

FoodPlay Productions Presents:

# Good for Me, Good for Us, Good for the Planet!

- with -

## ToBe Fit – The Juggling Nutrition Magician Show

Let ToBe Fit WOW the kids and families in your community!

A rollicking show that helps kids discover how to make choices that are good for their health and good for the health of the planet!

Featuring the fun-filled power of live theater, fantastic feats of juggling, circus arts, music, magic, and audience participation, kids learn how to take charge of growing up healthy, happy, active, and fit!



*"A family that eats together, reads together, and plays together...stays together!" —ToBe Fit*

**Ideal for schools, pre-schools, libraries, community events, camps, fairs + festivals!**

*Special for Summer Reading Programs: "Build a Better World!"*

Audience: Pre-K to 5th Grade (and families)

Running time: 45 minutes (or tailored to your needs)

**Includes everything you need for a successful program:**

- Invitational Flyer – to publicize event to your community
- Press Packet – attract media coverage for your program
- Snack Cards + Health Tips – children take home to post on fridge
- Fun Activity Sheets – hands-on learning in the library and at home!
- Web Activities – keep healthy messages alive all year long!

**Don't miss out – contact us today:**

**Call: 413-247-5400**

**Email: [info@foodplay.com](mailto:info@foodplay.com)**

**Learn more at: [www.foodplay.com/tobefit](http://www.foodplay.com/tobefit)**

*"A fantastic, fun-filled program! Our kids and parents LOVED ToBe Fit, and they even said they were going to eat healthy after seeing it! I recommend this show to everyone!"*

*—Elizabeth MacGregor, Program Director, Flint Public Library, Middleton, MA*



*"Thanks for the wonderful show! Now I started eating better and healthier foods. P.S. My mother says thank you too!"*

*—Sasha, 3rd grader*

*"What a wonderful show to see at our library! I want to tell everyone I know about bringing you – you were FANTASTIC!"*

*—Anita Garnett, Parent, Beardsley & Memorial Library, Winsted, CT*

FoodPlay Productions has reached over 5,000,000 kids across the country bringing the power of live theater to turn kids on to healthy eating and active living! Evidence-based with proven results, our programs have been shown to dramatically improve children's nutrition and physical activity habits. Created by Barbara Storper, MS, RD, a national leader in the field of children's nutrition, FOODPLAY programs have received more than 10 national nutrition and media awards plus an EMMY!

**Contact us today to make reading, healthy eating, and active living – GREAT FUN!**

1.800.FOODPLAY (1.800.366.3752) • [info@foodplay.com](mailto:info@foodplay.com) • [www.foodplay.com](http://www.foodplay.com)