



*Remembering the PLEDGE . . . Delivering the PROMISE!*

## **NATIONAL SIGNATURE PROGRAM**

### **Poster Arts Contest—Project Walking Feet**

This project encourages making health a habit and the importance of physical activities through walking. The poster Arts contest students are taught the relationship between health, physical activity and walking.

- Feet Fair—hold a foot fair seminar on the cure of the feet emphasizing how your feet contributes to health problems.
- Soul stroll Walk-A-thon For Health
- Health Fair emphasizing walking, weight control, diseases that plague African Americans.

Art Contest of drawing different feet variations and investigating proper shoes for correct posture and health.



Resources:

Medical facilities that give seminars on Health.

Solicit the assistance of Local Doctors who are willing to hold seminars.