube.com/watch?v=elU32XNj8PM&feature=youtu.be>
2. The life cycle of a plastic bottle: <https://ed.ted.com/lessons/what-really-happens-to-the-plastic-you-throw-away-emma-bryce>

**Research Project**

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