

# Lesson Overview

## Lesson 1: Healthy Values

Helping you distinguish what you will stand for and what is most important to you

## Lesson 2: Healthy Resiliency

Helping you foster resiliency in yourself and in others by building on your strengths and assets

## Lesson 3: Healthy Choices

Helping you adopt an effective decision-making process that leads to safety and success

## Lesson 4: Healthy Mind

Helping you sharpen your focusing skills and connect with your mind, body and environment

## Lesson 5: Healthy Food

Helping you expand and discern food choices and manage food consumption

## Lesson 6: Healthy Movement

Helping you practice simple, active routines or exercises to maintain personal physical fitness

## Lesson 7: Healthy Relationships

Helping you explore the role of trust, respect, and basic social skills in building friendships that last

## Lesson 8: Healthy Technology

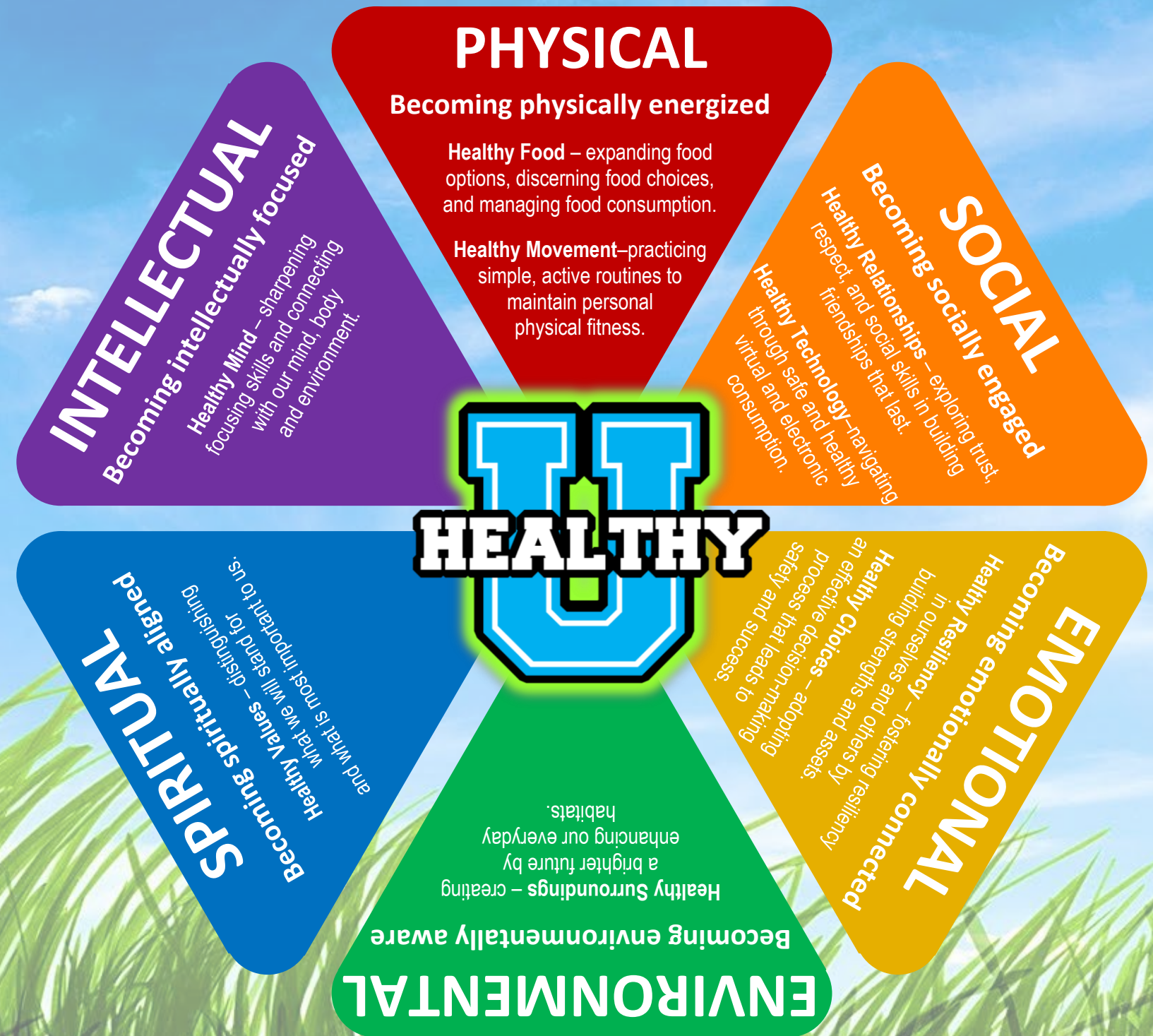
Helping you navigate through safe and healthy virtual and electronic consumption

## Lesson 9: Healthy Surroundings

Helping you create a brighter future by preserving and enhancing our everyday habits

# Nine Areas for Healthy Renovation

Healthy U provides you with an overview of the skills and resources you need to pursue health in all six dimensions by helping you renovate 9 different areas of your life:



**You CAN become the definition of healthy.**

It won't be easy, but you CAN do it. And we can help.