Get moving! Jump in the Hamster Wheel or train with the virtual coach on the big screen.

How did these activities make you feel?

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Explore the Your Appetite area of the exhibit.

Think about what you eat every day. Is it easy or hard for you to eat healthy? Why?

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Experiment with the Your Future area of the exhibit.

What is one thing you want to do in the future?

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Instructions: Assemble the first 2 pages into a booklet to use during your visit; then use your observations to create a story on the last page.

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Student Guide

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Name
Examine the human body specimens within the exhibit, including the prenatal development gallery.

Explain one new thing you learned about your body.

Investigate the Your Mind and Your Vitality areas of the exhibit.

How can your mind and thoughts affect your health?

Explore the Medical Innovations area of the exhibit.

Which medical breakthrough do you think will have the greatest impact on people’s lives? Why?

Identify and explain one thing in YOU! The Experience that inspires you to live healthier.

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Using the information collected in your booklet during your visit to MSI, write your own story below.

YOU: The Experience made me feel ...

I realized that I ...

I learned ...

Here’s a picture and description of how I can improve my health:

I wonder ...