



TEACHER RECOMMENDATION

Healthy Body–Healthy Mind is a weeklong program for middle school students (6th, 7th, 8th & 9th grade), that focuses on developing a well-rounded individual by balancing the role of health education, fitness, nutrition and positive mental attitude. Sponsored by the Children’s Spine Foundation, the UCR’s Alpha Center and Student Recreation Center, students receive instruction in mathematics, fitness, science, physical education, motivation and character development. Healthy Body–Healthy Mind is where students develop confidence and a positive mindset for success in life.

STUDENTS NAME: _____ **Please Print**

Teacher’s Name: _____ **School:** _____

Grade/Subject Taught: _____

Do you recommend this student as a candidate for Project Healthy Body –Healthy Mind? Yes No
Please comment on student behavior, attitude and potential as a learner.

Teacher’s Signature

Date

Please note that participation in this programs is only allowed once. If you are signing up for GEMS and Healthy Body Healthy Mind, you will only be selected for one and not the other.