



The theme for this year's contest was: **"Rising to the Challenge. If you were Mayor..."**

- It is a sad day in Happy Town. It has been put on the "Worst Towns" list because of unhealthy habits such as eating poorly, not getting enough physical activity and smoking.
- What new programs and services would you create to help citizens lead a healthier life and make Happy Town a healthier place to live?
- How would you get your residents to participate?
- What things would you do to make sure the town stays off the "Worst Towns" list?

If I were Mayor

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If I were Mayor, I would try to change the image of Happy Town into a Healthy Town. My main plan to handle the problem would be to improve awareness by conducting a Health Fair.

I would propose the idea of a Health Fair to the City Council and gain their approval. A fundraiser would be started to help organize it. I would meet the Health Department and other food-related organizations and discuss ideas to make the Fair successful. Stalls with games to foster healthy habits, free tasters and giveaways of healthy food, and talks by Doctors will be arranged.

To promote an active lifestyle in Happy Town, I would conduct Marathons to encourage the people to exercise. To make fitness a fun activity, we will have Zumba in local parks and Family fun swim days at the Town's pools. All council members, government officials and I would set an example by participating in all these events.

An Anti-smoking campaign would be started with the Council's approval, by passing laws to increase taxes on tobacco products and restrict smoking in all public areas. We would raise awareness by explaining the bad effects of smoking and the different options available to stop smoking, through posters and celebrity messages on TV.

We will work with Schools to teach kids about the importance of leading a healthy lifestyle by making the right food choices, exercising and staying away from bad habits. The children can inform their families so that they will change and become healthy. I would also ask for feedback from the citizens, on what else we can do, to support the healthy habits of Happy Town.