



www.smartbodies.org

Smart Bodies is an interactive educational program designed to help prevent childhood obesity. A joint initiative of the LSU AgCenter and Blue Cross and Blue Shield of Louisiana Foundation, **Smart Bodies** integrates classroom activities with hands-on learning to teach children how to build strong bodies and develop active minds.

The Smart Bodies program consists of three components:

Louisiana Body Walk Exhibit

A 35-foot by 45-foot walk-through exhibit representing the human body, targeting kindergarten through 5th grade youth. Approximately 400 students can walk through the exhibit in one school day. During their walk, students explore the stomach, small intestines, heart, lungs, bones, skin and brains, stopping at learning stations to participate in activities focused on the effects that different foods have on each organ. This exhibit has been a successful model for teaching human nutrition, physiology and the importance of healthy lifestyle behaviors in a manner that children can understand. Students will also receive a take-home activity book to share with their families.



The OrganWise Guys

Fun characters help young children understand physiology and healthy behaviors through books, games, dolls and informational videos.

They include such characters as Hardy Heart, Luigi Liver, Peter Pancreas, Madame Muscle and Calci M. Bone. The “characters” reside in a larger doll called Little Organ Annie or Little Organ Andy. The OrganWise Guys are featured in both the Body Walk and the Wisercise curriculum. Each participating school will receive a free healthy school kit. See www.organwiseguys.com for more information.



For program information, please contact:

Denise Holston, MS, LDN, RD
LSU AgCenter
225-578-4573

Christy Oliver Reeves
Blue Cross and Blue Shield of Louisiana Foundation
225-298-7051

Wisercise and 2Step4Kids Classroom Program

A classroom-based grade-specific educational tool that encourages short bouts of physical activity integrated with academic lessons. Participating schools will receive curricular materials and training providing teachers with learning activities that incorporate movement to reinforce academic concepts. The curricular materials are linked to the grade level expectations (GLEs) established by the Louisiana Department of Education. See www.2step4kids.com for more information.



visit our website @
www.smartbodies.org



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