



# COMMIT TO BE FIT: BODY, MIND, & SPIRIT

2020 YOUTH XCHANGE  
LIVING HEALTHY CATEGORY



## CREATE A 3-5 MINUTE VIDEO

Physical activity keeps your body strong and supports a positive frame of mind for a happy and healthy outlook on life!



### Let your creativity shine!

### Show us how you:

- Move towards a fit body, mind, & spirit
- Encourage others to live their best, physically fit life

All entries must be uploaded to 'Ōlelo's OmniContest site  
by 11:59 p.m. HST on Friday, February 7, 2020.



Follow us on Facebook: YXCE3 or  
Visit [olelo.org/yxc2020](http://olelo.org/yxc2020) for contest updates.



For more information contact Katie Matsushima  
(808) 586-5492, [katie.matsushima@doh.hawaii.gov](mailto:katie.matsushima@doh.hawaii.gov)

