

## Health & Wellness Extra Credit:

A student may earn up to 10 points of extra credit weekly by turning in one of two optional extra credit assignments. Only four assignments will be accepted each throughout the semester. Students at 100% or more may not turn in extra credit. Extra credit assignments must be a full page in length and typed (size 12 font, 1” margins).

- Option 1: Cut out a current health-related article from the newspaper. Attach to typed document with the following: A summary of the information given in this article. Explain if the information is new to you? What is your opinion of the information given? Is the information of any value to you? *\*Please choose an article that has some personal interest to you or someone close to you. For example, you have a family member with diabetes. You choose to review an article about a new treatment for diabetes.*
- Option 2: Visit a health-related web site. Print out the article (be sure to include the address of the site) and attach to typed document with the following: A summary of the information given in this article. Explain if the information is new to you? What is your opinion of the information given? Is the information of any value to you? *\*Please choose an article that has some personal interest to you or someone close to you.* Also include any links to other related sites.