



Apple Award Entry Form for Spring 2010

Lighten up Lancaster County is a coalition established in 2007 to address the growing problem of obesity in Lancaster County through education, advocacy, and support of health, exercise, and nutrition programs. The Education and Schools Action Team of the coalition would like to recognize the creative, educational efforts of our students/schools in supporting the goal of increasing the number of children in Lancaster County who are at a healthy weight. One trophy will be awarded annually at the Lighten Up Lancaster Spring Event for the most creative program in promoting healthy eating and/or physical activity. This year you may enter in one of two ways by incorporating the theme, *"Eat Wise and Exercise"*:

- Create a 1 minute video/commercial geared toward kids of your age group
- OR*
- Create a poster that would appeal to kids of your age group

The trophy will be awarded at the Spring Lighten Up Lancaster County Education/Schools program scheduled for May 7 at Clipper Stadium. All participants will receive a small award, and the student/school district that wins the grand prize award will have a large trophy to display for the year. The nominations will be scored according to **creativity, impact, educational value, and ability to motivate**. Good Luck and **let's lighten up Lancaster County!** Please send a DVD of your video/commercial or the poster by **April 15, 2010** to:

Wellness Center
Lancaster General Health Suburban Outpatient Pavilion
ATTN: Elise Olson
2100 Harrisburg Pike, PO Box 3200
Lancaster, PA 17604-3200

Category: Healthy Weight Nutrition Physical Activity

Individual/Group Name: _____

Contact person: _____

Telephone: _____

Email: _____

Name of School: _____

School District: _____

