



Unofficial Visits – Workshop 2
Icebreaker: This or That – Healthy Edition

Circle one option from each pair. Be honest — there are no wrong answers!

1. **Apples** or **Bananas**
2. **Yoga** or **Lifting Weights**
3. **Biking** or **Walking**
4. **Smoothie** or **Salad**
5. **Basketball** or **Swimming**
6. **Journaling** or **Meditating**
7. **Early Morning** or **Late Night**
8. **Group Workout** or **Solo Stretching**
9. **Granola Bar** or **Fruit Cup**
10. **Climbing Wall** or **Treadmill**

Bonus:

What's one healthy habit you want to try this summer?