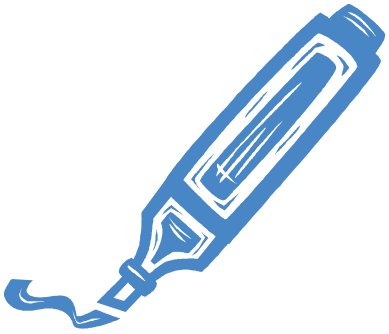
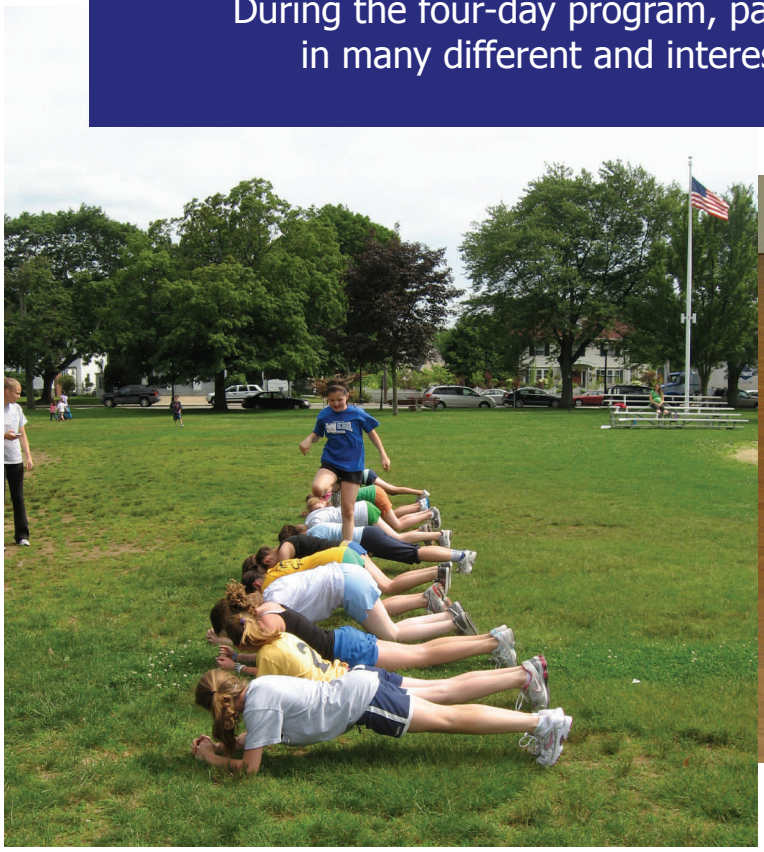
# Extreme Looks

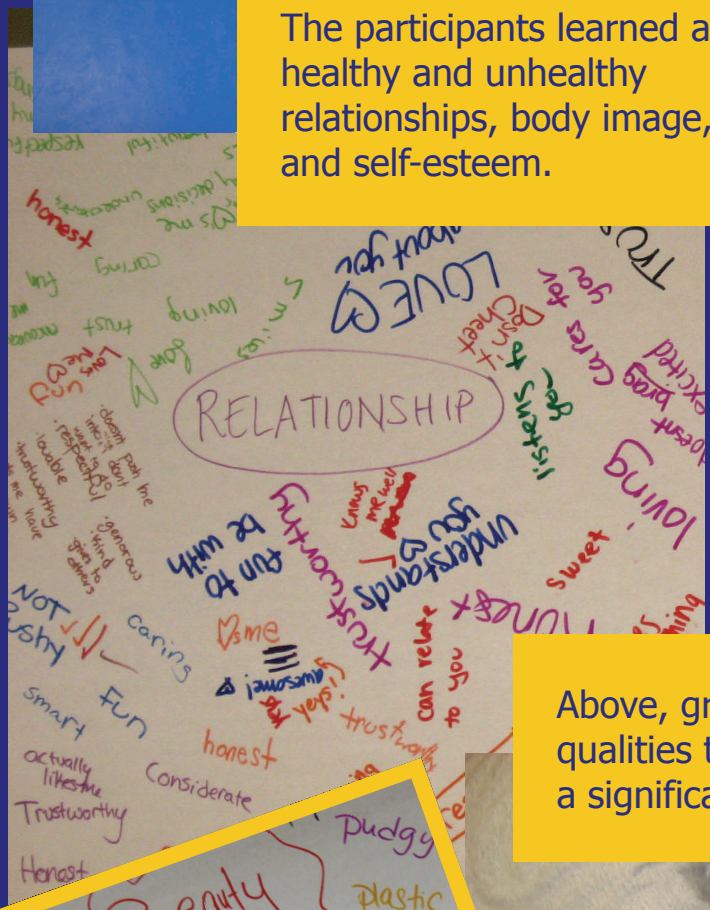
## 2010



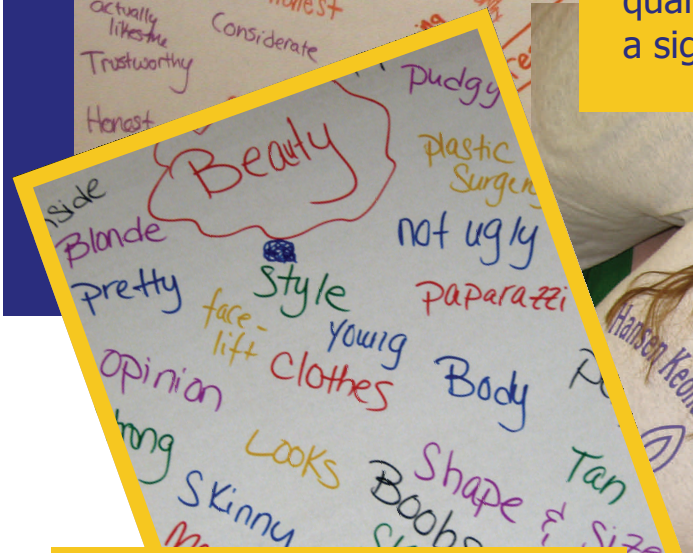
During the four-day program, participants engaged in many different and interesting activities.



The participants learned about healthy and unhealthy relationships, body image, and self-esteem.



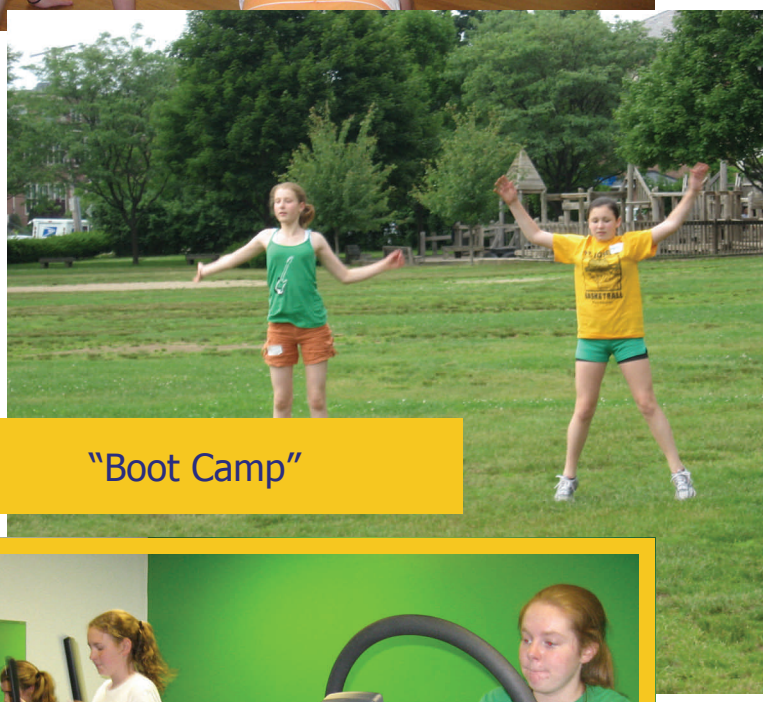
Above, group members discussed the qualities they want in a friend, versus a significant other.



In another activity, the girls brainstormed words they associate with beauty, and what they think beauty is.

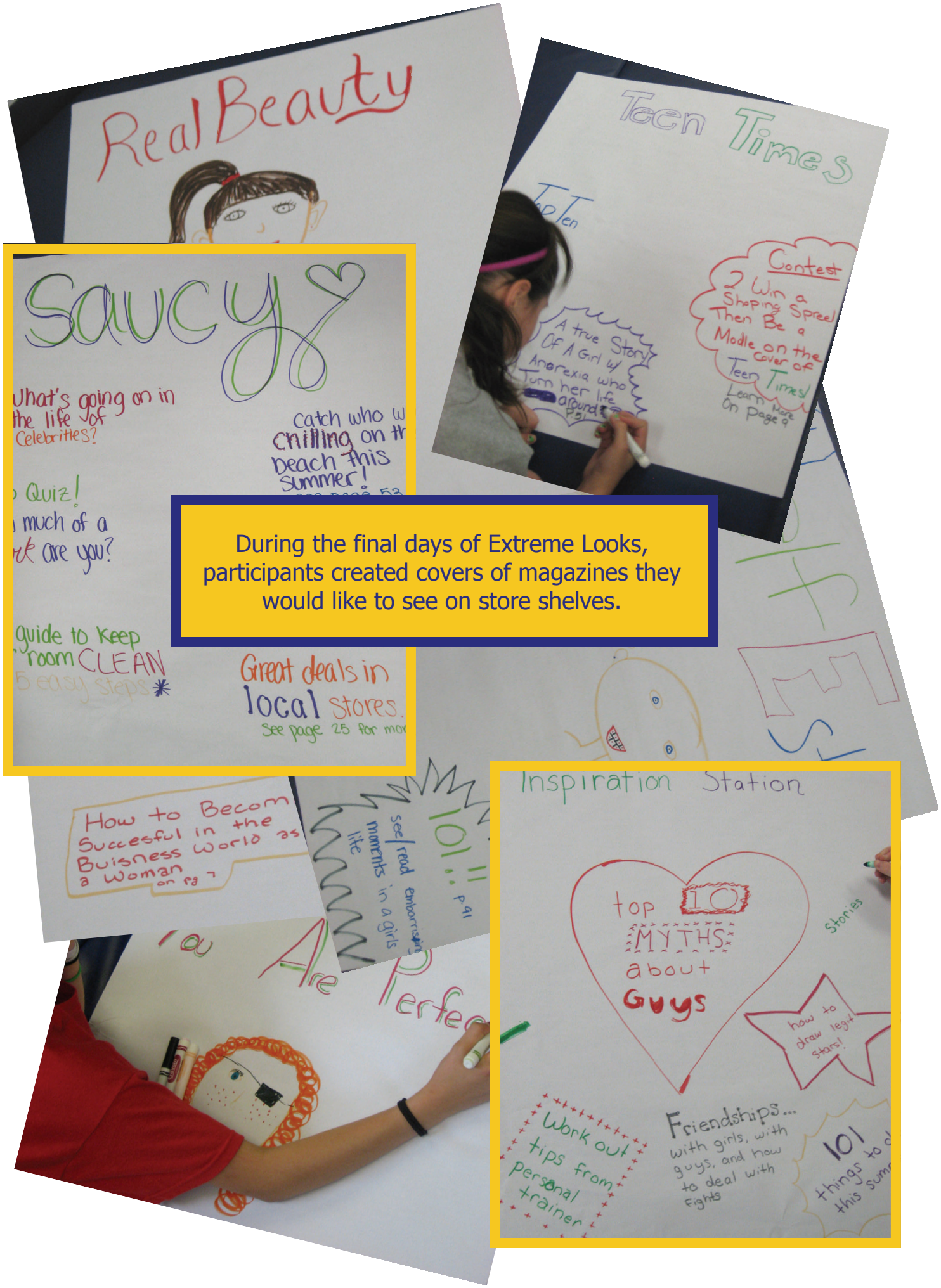
Participants also learned new physical activities.

Hip Hop and Break Dancing



"Boot Camp"

Nautilus Equipment




During the final days of Extreme Looks, participants created covers of magazines they would like to see on store shelves.