

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**

Help is spread our message! It could save a life

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

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

ANY
QUESTIONS?

Contact us at...

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:

youngheartst4life@gmail.com



3

Wait to See
if your video WINS!