

YOUNG HEARTS FOR LIFE

# \$500 Student Grand Prize! YouTube VIDEO CONTEST



**HELP US SPREAD  
the MESSAGE  
ABOUT SUDDEN  
CARDIAC DEATH**

♥ Sudden Cardiac Death (SCD) occurs in **60 young adults** (12-24yrs) **each week** in the United States.

♥ Sudden Cardiac Death happens to the **“healthiest”** and there are often no warning signs.

♥ A **sports physical** will only detect 4% of students at risk for SCD. An ECG can detect 70% of students at risk.

♥ All young adults should have a **repeat ECG every 2 years** until the age of 24.

♥ An ECG is **quick, simple and painless**

♥ **YH4L (Young Hearts for Life)** offers these ECGs for **FREE**

**THE BEST VIDEO  
FROM EACH SCHOOL  
WILL WIN \$100!**

Winners from each school will be entered to win the \$500 grand prize!

## NEED SOME HELP?

What should be in your video?? Go to  
[www.YH4L.org](http://www.YH4L.org)

or email us your video to check your facts before final submission.

## ANY QUESTIONS?

Contact us at...

[younghearts4life@gmail.com](mailto:younghearts4life@gmail.com)

Need facts checked?  
Need pictures??



**1**

**Film a 2-3 minute video** about YH4L's message on Sudden Cardiac Death



**2**

**Submit your video to:**  
[younghearts4life@gmail.com](mailto:younghearts4life@gmail.com)



**3**

**Wait to See** if your video **WINS!**