

Why was the Body Walk Project Developed?

Because Our Children are Flunking Eating...

There is a critical need to address good nutrition and other healthy lifestyle choices. Among American kids:

- Only 2% meet all recommendations of the Food Guide Pyramid.
- 16% do not meet ANY of the recommendations of the Food Guide Pyramid.
- Less than 15% of school children eat the recommended servings of fruit.
- Less than 20% eat the recommended servings of vegetables.
- About 25% eat the recommended servings of grains.
- Only 30% consume the recommended milk group servings.
- About two-thirds eat more fat than is recommended.

Lifestyle choices made at early ages have a direct impact on adult health. Students need to learn about healthy lifestyle choices and to avoid behaviors that have an adverse impact on adult health. Healthy eating and physical activity are important life skills that help children grow and prevent them from developing health problems, such as obesity, later in life. Obesity in youth often carries over into adulthood, contributing to the development of many chronic diseases, including heart disease and diabetes. Teachers need additional resources to increase nutrition knowledge and improve eating skills among elementary school students. The *Body Walk* can help meet these needs.

As a Result of the *Body Walk*...

- Schools will use the *Body Walk* project and its related materials to give children repeated opportunities to practice health behavior skills.
- Children will learn about the digestive and other body systems.
- Children will remember the *Body Walk* because of the active learning involved.
- Nutrition, health and physical activity will be linked together to help reinforce positive health behaviors and raise the value children place on health.
- Children's eating and health behaviors will improve through learning the skills needed to practice lifelong healthy behaviors.
- There will be a greater awareness among parents, school personnel, and community members of the importance of teaching children to practice healthy behaviors.





Timeline/Checklist

6 Weeks or More before the *Body Walk* Event:

- Make scheduling arrangements with the *Body Walk* site (i.e., school), reserving a large enough space for your exhibit, such as a gymnasium, cafeteria, or hallway.
- Use a project approach to learning. Use cooperative learning techniques to brainstorm, design, and construct *Body Walk* exhibit components.
- Consult www.fns.usda.gov/eatsmartplayhard/zone/bio.html to begin the process of reserving Power Panther™ costume from USDA, if desired.
- Consult www.fns.usda.gov/eatsmartplayhard/collection/collect_kids.html to order free additional Power Panther™ materials (i.e., tattoos, window clings), if desired.
- Solicit local grocery stores or food companies for donations of healthy snacks or water. Contact your school food service director to see if they are able to provide commodity foods for the day of the *Body Walk* event, if desired.
- Contact IL NET Loan Library at (800) 455-5843 or net@roe21.k12.il.us to reserve a *Body Walk* Traveling Trunk containing *Body Walk* materials.

4 Weeks or More before the *Body Walk* Event:

- Notify teachers of the upcoming *Body Walk* exhibit using Teacher Memo 1 (available on *Body Walk* CD-ROM)

3 Weeks before the *Body Walk* Event:

- Recruit or assign 15 people to be station presenters (Volunteer Recruitment letter, and Station Presenter Sign-Up sheet available on *Body Walk* CD-ROM).
- Recruit volunteers to assist on the day of the event—i.e., for set-up and take-down, managing flow of students, manning snack table, wearing Power Panther™ costume, if using (Volunteer Recruitment letter, Station Presenter Sign-Up sheet and Set-Up and Take-Down Crew Sign-Up sheets available on *Body Walk* CD-ROM).
- Recruit volunteers or teachers to help assemble “goody bags” for each student (i.e., containing *Body Walk* student activity book as well as extra items, such as Power Panther™ tattoos, stickers, or items that encourage physical activity and good eating), if desired.
- Copy Classroom Activities and Teacher Resources (available on *Body Walk* CD-ROM), and distribute to teachers, encouraging them to use these materials.
- Confirm that reserved space at the school will be available and set up as desired for the *Body Walk* event.
- Request that a school administrator sign the *Body Walk* Proclamation (available on *Body Walk* CD-ROM), if desired, and obtain permission to post in the school.

1 Week before the *Body Walk* Event:

- Review with station presenters Station Scripts and Design Ideas (available in Manual) and flipbooks (available on *Body Walk* CD-ROM).
- Arrange for someone who is familiar with the students, teachers, and physical layout of the building to escort children to and from the exhibit.
- Complete Classroom Schedule and send to teachers (available on *Body Walk* CD-ROM).
- Contact news media and send Pre-*Body Walk* News Release (available on *Body Walk* CD-ROM).
- Post the *Body Walk* proclamation in the school, if using.
- Make copies of student activity book, one for each student.
- Assemble “goody bags” for students, if desired.
- Print Food Tags (available on *Body Walk* CD-ROM).

The Day before the *Body Walk* Event:

- Remind teachers with Teacher Memo 2 that tomorrow is *Body Walk* day (memo available on *Body Walk* CD-ROM).
- Contact news media to verify an on-site visit.
- Purchase any healthy food items for snacks or refreshments for volunteers (Hint – Bottled water is refreshing for station presenters).
- Set up *Body Walk* exhibit.



Body Walk Event Day:

- Bring all necessary materials. Smile and enjoy the day!
- Implement *Body Walk* schedules for students and for volunteer breaks see page 8 in Manual & Classroom Schedules (available on *Body Walk* CD-ROM).
- Remind teachers that they have more classroom activities to implement—one for each of the *Body Walk* stations.
- Send Post-*Body Walk* News Release, if news media did not attend (available on *Body Walk* CD-ROM).

Within One Week Following the *Body Walk* Event:

- Thank volunteers, teachers, and others who helped make the day a success (letters and Teacher Memo 3 available on *Body Walk* CD-ROM).