



**GROUP 4
(14-18Yrs)**

HEALTHY LIFESTYLE BLOGGING

RULES AND GUIDELINES

Are you passionate about living a healthy life and sharing your knowledge with others? Participate in our competition by creating an informative and engaging blog post on a specific aspect of healthy living.

Here's what you need to know:

1. Choose a specific topic related to healthy living that you are passionate about. It could be nutritious recipes, exercise routines, mindfulness practices, or any other aspect that promotes a balanced and wholesome lifestyle.
2. Craft a blog post that provides valuable information and insights to your readers. Share your expertise, research, and personal experiences to make your content relatable and informative.
3. It should be written with a minimum of 500 words and shared as word document. Be sure to include at least one original photo that enhances the visual appeal of your blog post.
4. Submissions can be written in either English or your native language. We value the diversity of voices and encourage participants to express themselves in the language they are most comfortable with.
5. Your blog post will be judged based on criteria such as creativity, accuracy of information, and overall presentation. Make sure your content is well-structured, easy to read, and showcases your ability to engage and educate your audience.

Healthy Lifestyle Blogging is not just a competition; it's an opportunity to inspire others to adopt healthier habits and make positive changes in their lives.

Join us in Healthy Lifestyle Blogging and become a voice for wellness and vitality. Let your blog post shine with valuable insights, practical tips, and a passion for healthy living. Good luck, and may your words inspire others to embark on their own journey towards a healthier lifestyle!