

# Contest Corner

## New Contest Asks Kids To Share Healthy Ideas



**Making just a few changes can improve your health, and a new contest invites children to share their ideas on how to proceed.**

(NAPSA)—It doesn't take magic to live a healthier life, but a new contest uses some of the magic in kids' lives to make a difference.

Disney's Magic of Healthy Living is a national initiative that partners with parents to promote healthy lifestyles for kids and families. The initiative includes public service announcements by First Lady Michelle Obama and young Disney stars.

The initiative encourages young people to take control of their own health, fitness and nutrition and engage their families, schools and communities to do the same.

As part of the program, a new contest encourages kids to share their ideas for healthier living. Fifty lucky winners will be eligible for a free weekend trip to Walt Disney World where they'll have the opportunity to interact with Disney Channel stars, celebrity chefs, and more!

The contest invites kids to share their ideas about living a healthier life at school, at home or in their community, in 250 words or less.

For example, the story can be about eating nutritiously and might include tips for making it fun to incorporate more fruits and vegetables into your diet.

Or you might write about physical activity and how to make it more fun to get 60 minutes of physical activity every day.

Another theme is getting others involved; how to make healthy choices and inspire others to do so. What activities can you do together with your family?

Stories will be judged on the ideas for a healthier life, originality/creativity and leadership/inspiration.

After kids have entered, they can check out more tips for healthy living on the site.

"There's magic in discovering that healthy lifestyles can be simple and fun, especially when parents and kids have the right tools," said Heather Mizrahi, Corporate Responsibility—Kids' Health and Wellness. "We are thrilled to offer a wide variety of activities, tools and experiences that empowers families to find ways to live healthy lifestyles that work best for them." Disney consulted with leaders in the field of nutrition, health care and fitness to develop this initiative.

For more information, visit [www.Disney.com/healthyfun](http://www.Disney.com/healthyfun). The contest runs until December 1, 2010.