**Partner Enrichment Activity** Due *5/11/18*

**Instructions: Choose a disease. With a partner create a brochure with information on how to prevent that disease.**

**Healthy Food list:** Create a brochure with a list of healthy foods or meal plans that helps prevent a disease of choice and an unhealthy food list or meals you need to reduce or be cautious of.

**Fitness program:** Create a weekly fitness program that will benefit the cardiovascular system. List time (duration), frequency (how often), and which types of exercises and stretches.