Healthful Living Twitter Challenge

**Who**:

6th-8th Grade Health and Physical Education Students/6th-8th Grade Teachers

**What**:

Students will tweet healthy living activities to @minthillhpe. At the end of the challenge we will see which student, from each grade level, has the most points using the twitter challenge rubric.

**When**:

It will be held the last week of every month during the school year.

**Where**:

Students can use their activity time at school to gain points, and free time at home to gain points, and healthy food choices at school and at home to gain points.

**Why**:

Studies have shown that people who are healthy, are happier, smarter, stronger, more confident, and have healthy relationships.

**How**:

You can be successful with this challenge by working hard and committing yourself to the challenge.

“STAY FIT FOR LIFE”

**Twitter Account:**

*@minthillhpe*