

The Children's Fitness and Food Essay Challenge

Sponsored by Congressman Charles W. Boustany, Jr., MD (LA-7)

Compete for a chance to win an MP3 player plus gift card for songs!

Childhood obesity is a growing problem linked to Type 2 diabetes, liver disease, sleep apnea, and asthma. Help be a part of the solution by encouraging Louisiana's children to maintain healthy and fit lifestyles from a young age.

Here's how to enter:

- Create and carry out an activity, education campaign or event to encourage healthy eating and fitness among fellow Louisianans (your friends, family, classmates or community).
- Then submit an essay describing your project in 600 words or less, including a one sentence summary at the top. Explain what you learned, how it changed your lifestyle, and how you might expand your project to reach more children in Louisiana.
- Be creative and help shed some light on a big issue impacting our state.

For help getting started you may refer to the attached list of examples. Essays are due **Friday, October 17** and should be mailed to: 800 Lafayette St., Suite 1400, Lafayette, LA 70501.

****Contest open to all 9th grade English students in the Seventh Congressional District.****

Questions? Contact Holly Sibley at (337) 235-6322 or e-mail her at holly.sibley@mail.house.gov