



**TEACHER RECOMMENDATION**

**Healthy Body–Healthy Mind** is a weeklong program for middle school students (6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> grade), that focuses on developing a well-rounded individual by balancing the role of health education, fitness, nutrition and positive mental attitude. HBHM is sponsored by UCR’s ALPHA Center, Student Recreation Center, and The Children’s Spine Foundation. 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.**

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Teacher’s Signature \_\_\_\_\_ Date \_\_\_\_\_

Please note that participation in these programs are 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.