

For immediate release  
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## **Governor and students encourage Kansans to stay healthy** *HealthyKansas sponsors 2010 Sunflower State Games Essay Contest*

To encourage Kansans to make simple, but powerful changes to their lifestyles, Governor Mark Parkinson has announced that HealthyKansas will once again sponsor the 2010 Sunflower State Games Essay Contest.

“Encouraging our children to get active while they are young can be one of the most important things we can do to ensure they remain healthy throughout their lives,” said Governor Mark Parkinson. “Staying healthy is not only good for your body, it’s good for your wallet. It reduces the likelihood of expensive medical problems and costly diseases.”

This year’s essay contest topics include: Grades 1-3: “which of the 2010 Winter Olympics sports would you most like to play and why?” And Grades 4-6: “who is your favorite athlete from the 2010 Winter Olympics and why?”

The contest is open to all Kansas first through sixth grade students. Winners will receive a Sunflower State Games gold medal, plaque and official t-shirt, a Barnes and Noble gift card, a \$50 savings bond and an opportunity to read their essay at the Sunflower State Games VIP Reception on July 8, 2010.

Entries are due by April 2, 2010 and can be mailed or emailed to:

The Sunflower State Games  
820 S. Kansas Avenue  
Topeka, KS 66612  
Fax: (785)235-1308  
[sunflowergames@sbcglobal.net](mailto:sunflowergames@sbcglobal.net)

For complete contest rules, please visit: [www.healthykansas.org/events.aspx](http://www.healthykansas.org/events.aspx) or [www.sunflowergames.com](http://www.sunflowergames.com).

*The HealthyKansas program is focused on encouraging children in schools, adults in the workplace and seniors in their community to make simple, but powerful lifestyle changes.*

*HealthyKansas was launched in November 2004 as a comprehensive effort to control health care costs, improve the quality of health care and raise awareness of the dangers of obesity in children and adults.*

*To learn more about how you can make healthy lifestyle changes or to complete an online pledge, log onto [www.healthykansas.org](http://www.healthykansas.org).*

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