

Calling all HOSA- Future Health Professionals!

Make a difference in your community
by mentoring an elementary school team in the



FIND YOUR BALANCE Challenge

Introducing **The Find Your Balance Challenge**, a national contest for elementary school teams who work together to instigate simple, positive change in their schools.

YOU can help a team get started, stay motivated and complete their application.

What's in it for HOSA Student Members?

- **Gain community service hours** in support of the HOSA's Recognition Competitive Events. Track FYBC hours by using Barbara James Service Award guidelines at http://www.hosa.org/sites/default/files/BJ13_1.pdf
- **Earn a certificate** when you reach out to at least one school and introduce the Find Your Balance Challenge.
- **Receive a prize pack, certificate and letters of recommendation from the sponsor organizations** if you support a team who becomes a finalist in the Find Your Balance Challenge.
- **Receive \$1,000 in cash**, a prize pack, a custom certificate and letters of recommendation from the sponsor organizations for supporting the winning team in the Find Your Balance Challenge.



Get Started Today!

www.hosa.org

Visit the HOSA website at www.hosa.org and look for the FYBC Leadership Opportunity Tool Box.

Reach out to local schools (include your alma mater) and plan to meet with a wellness stakeholder—from the Principal to the PE Team to an engaged classroom teacher—and simply introduce that person to the FYBC and encourage them to start an application. It's all online, simple and free! The school could win a \$30,000 grand prize.

You can stop there, or remain engaged with the school team throughout the program.



FIND YOUR BALANCE Challenge



Dear Educator,

In partnership with HOSA-Future Health Professionals, I am pleased to introduce your school and its HOSA student members to an exciting leadership opportunity.

“The Find Your Balance Challenge” (FYBC) is a national contest inviting elementary school teams to make positive changes in their schools. The Healthy Weight Commitment Foundation and Discovery Education created the program in 2011 and we were thrilled to award grants totaling more than \$50,000 in our first year.

To expand the impact of our efforts for this school year and to make more of a difference in every community, **HOSA members can get involved by mentoring an elementary student team.**

In a few simple steps, your students can participate in FYBC and gain valuable service experience in the process:

1. **Visit the HOSA-Future Health Professionals website** at www.hosa.org and look for the FYBC Leadership Opportunity Tool Box.
2. Members are provided tips to **reach out to local schools** (ideally their alma mater) and plan to meet with a wellness stakeholder—from the Principal to the PE Team to an engaged classroom teacher—and simply introduce that person to the FYBC and encourage them to start an application. It’s all online, simple and free! The school could win a \$30,000 grand prize.
3. The member can stop there, or remain engaged with “their” team and **support them along the way by using free, online tools** supporting the team through the completion of their action plan.

I invite you to learn more about our organization and our free resources for schools and families at www.TogetherCounts.com. Together Counts™ is a nationwide program inspiring active and healthy living through Energy Balance. Our standards-aligned, Pre-K–5 wellness curriculum, Energy Balance 101, is available free and widely distributed in schools. The Find Your Balance Challenge provides schools with an incentive to make a positive change and through your help and the help of HOSA members, we know we’ll make a big impact during this school year.

Please distribute and post the flyer on the reverse of this letter, encouraging students to learn more by visiting the HOSA website at www.hosa.org. We are proud to partner with HOSA-Future Health Professionals and truly appreciate your help.

Sincerely,

Lisa Gable

Lisa Gable
President
Healthy Weight Commitment Foundation