

Minnesota

Educational Scholarship Fund, Inc.

PO Box 527
Cottage Grove, MN 55016

Scholarship Opportunity!
Healthy Lifestyle Scholarship Application
\$500 Scholarship will be awarded!!
Sponsored by Shawn Anne Buttschau & Team Kick Buttschau
and the Minnesota Educational Scholarship Fund, Inc (MESFI)

Strong is Beautiful.

- Serena Williams

Miss Minnesota represents our program's mission to advance opportunities and empowerment for women.

The titleholder's job requires energy, positivity, and professionalism while managing a demanding schedule of events and appearances to promote the organization's goals along with those of her personal platform. A healthy lifestyle provides the foundation to support this and inspires a disciplined yet balanced approach in mind, body, and spirit that fuels the ability to achieve her goals.

Scholarship application requirements:

Create a short video of yourself demonstrating the benefits of a healthy lifestyle including physical activity and sound nutritional habits. Share examples that you enjoy and make YOU feel good!

Physical activity examples may include:

- biking around local trails, lakes and parks
- winter activities like skiing or snowshoeing
- strength training or yoga
- swimming, running or walking
- anything that gets you moving and keeps you strong!

Nutrition examples may include:

- health benefits of certain foods
- replacing negative eating habits with positive habits
- your favorite foods to support a healthy lifestyle
- fun ways to incorporate healthy foods into your lifestyle

Required length: Up to 60 seconds – no longer than 60 seconds!

Format: Videos from digital cameras, camcorders, and phones are acceptable (.wmv, .avi, .mov, or .mpg format.) These are **NOT** to be professionally produced.

Content: Each video must include:

- Demonstration of physical activity
- Examples of healthy nutritional habits
- Explanation of why these habits make you feel rejuvenated and healthy.
- Please avoid filming any copyrighted material such as music, logos, etc.
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Scholarship application submission period:

February 15, 2021 through March 20, 2021

- All video's must be uploaded **no later than March 20, 2021**. All videos must have your name and local title on them. If they are not submitted correctly, your video will be disqualified.

Submission process:

- Upload your video here: [Healthy Lifestyle Scholarship Application](#)
- Please include your name and local title (i.e. Kathryn Kueppers, Miss Minnesota)

The scholarship will be awarded at the sole discretion of the sponsor based on the following criteria:

- Application meets all submission requirements
- Content inspires healthy lifestyle habits
- Creativity and innovation in presentation
- Submission must be received within the defined scholarship application submission period.

Scholarship will be awarded at Candidate Orientation on Saturday, April 10, and will be available to use immediately!