



September 2007

Welcome to **Smart Bodies!** Your child's school is participating in the Smart Bodies Program, which is a comprehensive health program to build strong bodies and active minds. **Smart Bodies** is a partnership between the LSU AgCenter and Blue Cross and Blue Shield of Louisiana Foundation. **Smart Bodies** consists of 3 components:

### 1. Louisiana Body Walk Exhibit

A walk-through exhibit representing the human body targeting children in grades K-5. During their journey through the body, students explore the brain, mouth, stomach, small intestines, heart, lungs, bones, muscles, and skin, stopping at each station to participate in activities focused on the effects that different foods have on each organ. The "larger than life" exhibit will be visiting your child's school soon. Call your child's school to see how you can help!

### 2. The OrganWise Guys

Fun characters help young children understand physiology and healthy behaviors through books, games, dolls and videos. They include such characters as Hardy Heart, the Kidney Brothers, and Peter Pancreas.

### 3. Take 10! Classroom Program

A classroom-based grade-specific educational tool that encourages short bouts of physical activity integrated with academic lessons.



BLUE CROSS AND BLUE SHIELD OF  
**LOUISIANA**  
FOUNDATION  
AN INDEPENDENT LICENSEE OF THE BLUE CROSS AND BLUE SHIELD ASSOCIATION

**BODY WALK**



**THE ORGANWISE GUYS**

For program information, please visit our website at:

[www.smartbodies.org](http://www.smartbodies.org)



## Get Moving in September!

Small bouts of physical activity throughout the day bring added health benefits! Involving the entire family in activities will not only provide quality family time, but also improves the health of the entire family. Try these tips to add movement to your family's day:

- Clean the house together
- Clean the yard together
- Play charades
- Shop together
- Take a 30 minute stroll around your neighborhood

## Calling All Parents!

Body Walk will be coming to your child's school this school year! To be most successful we need energetic parents or guardians like you! If you would like to volunteer for this fun and rewarding experience (or know someone who would), please contact your child's school.

You can also visit our website at [www.smartbodies.org](http://www.smartbodies.org) and click on "Body Walk."

## Fun Fruit Kabobs

### Ingredients

- Juice of 1 lemon
- 1 banana, peeled, cut in thick slices
- 1 apple, cut lengthwise in quarters
- 1 orange, peeled, segmented, each segment cut in half
- 8 medium strawberries or canned pineapple chunks, drained
- 8 wooden sticks with rounded ends
- Fruit dip (see recipe below)
- Candy sprinkles (optional)

### Fruit Dip

- 1 lemon, grated peel
- 1 cup raspberry yogurt

### Method

1. As apple and banana pieces are cut, toss them gently in the lemon juice to prevent browning.
2. With a sharp knife, cut slots in all fruit chunks so they can be speared easily.
3. Starting and ending with orange pieces, thread one of each type of fruit on the sticks.
4. Serve the dip and candy sprinkles in small saucers.
5. Let the kids dip and help decorate!

### Fruit Dip

1. Stir grated lemon peel into yogurt.

**Serves 8**

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