HEALTH & WELLNESS (WILLIS)

ABSTRACT INFORMATION

1. Required topics: “A Fad Diet” and “Environmental Health”
   Description: Choose a specific diet and discuss it. Include the pros and cons of the diet and whether it encourages exercise. (examples: Jenny Craig, Caveman Diet, etc.)
   Choose an environmental health issue, something that is detrimental to our health, and discuss it thoroughly. Be sure to discuss the impact of the issue on personal health. (examples: tobacco, violence, dry cleaning, etc.)

2. Format: one typed page minimum; MLA

3. Due dates posted on daily schedule