

FSU FMIG FIRST ANNUAL TAR WARS & READY, SET, FIT! POSTER CONTESTS

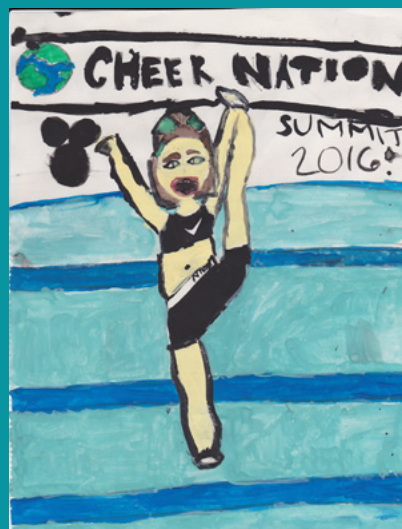
Ashley Kreher & Meghan Novotny, Class of 2019

The Family Medicine Interest Group (FMIG) at the Florida State University College of Medicine (FSU COM) has been working all year to promote healthy living at local elementary schools. FSU students presented two of the American Association of Family Physicians (AAFP) community-based education programs—*Tar Wars* and *Ready, Set, Fit!*—to elementary school students across the Tallahassee area, promoting tobacco-free and well balanced lifestyles to hundreds of students. *Tar Wars* is an AAFP endorsed program of interactive presentations geared toward 3rd, 4th and 5th grade students to educate them about being tobacco-free, and provides them with tools to make good decisions about their health and well-being. *Ready, Set, Fit!* is a program designed to educate and motivate younger students in three key areas of health: emotional well-being, fitness, and nutrition. This program is endorsed by the National School Board Association. The program engages 3rd, 4th, and 5th grade students in activities and discussion to make them aware of what they can do now to positively affect their health and fitness.

The FMIG Community Educators, Ashley Kreher and Meghan Novotny, offered students that participated in the *Tar Wars* and *Ready, Set, Fit!* programs an opportunity to creatively display the knowledge they gained from the presentations through a poster contest sponsored by FSU COM. This is the first time such a contest has been held at FSU COM, and much to everyone's excitement, 272 posters were received. Students from the main campus and across the state, as well as faculty and staff, all had the opportunity to vote in person and online for their favorite posters based on message and creativity. The top three winners from each program were then invited, along with their families and representatives from their elementary schools, to attend an award ceremony at the Florida State University College of Medicine. The winning students received award certificates and had the opportunity to converse with medical students, some of whom volunteered in helping present these programs.



DANNY ALEX
Step in the Right
Direction Award,
Ready, Set, Fit!
Poster Contest



TAYLOR KELLY
Creativity Award,
Ready, Set, Fit!
Poster Contest



MADELINE JOHNSON
Best Overall Award, *Tar Wars* Poster Contest