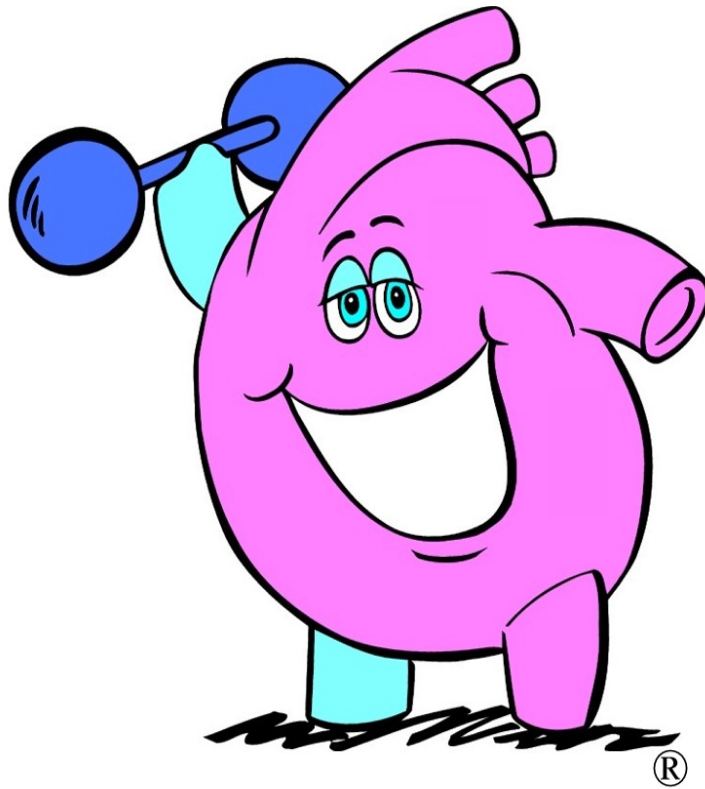


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# Appendix



# Appendix

## From Chapter 8

- Pre-Body Walk Sample News Release
- Post-Body Walk Sample News Release

## From Appendix

- Letter to School Coordinator
- Participation Report
- Evaluation
- Classroom Schedule
- Set-Up Crew
- Take-Down Crew
- Station Presenters letter
- Station Presenters – Morning Shift
- Station Presenters – Afternoon Shift
- Teacher Memo 1
- Body Walk Volunteer Log
- Volunteer Recruitment Letter
- Volunteer Thank You Letter
- Sample Proclamation
- Volunteers Needed Newsletter
- “What I like best...”
- Teacher Evaluation
- Sample Schedules
- Parent Letter

## BODY WALK

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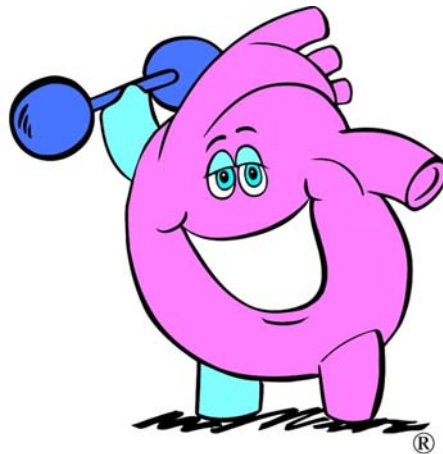
Dear Body Walk School Coordinator:

Body Walk will be visiting your school soon! To help you prepare for this important day, please take time to review the information in the online **Body Walk School Manual** at [www.uofabodywalk.org](http://www.uofabodywalk.org).

I will be calling you within the next two weeks to discuss the visit to your school. If you have any questions, please feel free to contact me at **(fill in your number)** or **(your e-mail address)**.

The University of Arkansas Division of Agriculture Cooperative Extension Service's staff is looking forward to working with your school by bringing you Body Walk.

Family and Consumer Sciences Agent



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## Participation Report

Please complete and fax (501-671-2294) to the Body Walk Coordinator. This form should be completed and faxed to the University of Arkansas Division of Agriculture Cooperative Extension State Office on the day Body Walk visits your school.

This information will be used to complete University of Arkansas Division of Agriculture Cooperative Extension Service reporting forms. In addition, the number of participating students listed on this form will be used to prepare your invoice.

