

Current Health Healthy Habits Contest

Write an essay (limit 500 words) describing a **healthy change you've made or a healthy habit you've added to your life in the past year**. Have you taken up a new sport? started exercising? cut down on sweets or TV time? made a new friend? Toot your horn in this essay contest!

All winners will be announced online at www.weeklyreader.com in March 2007.

Two grand-prize winners (one in grades 4–8, one in grades 9–12) will get \$100 each, and their essays will be posted on the Weekly Reader Web site.

Four honorable-mention winners (two in grades 4–8, two in grades 9–12) will get \$25 each, and their essays will be posted on the Weekly Reader Web site. **Deadline: Dec. 15, 2006**

Current Health Healthy Habits Contest Entry Form

Send your essay to Healthy Habits Contest, *Current Health*, 200 First Stamford Place, P.O. Box 120023, Stamford, CT 06912-0023, or by e-mail to currenthealth@weeklyreader.com. Attach a copy of this form to mailed entries, or type the information into the e-mail for online entries. Please include the entrant's name, grade, school name, and school phone number with- in the essay document, in case the form becomes detached. Entries must be postmarked on or before **Dec. 15, 2006**.

Name: _____ Age: _____ Grade: _____

Home address: _____ City: _____ State: _____ ZIP: _____

Phone: _____ E-mail: _____

Teacher's name: _____

School name: _____

School address: _____ City: _____ State: _____ ZIP: _____

Phone: _____ E-mail: _____