

Put the Spotlight on Healthy Eating!

FoodPlay Productions Presents:

ToBe Fit – The Juggling Nutrition Magician Show

Nutrition Education Programs for your Schools and Communities

Looking for a Fun Way to Turn Kids on to Healthy Habits?

Let ToBe Fit WOW your kids and families, making good eating and active living – GREAT FUN!

ToBe Fit, The Juggling Nutrition Magician Show is a rollicking, fun-filled performance that enchants, engages, and empowers kids to take charge of growing up healthy, active, and fit! Bringing the power of live theater, amazing feats of juggling, music, magic, and audience participation, ToBe Fit helps kids develop healthy habits to last a healthy lifetime.

We do the ~~work~~ **PLAY...**
YOU get the **STANDING OVATION!**

- ✓ Dramatically improve children's eating and physical activity habits!
- ✓ Get the whole school on board to celebrate healthy habits!
- ✓ Increase school breakfast and lunch participation!
- ✓ Utilize fun-filled nutrition education resources that get results!
- ✓ Help kids become health advocates for their families, schools, and community!

"Thanks for the wonderful show! Now I started eating better and healthier foods. P.S. My mother says thank you too!" –Sasha, 3rd grader



"We LOVE ToBe Fit! She gets all the kids engaged and motivated to make healthy choices! Every school in the country should start their year with this program, it would make my job a lot easier!"

–Rosemary Ware, RN, BS, HNBC, Nurse,
Sullivan School, Holyoke, MA

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

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

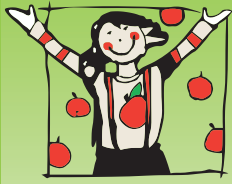
Running Time: 45 minutes (or tailored to your needs)

Includes everything you need for a successful program:

- ✓ **Invitational Flyers and Press Release** – To publicize event throughout your school and community!
- ✓ **Follow-Up Activity Kit** – Fun lesson plans, standards-based activities, and reproducible activity sheets for hands-on learning all year long!
- ✓ **Snack Cards + Health Tips** – For children to post on their fridge with access to online recipes and activities!
- ✓ And, for your library, our popular children's book written by ToBe Fit – **Janey Junkfood's Fresh Adventure!**

Don't miss out – Contact us today!

413.247.5400 • info@foodplay.com • www.foodplay.com/tobefit



FOODPLAY[®]

productions

★ **National Award-Winning!**

Recipient of over 10 national nutrition + media awards, plus an EMMY!

★ **Evidence-Based with Proven Results!**

USDA-sponsored evaluations show dramatic improvements in children's eating and activity habits, and kids take the messages home!

★ **Reached over 5,000,000 children across the country!**

Rave reviews from students, teachers, parents, food service, and administrators!



The ToBe Fit Show teaches kids how to:

- 📌 Start their day with a healthy breakfast at home or at school!
- 📌 Balance their diet with MyPlate!
- 📌 Enjoy eating at least five fruits and vegetables every day!
- 📌 See through advertisements and media messages!
- 📌 Cut down on sugar, soda, and sweetened drinks!
- 📌 Choose fresh "GO" foods vs highly processed food products!
- 📌 Have fun being active throughout their day!
- 📌 Feed their bodies healthy foods and their minds healthy messages!

"What an absolutely wonderful way to improve our children's eating and exercise habits, promote our nutrition programs, boost school breakfast and lunch participation, and get kids to go for healthy foods! And, our kids had so much fun, they didn't realize how much they were learning!"
 —Yolanda Burt, MS, RD, CD-N, Director of Food and Nutrition Services, Hartford Public Schools

And...Check out these Fun Add-Ons:

- Five-A-Day! Tracker Bands
- Get Up and Play! Tracker Bands
- FoodPlay Video Kits
- And more at: www.foodplay.com/shop



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!

Make Nutrition Come Alive - Contact Us Today:
 413.247.5400 • info@foodplay.com • www.foodplay.com/tobefit