School Name: \_\_\_\_\_

School Address: \_\_\_\_\_  
(Including City  
and Zip code) \_\_\_\_\_

Date of Body Walk visit: \_\_\_\_\_

School Coordinator's Name: \_\_\_\_\_

School Coordinator's Phone Number: \_\_\_\_\_

Number of Participating Teachers: \_\_\_\_\_

Number of Participating Volunteers: \_\_\_\_\_

Number of Participating Students:

\*Kindergarten \_\_\_\_\_

\*1<sup>st</sup> Grade \_\_\_\_\_

\*2<sup>nd</sup> Grade \_\_\_\_\_

\*3<sup>rd</sup> Grade \_\_\_\_\_

\*4<sup>th</sup> Grade \_\_\_\_\_

\*5<sup>th</sup> Grade \_\_\_\_\_

\*6<sup>th</sup> Grade \_\_\_\_\_

Total \_\_\_\_\_

Comments:

(Over)

Participation Report  
Page 2

Comments, Continued

**Thank You!**



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# Evaluation



To be completed by the Body Walk School Coordinator

School Name \_\_\_\_\_

Your Name \_\_\_\_\_

Date of Body Walk visit \_\_\_\_\_

**A. Tell us about your teachers:**

1. \_\_\_\_\_ Number of teachers whose students participated in the Body Walk Program
2. Did all teachers receive a copy of the classroom activities and resources from the Body Walk School Manual?  
\_\_\_\_ yes \_\_\_\_ no
3. \_\_\_\_\_ Number of teachers using the classroom activities in the School Manual
4. \_\_\_\_\_ Number of teachers using the list of additional resources in the School Manual

**B. Tell us your opinion of Body Walk:**

1. Is the exhibit educational, informative and appealing to students?  
\_\_\_\_ yes \_\_\_\_ no \_\_\_\_ not sure

**Why or why not?**

2. Was the Body Walk School Manual helpful to you?  
\_\_\_\_ yes \_\_\_\_ no \_\_\_\_ not sure

**How could it be improved?**

3. Did the Body Walk Activity Booklet appeal to students?  
\_\_\_\_ yes \_\_\_\_ no \_\_\_\_ not sure

**How could it be improved?**

(Over)

## BODY WALK

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### Evaluation, Continued

4. Was the Body Walk Manager friendly, helpful and informative?  
\_\_\_\_\_ yes \_\_\_\_\_no \_\_\_\_\_not sure

**Comments and/or suggestions for improvement:**

5. In the space below, please write other comments or suggestions about the Body Walk exhibit and specific comments made by students about Body Walk

---

**Please send your completed evaluation to:** **Body Walk Coordinator**  
**University of Arkansas Division of Agriculture**  
**Cooperative Extension Service**  
**Family and Consumer Sciences**  
**2301 South University Avenue**  
**Little Rock, AR 72204**  
**Fax: (501) 671-2294**

Thanks for participating in Body Walk and for your help in completing this form!



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# Set-Up Crew

Body Walk School Coordinator \_\_\_\_\_ Phone \_\_\_\_\_

Set-Up Date \_\_\_\_\_ Time \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_



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# Take-Down Crew

Body Walk School Coordinator \_\_\_\_\_ Phone \_\_\_\_\_

Take-Down Date \_\_\_\_\_ Time \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

## Station Presenters Letter

County Extension Office  
Address  
Date

Dear:

It is almost time for a fun filled day at \_\_\_\_\_ School with the Body Walk. I appreciate your willingness to help make the day a success.

Enclosed you will find a script for your station. Keep in mind that the students will only be in your area for seven minutes. You may not be able to cover everything in the script. If this is the case, choose the highlights to focus on. There will be a flip chart to go by, but after a few times you will have that memorized.

There are also some pointers for helping you to make the most of this experience. You may decide to dress the part by wearing a costume related to the station you are in. Wear comfortable clothes and don't dress too warm. The stations can be very stuffy, especially during the warmer months. You might also bring a bottle of water. Additional water will be provided.

You will need to be at the Elementary school by \_\_\_\_\_ on \_\_\_\_\_. (Include information on where to park, what door to come in, whether they need to sign in as visitors at the office, etc.)

Again, thank you for helping with the Body Walk. If you have any questions, feel free to call me at \_\_\_\_\_ or \_\_\_\_\_.

