GET HEALTHY!
Poster Contest

Who: Teachers of Grades K-5 in Rhode Island.

What: Calling all entries for the GET HEALTHY! Poster Contest!

Rules:
- Students in grades K-5 can submit a poster that highlights their favorite physical activity and favorite healthy food. Students can also demonstrate how physical activity and healthy eating helps build healthy hearts, healthy families and healthy communities. Posters should address both issues.
- Teachers will receive a kit that includes poster-sized card stock for entries. Please contact LeeAnne DeCarlo at (401) 228-2323 or leeanne.decarlo@heart.org to request materials.
- All entries will be judged for creativity, effort, and strength of message.
- All entries become the property of the American Heart Association.
- Please do not fold entries.
- Individual entries only.
- Participating teachers will be entered into a drawing for a $100 Target Gift Card to purchase school supplies or equipment.

Where: Submissions should be mailed or delivered to:
American Heart Association
One State Street, Suite 200
Providence, RI 02908
Attn: LeeAnne DeCarlo

When: Deadline for entries is April 29, 2016.
Winners will be announced by May 13, 2016. Award ceremony to be held May 25, 2016 at the RI State House at 3:30 p.m.

Prizes: Each submission will go through a review process. Prizes will be awarded in two age categories — Grades K-2 and Grades 3-5.
- 1st Place: $100 Dick’s Sporting Goods Gift Card & four (4) passes to Roger Williams Park Zoo
- 2nd Place: $50 Dick’s Sporting Goods Gift Card & four (4) passes to Roger Williams Park Zoo
- 3rd Place: Four (4) passes to Roger Williams Park Zoo
- Poster Display at the RI State House to help educate the community and lawmakers
- Winning Posters to be featured on the American Heart Association’s local Facebook page

Why:
Today, about one out of three American kids and teens are overweight or obese — nearly triple the rate in 1963. Obesity is causing a broad range of health problems in children that previously weren’t seen until adulthood. These include high blood pressure, type 2 diabetes and elevated blood cholesterol levels. There are also psychological effects. Obese children are more prone to low self-esteem, negative body image and depression. However, there’s good news: obesity can be stopped. And it doesn’t take high-tech treatments or cutting-edge medications. The solution begins and ends with the daily decisions we make — like choosing to be physically active and eating healthy foods.

The American Heart Association is committed to helping kids and families live heart-healthy lives. As we educate and lobby lawmakers to support policies that promote access to healthy foods and opportunities to play and be active in Rhode Island, we want to take the extra step to get your students involved!

How:
Getting started is easy! Contact LeeAnne DeCarlo at (401) 228-2323 or leeanne.decarlo@heart.org to request a kit that includes poster-sized card stock for entries. (Please specify the number of students). The attached entry form contains all the information kids need — just copy and distribute to your students. Use the contest as a group activity or encourage individuals to get involved.

More Information: LeeAnne DeCarlo, American Heart Association, (401) 228-2323 or leeanne.decarlo@heart.org

Connect with us! #GetHealthyRI sneheart @sneheart www.heart.org/sne BCBSRI @BCBSRI
RUN, WALK AND PLAY EVERY DAY! To stay healthy, the American Heart Association recommends that all kids get 60 minutes of physical activity every day. Make it fun to get moving with activities that kids love, like playing tag, jumping rope, playing soccer, swimming or dancing! And parents, it’s good to know that physical activity can help your children get better grades, have less school absences, build self-esteem and develop fewer social problems!

EAT A HEART-HEALTHY DIET! Eating healthy foods is one of the most important ways to keep your heart working at its best. Choose foods that help you keep your heart — and the rest of your body — in top shape. They should be low in salt and added sugars, and limited in the types of fat (saturated and trans fats) that harm your heart. Healthy options include water, fruits & vegetables, whole grains and lean meats.

Entry Instructions:
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Connect with us! #GetHealthyRI sneheart @sneheart www.heart.org/sne BCBSRI @BCBSRI

The American Heart Association is the nation’s oldest, largest voluntary organization devoted to fighting cardiovascular diseases and stroke. Founded by six cardiologists in 1924, our organization now includes more than 22.5 million volunteers and supporters working tirelessly to eliminate these diseases. We fund innovative research, fight for stronger public health policies and provide lifesaving tools and information to save and improve lives.

Blue Cross & Blue Shield of Rhode Island is an independent licensee of the Blue Cross Blue Shield Association.