

Turning in your Score-Cards
 Turn in your score-card by the 28th of the month at a participating Healthy Hearts on the Hill site* or mail them to: Eve Kintner, 384 Richardson Hall, 135 Western Ave., Albany, NY 12222

Record each time you complete one of these "healthy" activities on your "Healthy Activity Recording Form". Turn in all completed score-cards by the 28th of each month to earn Healthy Heart points and be eligible for monthly and grand prize drawings.

- The Rules are Simple!
- Just keep track of the times you:
- See your health care provider or participate in a Healthy Hearts on the Hill screening
- Exercise
- Make wise food choices when shopping or dining
- Attend health related workshops/events* offered by the Healthy Hearts on the Hill Coalition

The Biggest Winner Project is intended to encourage residents living in the West Hill, Arbor Hill, and South End of Albany—or in housing managed by the Albany County Housing Authority—to join their neighbors in creating heart healthy communities between April 1st and December 15th, 2009. Participants who meet the requirements* will be eligible for Monthly and Grand Prize drawings! Call 518-442-5779 to get more details.

Final Determination of Points
 The Healthy Hearts on the Hill Coalition reserves the right to make final decisions regarding awarding points including awarding bonus points* to persons making significant contributions to their personal and/or the community's health.
 * For more information, see orientation materials

Be a Winner!
 At the end of the contest there will be a GRAND PRIZE drawing for eligible participants* To be eligible you must earn 30 or more Healthy Heart Points per month in at least 4-months throughout the contest. Remember, the more points you earn the better your chance of winning the GRAND PRIZE!

- Ways to verify your participation include:
- Exercise at one of the community partner sites* or walk with a friend who can vouch for you
- Bring in your grocery check-out list showing purchases of healthy foods (vegetables/whole grains/etc.)
- Have your doctor verify you were there.*

Healthy Heart Points & Drawings
 For each healthy activity that you do, you will earn one Healthy Heart point. If you are able to *verify* that you completed the activity, you will earn Double Points!

This Score Card Belongs To:

Name: _____

Address: _____

Telephone #: _____

Month: _____

Be The BIGGEST WINNER