Sincerely,

Agents Name  
County Extension Agent--  
Title



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# Station Presenters

## Morning Shift

Shift Time \_\_\_\_\_

Station	Volunteer Name	Phone Number
Brain/Bookmark Station		
Mouth Station		
Stomach/Small Intestine Station		
Heart Station		
Lungs Station		
Bones Station		
Muscles Station		
Skin Station		
Station Assistant and Back-up Person		



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# Station Presenters

## Afternoon Shift

Shift Time \_\_\_\_\_

Station	Volunteer Name	Phone Number
Brain/Bookmark Station		
Mouth Station		
Stomach/Small Intestine Station		
Heart Station		
Lungs Station		
Bones Station		
Muscles Station		
Skin Station		
Station Assistant and Back-up Person		



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## Teacher Memo 1

To: All Teachers

From: **(BW School Coordinator)**

RE: Body Walk (**day, date, month, year**)

Date:

Body Walk, a traveling exhibit from the University of Arkansas Division of Agriculture Cooperative Extension Service, will visit our school on (**day, date, month, year**). Body Walk is a unique educational program designed to involve kindergarten through fourth grade students in learning the skills and choices for a healthy lifestyle.

Body Walk consists of:

- a 30-foot by 36-foot walkthrough exhibit representing the human body,
- classroom activities for use prior to and following Body Walk,
- a take-home activity book for students to read with their families, and
- a list of additional nutrition education resources.

You and your students will be going through the Body Walk exhibit in groups of 8-10. It will take approximately one hour for each group of students to go through Body Walk. Groups will start through every seven minutes. We ask that you and your students report to the Body Walk location five minutes before your scheduled time.

Please help keep the exhibit clean and in good condition by observing the following:

- Students may touch props when invited by the presenter. Please ask students not to throw or bounce the props, and also not to hit and/or push the exhibit covers and panels.
- You or an adult volunteer must tour the exhibit with your students.

Suggested classroom activities will be sent to you soon to help introduce the concepts and prepare your students to get the most out of Body Walk. Suggested follow-up classroom activities will help reinforce and extend the learning experience. In addition, you will receive a comprehensive list of nutrition and health websites. Please refer to the websites for additional nutrition and physical activity information.

If you have any questions, please do not hesitate to contact me.

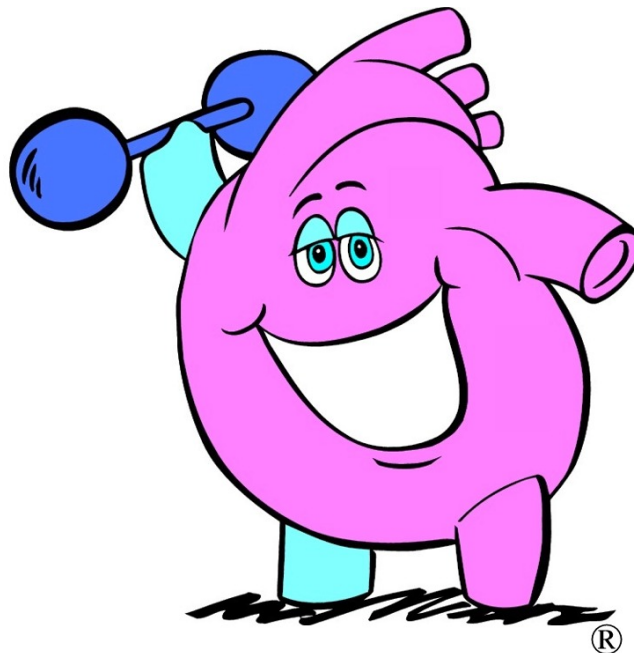
(Over)

Teacher Memo 1, Continued

# The Body Walk Experience

Students tour the human body with The OrganWise Guys as their guides. Throughout the exhibit, they will learn how to apply healthy lifestyle changes.

At each of Body Walk's eight stations, a volunteer presenter engages the students in a seven-minute activity focused on healthy choices. The tour begins when students, in groups of eight to 10, gather around the brain station. Here, students learn about brain function, physical activity and healthy food choices from MyPyramid. As they leave the brain, the students are given a bookmark or sticker designating them as a food, such as a carrot, hamburger or piece of cheese. The "foods" step into the exhibit's larger-than-life mouth, are "swallowed" through the esophagus tunnel and move into the stomach dome. From the stomach, the students travel through the small intestine where they are "absorbed" into the blood. Then they follow the path of the nutrients to the heart, lung, bone, muscle and skin stations. Students leave the body through a cut in the skin.



