



Volunteers Needed:

Eight to twelve volunteers (adults or high school students) are needed to set up and take down the exhibit. No children should be present.

Twelve to twenty-four volunteer presenters are needed to engage the children in the activities provided at each Body Walk station. All materials needed will be provided, and volunteers will receive training on the program.

The more enthusiastic the presenter, the more the children will enjoy and remember.

After going through the quick and easy training session on the Body Walk Program, parents, 4-Her's, 4-H volunteers, Mississippi Homemaker Volunteers, Extension Advisory Council members, college students, and even high school juniors and seniors (if they work well with younger students) can serve as volunteers for this unique program.



Mississippi Body Walk Partners



For more information:
Visit www.msucare.com/bodywalk,
contact your local county Extension office,
or call Body Walk Program Coordinator
at 662-325-3032

By Lewatis McNeal, Extension Associate II, Family and Consumer Sciences.

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.

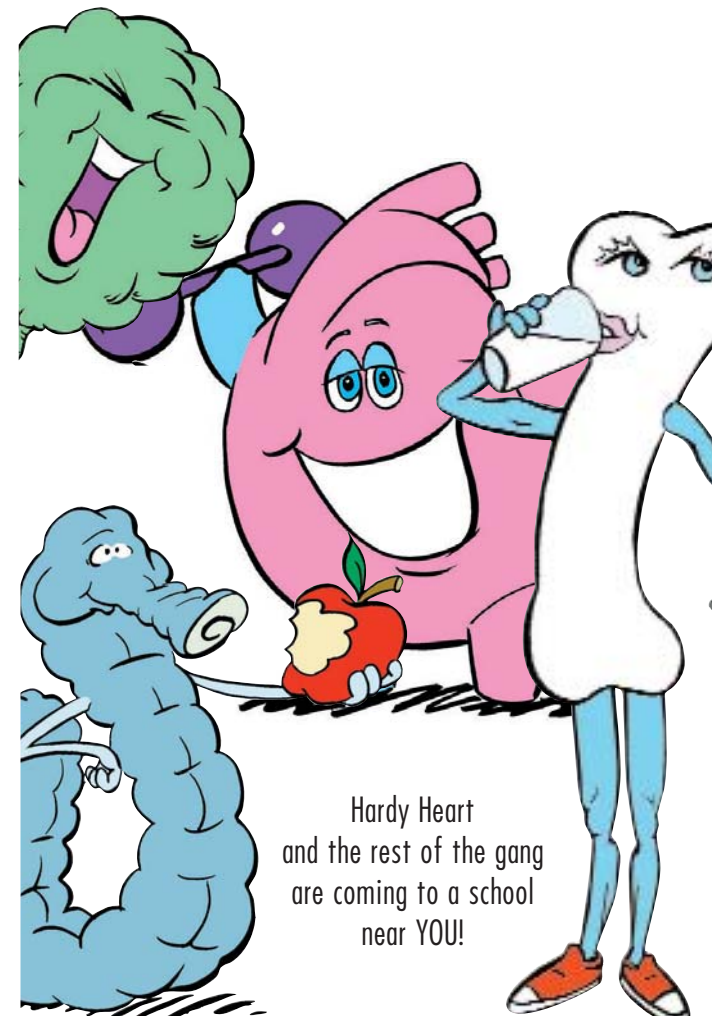
M1412
Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. VANCE H. WATSON, Interim Director (10M-4-06)



featuring



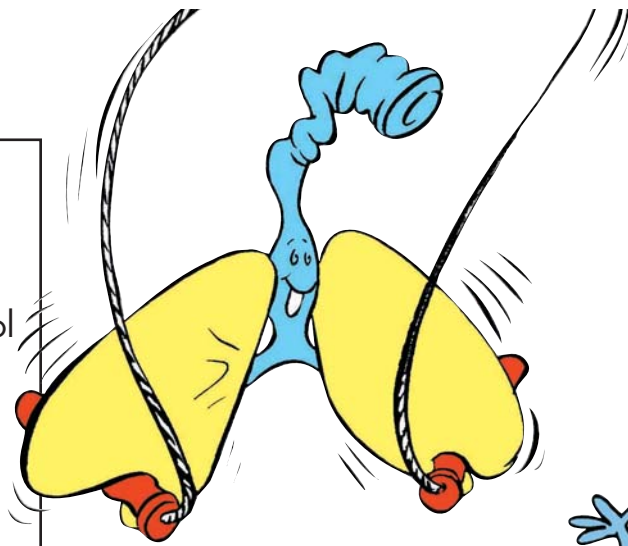
Taking a Trip through YOU !



Hardy Heart
and the rest of the gang
are coming to a school
near YOU!

BODY WALK

A unique health education program designed to educate kindergarten through fifth grade elementary school students throughout Mississippi on the importance of being physically active and making good nutrition choices. The Body Walk Program provides education and activities that teach youth skills needed in developing healthy lifestyles.



The Body Walk experience...

A group of six to eight 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 can meet the Organ Wise Guys and become familiar with their nutrition messages.

The Body Walk exhibit consists of the following:

- The Brain Station
- The Mouth Station
- The Stomach Station
- The Small Intestine Station
- The Heart Station
- The Lung Station
- The Bone Station
- The Muscle Station
- The Skin Station
- The Pathway for Life Station

As a result of Body Walk...

- Children learn and practice skills that will help them change behavior toward healthy lifestyles.
- Children will learn the functions of the digestive system and how the nutrition choices they make affect their digestive systems.
- Children will make good nutrition choices and increase physical activity.



- Awareness will increase among parents, school personnel, and community members about the importance of teaching children healthy nutrition choices and being physically active.

Body Walk exhibit details...

- At least 300 students, up to 500 students, can participate in the Body Walk on a school day.

- To maintain the high quality of our exhibit, Body Walk will be set up only at indoor facilities.



THE ORGANWISE GUYS

The Body Walk consists of the following:

- A 40-foot by-40-foot enclosed walk-through exhibit representing the human body,
- Classroom activities for use before and after 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.

