



#### Overview:

In this project, students become members of the TECHNOFit Club and take the "Be Fit Challenge". This challenge dares participants to eat right, be fit, and live well! To prepare for the task they learn about healthy eating and exercise. Afterwards they design a food guide and fitness poster. They then prepare for the upcoming Be Fit Challenge Event, which is a celebration that includes fun fitness activities and great tasting food. To plan for the event, students design a menu and send invitations. With the event fast approaching, certificates are created for each participant of the Be Fit Challenge to recognize their efforts to be healthy. These are then handed out at the event.

#### Covered Objectives:

- ✓ Open and close Microsoft Publisher program.
- ✓ Open the templates.
- ✓ Open saved file from a personal folder.
- ✓ Add Word Art to Microsoft Publisher catching design.
- ✓ Format Word art font, font size & font style to make the words stand out.
- ✓ Draw Text box from standard toolbar and add Text into the object.
- ✓ Format Textbox font, font size & font style to make the words stand out.
- ✓ Search a ClipArt object and insert suitable image.
- ✓ Position and resize objects to create a good layout.
- ✓ Do Save as / Save the file to a personal folder..
- ✓ Make a list of activities that help to keep a person fit

#### Activities & Sample Work:

