

**FIT-N-WISE**

A Wise Health System Service

**FIT Y.O.U.T.H.**

Youth Obtaining Ultimate & Total Health

**DEADLINE  
TO ENTER:  
NOV. 1  
2019**

# 2019 "Healthy Habits" Poster/Calendar Page Contest

The Fit Y.O.U.T.H. initiative through Wise Health System and Fit-N-Wise is excited to announce a "Healthy Habits for Kids and Families" Poster and Calendar Contest for students in our local schools in grades K-8. To prevent childhood obesity, Fit YOUTH encourages students and families to develop life-long healthy habits in nutrition and physical activity. This contest is to help bring awareness of the lifelong benefits of good nutrition and fitness choices.

## Contest Description and Rules

**WHO:** Students in grades K-8th in Wise County

**WHEN:** POSTERS MUST BE POSTMARKED (if mailed) OR TURNED INTO STUDENT'S SCHOOL (if participating) BY NOVEMBER 1, 2019. Winning entries will be notified in December or early January.

**WHAT:** Draw a poster that promotes healthy habits in nutritious eating and physical activity for kids and/or families.

- Must be created and completed by a student in grades kindergarten – 8th grade.
- Specific Entry Information:
  - On white, unlined, 8 ½ x 11 sheet of paper. The paper must have 1" white border on all sides.
  - The drawing must be done in "landscape format."
  - Must use color
  - "Fit Y.O.U.T.H." needs to be on the drawing, also use words and a slogan that are appropriate for the drawing and include this as part of the poster. (kindergarten students may need help with lettering)
  - All words must be spelled correctly.
- Drawings must be original, creative, student drawn, and promote:
  - Healthy habits in nutritious eating and/or physical activity for kids and/or families.
- ATTACH THE ENTRY FORM with your child's information (located at the bottom of this page) to the back of the drawing with clear tape. **DO NOT STAPLE.**



**WHERE:** You may submit entries the following ways (DEADLINE IS NOVEMBER 1, 2019):

- Mail: Fit-N-Wise, Attn: Holly Berry, 609 Medical Center Dr., Bldg 200, Decatur, TX 76234
- Take to your child's school, if school is participating in the contest

**WIN:** There will be 12-13 winners chosen. Each school campus that has a winning entry will receive a \$100 monetary donation to the PE department in winner's names. Winning students and schools will receive various prizes including laminated 11 x 17 poster of their design, calendar of the winning designs, may also have their work featured at Wise Health System and Fit-N-Wise Wellness Center, displayed on social media and Wise Health System and Fit-N-Wise webpages, etc.

Fit Y.O.U.T.H. (Youth Obtaining Ultimate & Total Health)

Fit-N-Wise Rehabilitation and Performance Center • 609 Medical Center Dr., Bldg 200, Decatur • 940-626-8691  
For more information, email [hberry@wisehealthsystem.com](mailto:hberry@wisehealthsystem.com) or visit [FitYouthNow.com](http://FitYouthNow.com)

Student's Name (print): \_\_\_\_\_ Grade: \_\_\_\_\_ Age: \_\_\_\_\_

Parent/Guardian Name (print): \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_ Phone #: \_\_\_\_\_

School Name: \_\_\_\_\_ School District: \_\_\_\_\_

**If your child's entry wins, by submitting and signing, you are giving Wise Health System/Fit-N-Wise permission to use your child's name, school info and winning design in promotions, on social media and websites, posters, calendars, etc.**