



HEALTH PROMOTION PRESENTS:

LIGHTS, CAMERA, HEALTHY ACTIONS

1ST ANNUAL STUDENT VIDEO CONTEST

Show off your talents by entering a 1-5 minute video highlighting healthy choices. Videos can be submitted to Health Promotion (Room 1525, North Webb) via thumb drive or CD. You can also email us your video: cwinter@odu.edu.



1ST PLACE

\$150 added to Monarch Plus Account



Second Place: \$100

Third Place: \$75

Registered Student Org.: \$500 IDT Budget to Grand Prize Winner

SUBMISSION DATES: SEPT. 9–OCT. 11

Selected videos will be shown at a campus-wide screening event, Friday, October 18, on the Quad. Get your healthy ideas up on the big screen! All participants will receive an award!

FILE FORMATS WE ACCEPT*
.MOV & .MP4



>>>> SUBMIT YOUR VIDEOS VIA USB OR CD



NO LONGER THAN 1-5 MIN

NEED AN IDEA?



THEMES: healthy relationships, exercise, balanced diet, sleep tips, stress management, alcohol safety, smoking & drug prevention, etc

FORMATS: comedy, song, action, mockumentary, drama, animation, anything you can imagine!!!



For more information, visit the SHS Student Health Promotion in Room 1525 (North Webb), call 757-683-5927, or email kwcholewi@odu.edu.

*Not sure what type of file you made? No worries. Bring it in and let us see if we can help you figure it out.