

Rap sheet 6 for Rap point 2

Go to ***Vibe health*** at <www.vibe.com.au> and click on ***Celebrity health*** in the drop down menu.

Focus: Making powerful choices to build success – Identity is what we DO as well as where we come from.

- **Class discussion and mindmap** after reading the celebrity comments and compiling the information in Rap sheet 5. Add in students' own ideas as well.
- What do we believe are the main ingredients for being successful in terms of diet, health, fitness and getting over bad times?

