



## FOR IMMEDIATE RELEASE

### ToBe Fit, The Juggling Nutrition Magician Show - Coming to our Library!

Contact: Barbara Storper, MS, RDN: 413.247.5400 or info@foodplay.com

Date of Performance: \_\_\_\_\_ Time: \_\_\_\_\_ Place: \_\_\_\_\_

Sponsoring Organization: \_\_\_\_\_ Contact Person: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_



ToBe Fit, The Juggling Nutrition Magician Show is coming to our library to celebrate our Summer Reading Program theme of “Sports, Health, and Fitness.”

ToBe Fit - The Juggling Nutrition Magician is a rollicking show that inspires kids to take charge of growing up healthy, happy, active and fit! Featuring amazing feats of juggling, circus arts, music, magic, and audience participation, ToBe helps kids make good eating and active living, great fun. This healthful balancing act is a favorite among kids and families for its

ability to engage, inspire, and motivate children to develop healthy habits to last a healthy lifetime. And, after the show, kids are amazed to learn how to juggle. ToBe helps kids and families discover that “whatever you want to do or to be, you can learn how from books at your local library!”

### Coming to town: ToBe Fit, The Juggling Nutrition Magician Show!

**Ideal for: Children + Parents (Pre-K to 4th grade)**

**Date and Time:** \_\_\_\_\_

**Location:** \_\_\_\_\_

**Contact info (for the public):** \_\_\_\_\_

**Brought to you by:** \_\_\_\_\_

**Special Notes:** \_\_\_\_\_

Combating the national epidemic of childhood obesity, ToBe Fit speaks to children in their language, helping them see through commercials and uncover tricks of the advertising trade. Kids learn how to juggle the foods they eat to wind up with a balanced diet, make fruits and vegetables irresistible, have fun being active every day, and make choices that are good for their health and the health of the planet.

For more information, recipes, tips, and to learn how to juggle: [www.foodplay.com](http://www.foodplay.com)

**More about ToBe Fit and FoodPlay Productions:**

ToBe Fit – The Juggling Nutrition Magician Show tours schools, libraries, camps, summer feeding sites, fairs, and festivals to help celebrate healthy eating, summer reading, and active living. Created by FoodPlay Productions, a national award-winning nutrition education theater company, the ToBe Fit Show is performed by FoodPlay’s favorite performers - Felicia Masias or Linda Tardif, professional actors skilled in circus arts, theater, and education.

Founded in 1982 by Barbara Storper, MS, RDN, a leader in the field of children’s nutrition, FoodPlay Productions tours schools and communities throughout the nation with several live health theater productions. Their signature show, FOODPLAY, has reached over 4,000,000 children, received a host of national awards plus an Emmy Award when made for TV, and is evidence-based with proven success. According to USDA-sponsored evaluations, FOODPLAY dramatically improves children’s eating and physical activity habits, and they take the messages home! [www.foodplay.com](http://www.foodplay.com)

**Note: High-resolution images and digital press releases are available online at:**  
[www.foodplay.com/pres/press-releases-images-downloads](http://www.foodplay.com/pres/press-releases-images-downloads)



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