



Jenny Sanford
Office of the First Lady

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All children need two things in life to help them grow into responsible, productive adults: education and love. Regardless of how much education a child gets however, he or she will never reach full potential without good health.

Unfortunately, today's children face much higher risks of developing chronic diseases and other health complications that result from poor lifestyle than at any other time in history. Our high rates of overeating, smoking and sedentary activity have led us to a crisis of epic proportions. As parents and teachers, we all have worked to teach our youth about the dangers of overeating and not exercising and yet the message is not getting through to enough of them. I know from our own experience at home -- kids don't always listen to adults, especially about things like healthy behavior. They can and do, however, learn about behavior from each other.

Along those lines, I am issuing a new Healthy SC Video contest for all students in South Carolina Junior and High Schools. It is my sincere hope that the kids will have fun creating these healthy videos and they will be tools for students to educate one another. Prizes will be awarded to the students creating the best videos and to their schools as well. Finally, *all* South Carolinians will be allowed to vote on the best videos, and in doing so, hopefully all will become empowered to live well.

I am sensitive to the time constraints that our dedicated teachers face and it is my sincere hope that this challenge can be addressed in creative ways during the school day or by encouraging students to produce videos on their own time. My hope is this challenge will be fun and informative for all and that together we can raise the bar and improve our collective health.

Sincerely,

A handwritten signature in cursive script that reads "Jenny Sanford".

Jenny Sanford, First Lady of South Carolina