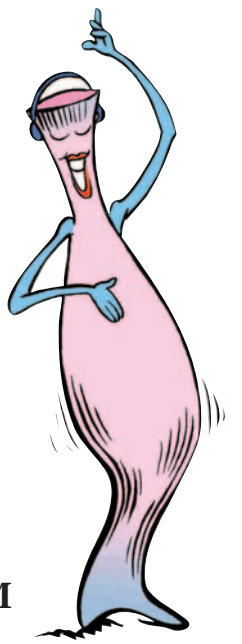


MISSISSIPPI

BODY WALK™



Body Walk is...

A new and unique health education program designed to educate elementary school students across the state of Mississippi on the importance of being physically active and making good nutrition choices.

The Body Walk Program provides education and activities that enable youth to learn skills needed in making good nutrition choices and developing a healthy lifestyle.

The Body Walk consists of...

- A 40 foot by 40 foot enclosed walkthrough exhibit representing the human body.
- Classroom activities for use prior to and following the students' walk through the exhibit.
- A take-home book for students to read with their families.
- A list of additional nutrition education resources to use.
- Information to help publicize the event and communicate with the media.
- A school health kit.
- A parent information sheet.

The Body Walk Experience...

A group of 6 to 8 students can start through the exhibit every five minutes. It takes each group approximately one hour to experience the Body Walk Exhibit.

At each of the Body Walk stations, a volunteer presenter engages the students in a five minute activity focused on healthy choices. Students have the opportunity to meet the Organ Wise Guys and become familiar with their nutrition message.

For more information, contact your County Extension Office:

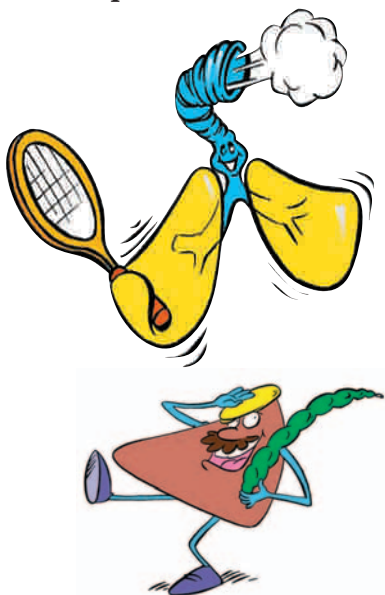
Mississippi State University does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation or group affiliation, age, disability, or veteran status.

As a result of Body Walk...

- Children will acquire knowledge and practice skills that will assist them in modifying behavior changes towards a healthy lifestyle.
- Children will gain knowledge on the functions of the digestive system and how the nutrition choices they make affect their digestive system.
- Children will make good nutrition choices and increase their level of physical activity.
- Awareness will increase among parents, school personnel and community members about the importance of teaching children about good nutrition choices and being physically active.

Body Walk exhibit details...

- A minimum of 300 students and a maximum of 450 students can participate in the Body Walk on a school day.
- To maintain the high quality of our exhibit, Body Walk will only be set up at indoor facilities.



BODY WALK PROGRAM SPONSORS:

