



## Food Is Your Best Medicine

This fun, interactive high school program will take the teenagers by surprise. Our bodies need to last the rest of our life. They will be shocked to learn what they are really eating and how it is affecting their future.

In this program the kids will learn what *really* is in some of that “healthy” and not so healthy food they are eating. Is it life sustaining or life threatening? Your students will learn the difference between the nutritional value of whole foods and processed foods, and the impact chemicals and non-food-food additives have on their bodies.

An interactive power point coupled with an empowering and dynamic presentation will impact the audience on their level. They will learn real life solutions on how to live a long and healthy life through better food choices. The students will come away with the ability to avoid bad foods and still eat what they enjoy. They will learn skills necessary to live healthy without dieting.

Your student body absolutely deserves the benefits of this fun, exciting presentation. This is not your typical boring healthy talk! I promise!



Deb Bixler, coach, speaker and educator, creates wellness solutions that teach people how to live through skill power as opposed to will power.

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