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## Body Walk Volunteer Log

(Remember that the further the station is in the exhibit, the later they can arrive. In other words, the Heart Station, etc. will be at least 30 minutes later than the Brain Station in starting and in finishing).

STATION	NAME	TIME	DAYTIME/CELL PHONE
Brain/Bookmark	1. 2.		
Mouth	1. 2.		
Stomach/Small Intestine	1. 2.		
Heart	1. 2.		
Lungs	1. 2.		
Bones	1. 2.		
Muscles	1. 2.		
Skin	1. 2.		

## Body Walk Volunteer Log Continued...

ADDITIONAL VOLUNTEERS (SUGGESTIONS)	NAME	TIME	DAYTIME/CELL PHONE #
Runner	1. 2.		
Photographer	1. 2.		
Good Bag Preparer	1. 2.		
Time Keeper	1. 2.		
Work With Students As They Come In	1. 2.		
Review With Students As They Leave	1. 2.		
Assist Students In Stations (Teacher can usually take ½ of class at a time)	1. 2.		
Etc.	1. 2.		
	1. 2.		
	1. 2.		
	1. 2.		

Agent carries in a folder the day of the Body Walk for any last-minute cancellations.

# Volunteer Recruitment Letter

To:

From:

RE: Body Walk (**day, month, date, year**)

Date:

Your expertise is needed at (**Name**) Elementary School! The Body Walk, a fun, educational tour of the human body, will visit this school on (**day, date, month, year**). The Body Walk is a unique educational program designed to involve kindergarten through fourth grade students in learning skills and choices for a healthy lifestyle. Body Walk is a three-dimensional, multi-station exhibit representing the human body.

Please consider one of the following ways you can get involved:

- **Help set up the Body Walk exhibit:** Set up will be (day, month, date, time). Set up will take approximately (**time**) hours.
- **Help take down the Body Walk exhibit:** Take down will be (day, month, date, time). Take down will take approximately (**time**) hours.
- **Be a station presenter:** The exhibit has eight different stations. A volunteer presenter is needed for the morning session and the afternoon session for the brain/food bookmarks, mouth, stomach/small intestine, heart, lungs, bones, muscles, and skin. A script will be provided. The only requirement is enthusiasm for working with children!
- **Volunteer in other ways on the day of the Body Walk event!**

If you have questions, please feel free to contact me at (**phone**). Please complete the form below and return to your child's teacher:

---

**YES!!! I can help with Body Walk.** I will:

\_\_\_\_\_ Set Up                      \_\_\_\_\_ Take Down

\_\_\_\_\_ Be a morning station presenter      \_\_\_\_\_ Be an afternoon station presenter

\_\_\_\_\_ Be an all-day presenter                      \_\_\_\_\_ Volunteer in other ways

Name \_\_\_\_\_ Daytime/Cell Phone \_\_\_\_\_

Address \_\_\_\_\_ E-mail address \_\_\_\_\_



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# Volunteer Thank You Letter

Option #1

To: (Name of volunteer)

From: (Agent name)

RE: Body Walk (day, month, date, year)

Date:

I hope you enjoyed your experience as a volunteer for the Body Walk as much as the students enjoyed it. We couldn't have done it without you! Thank you for being part of the Body Walk experience! The students had fun and learned about healthy behaviors and choices. We appreciate all you did to make it happen!

---

Dear \_\_\_\_\_,

Thank you for all your help in making the Body Walk such a huge success! The students learned about healthy behaviors and choices while having fun. We appreciate all you did to make it happen!

Sincerely,

(Insert school name) Body Walk Coordinator



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# BODY WALK

**School Name**

**Date**

## Body Walk is coming...

An exciting new exhibit is coming to our school on (day, date). Body Walk is a unique educational program designed to involve students in learning the skills and choices for a healthy lifestyle. Children learn about the importance of good nutrition choices by walking through a 30-foot by 36-foot exhibit representing the human body. The exhibit is operated by the University of Arkansas Division of Agriculture Cooperative Extension Service.

