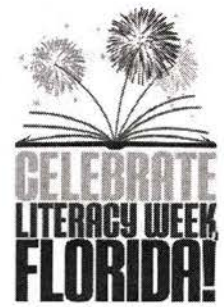


Read for Health to grow your Habit Hero potential.



read for health  
Florida Department of Health

We are excited to announce that our "Iron Man and Habit Heroes" comic book has been selected as the featured book for "Celebrate Literacy Week, Florida!" to be held Jan. 13-17, 2014. Volunteer readers will visit third-, fourth- and fifth-grade classrooms around the state to read the comic book. You could be one of these volunteer readers.

Celebrate Literacy week is a state-sponsored program that promotes the connection between reading and health. We partnered with the Departments of Health; Agriculture and Consumer Services; and Education in this volunteer reading project.

We understand that maintaining good health and eliminating health disparities begins with the ability to read, write and comprehend letters and numbers. In keeping with that belief, we collaborated with Marvel Custom Solutions to develop "Iron Man and Habit Heroes."

In this comic adventure, villains unite to take control of New York City. They are stealing the citizens' energy in order to open a portal and bring their evil master to Earth. The Habit Heroes — Agent Dynamo, Agent Fuel and Agent Quench — respond to the emergency by uniting with the world-famous armored Avenger, Iron Man.

The book conveys a positive message about healthy lifestyles in a fun and empowering way. Students will learn that Iron Man's armor may be able to fly through the air and fire repulsor rays, but inside that armor is Tony Stark, who, like all of us, can always learn new ways to improve his life by making healthy decisions.

You can help educate our future leaders about the significance of reading and maintaining a healthy lifestyle by participating as a volunteer reader.

In order to register you will need to contact the school, schedule the classroom visit and determine what screening requirements may apply before your visit. For suggestions on how to schedule the classroom visit, please see the link to volunteer tips and FAQs below.



To volunteer, please register at: <https://www.surveymonkey.com/s/WVFWJ5P> by **Friday, Jan. 3, 2014**. Once we receive your request, we will mail an Iron Man and Habit Heroes kit to you that will include enough books for every student in the classroom, the teacher and you.

After you read the comic book in class, please work with the students to complete the training guide included in each book. The guide helps children learn to incorporate healthy habits into their daily lives.

Feedback about this experience from the classroom teacher's observation of student engagement is important to us, so an evaluation link will be included along with the books. The classroom teacher should complete this evaluation.

For more information, see the [News and Views article](#) and [volunteer tips and FAQs](#).

We look forward to you joining us in this wonderful health literacy awareness and volunteer opportunity.





To start the year out on the right page, "Celebrate Literacy Week, Florida!" will take place from January 13-17, 2014. In a continued effort to promote the connection between reading and health, the Departments of Health; Agriculture and Consumer Services; and Education are pleased to partner with Florida Blue on this "Health Literacy in the Classroom" volunteer reading project. Volunteer readers are asked to visit third, fourth and/or fifth grade classrooms around the state to read the "Iron Man and Habit Heroes" comic book that are available in a limited quantity on a first-come, first-served basis.

The Florida Department of Health and Florida Blue understand that the basic components in maintaining good health and eliminating health disparities begins with the ability to read, write and comprehend letters and numbers. In partnership with Marvel Custom Solutions, Florida Blue developed this year's featured book "Iron Man and Habit Heroes". In this comic adventure villains unite to take control of New York City. They are stealing the citizen's energy in order to open a portal and bring their evil master to Earth. The Habit Heroes –Agent Dynamo, Agent Fuel and Agent Quench—respond to the emergency by uniting with the world famous armored Avenger, Iron Man. This book conveys a positive message about healthy lifestyles in a fun and empowering way. Students will learn Iron Man's armor may be able to fly through the air and fire repulsor rays, but inside that armor is Tony Stark, who like all of us, can always learn new ways to improve their lives by making healthy decisions.

Creating a fun experience for children and adults to help further their health is just one way to achieve a personal healthy weight and ensure that our state has the healthiest weight in the nation, an initiative supported by Florida's State Surgeon General, Dr. John Armstrong. Help educate our future leaders about the significance of reading and maintaining a healthy lifestyle by participating in this wonderful volunteer opportunity!

To participate, please register at: <https://www.surveymonkey.com/s/WVFWJ5P> by Friday January 3, 2014. Once the request is received, Florida Blue will mail an Iron Man and Habit Heroes kit to you that will include enough books for every student in the classroom, the teacher and yourself. You are responsible for contacting the school, scheduling the classroom visit and determining what screening requirements may apply prior to your visit. All Florida Department of Health employees must receive prior approval from their supervisor. After the comic book has been read in the class, please work with the students to complete the training guide that is included in each book, this guide helps children learn to incorporate healthy habits into their daily lives.

Feedback about this experience from your perspective, as well as the classroom teacher's observation of student engagement, is important to us. An evaluation will included along with the books to complete with the classroom teacher.

Thank you again for your support of the Read for Health Initiative's "Health Literacy in the Classroom" volunteer reading project and promoting healthy lifestyles for Florida's youth. If you have any questions, please e-mail the Healthiest Weight Coordinator Dr. Catherine Howard at [Catherine.Howard@flhealth.gov](mailto:Catherine.Howard@flhealth.gov).

We look forward to your participation in this wonderful health literacy awareness and volunteer opportunity.

