



# WHAT IS A HEALTHY BODY

WEEK 6 DISCUSSION  
YOUR NAME  
SCI228  
PROFESSOR  
FEBRUARY, 2020

What are the struggles with regard to a healthy body weight?

For our discussion, create either a 1 to 2 minute multimedia piece (for e detailed, referenced post. In addition to your initial, researched posting required to record your comments, but can choose to use the text comm