Students tour the human body with The OrganWise Guys as their guides. Throughout the exhibit, they will learn how to apply healthy life style changes.

The tour begins when students, in groups of eight to 10, gather around the brain station. Here, students learn about brain function, physical activity and healthy food choices from MyPyramid. As they leave the brain, the students are given a bookmark or sticker designating them as a food, such as a carrot, hamburger or piece of cheese. The "foods" step into the exhibit's larger-than-life mouth, are "swallowed" through the esophagus tunnel and move into the stomach dome. From the stomach, the students travel through the small intestine where they are "absorbed" into the blood. Then they follow the path of the nutrients to the heart, lung, bone, muscle and skin stations. Students leave the body through a cut in the skin. At each of the eight Body Walk stations, a volunteer presenter engages the students in a seven-minute activity.

## Volunteers Needed!

Here's a great opportunity to be of service to our school!

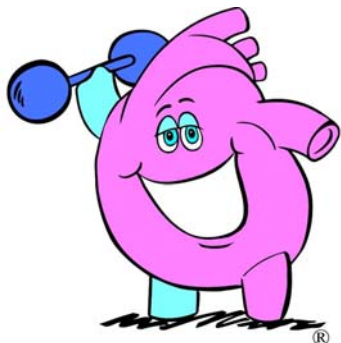
Volunteers are needed to assist with Body Walk. The following people are needed:

- ◆ 8-10 teens or adults to help unload and set-up the exhibit on (date) from (time) to (time) p.m.
- ◆ 8-10 teens or adults to help load the exhibit on (date) from (time) to (time) p.m.
- ◆ 16 teens or adults to interact with students at each of the Body Walk stations. (See left hand column.)

The Body Walk Manager traveling with the exhibit will provide all needed information (including a script) for volunteers who interact with students, as well as provide direction for setting up and taking down the exhibit.

If you can't volunteer, please plan to stop by during the day to observe Body Walk in action!

To volunteer, please call:  
(Body Walk School Coordinator Name)  
(Phone Number)



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## What I like best about The OrganWise Guys and Body Walk:



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## Teacher Evaluation



Thank you for letting the Body Walk visit at your school! This was a great opportunity for students to learn about the importance of making healthy food choices and being physically active. Now, the Body Walk team wants to know if the students have made any changes based on what they learned from the Body Walk. Please take a moment to fill out the brief questionnaire below. Once completed, please return to the Body Walk Coordinator, 2301 S. University Ave., Little Rock, AR 72204 or feel free to fax it to (501) 671-2294. Thank you for your time!

1. What comments have you heard from the children about Body Walk?
2. Do you think Body Walk made your students more aware of the healthy choices they can make in their own lives? Please explain.
3. Is the Body Walk helpful in meeting health or science frameworks?
4. Have you observed students eating more fruits and vegetables or other healthy foods at lunch time? Please explain.
5. Have you noticed any changes in children wanting or being more physically active? Please explain.
6. Do your students seem excited about eating healthier since they have toured the Body Walk exhibit? Please explain.
7. What did you like the best and least about Body Walk?

School Name \_\_\_\_\_

Teacher's Name \_\_\_\_\_

County \_\_\_\_\_

Grade \_\_\_\_\_

## BODY WALK

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### Sample Body Walk Schedules

Schedules are based on groups of 8 – 10 kids per group and eight seven-minute stations (56 minutes)

Stations are not scheduled to all take lunch at the same time. Lunch times are staggered.

Lunch times and/or breaks can be lengthened when you have fewer groups than what's listed.

	38 groups with 30 minute lunch (304-380 kids)		38 groups with 1 hour lunch (304-380 kids)		45 groups with 20 minute lunch (360-450 kids)		
	Start at:	End at:	Start at:	End at:	Start at:	End at:	
1	8:30	9:26	8:30	9:26	8:30	9:26	1
2	8:37	9:33	8:37	9:33	8:37	9:33	2
3	8:44	9:40	8:44	9:40	8:44	9:40	3
4	8:51	9:47	8:51	9:47	8:51	9:47	4
5	8:58	9:54	8:58	9:54	8:58	9:54	5
6	9:05	10:01	9:05	10:01	9:05	10:01	6
7	9:12	10:08	9:12	10:08	9:12	10:08	7
8	9:19	10:15	9:19	10:15	9:19	10:15	8
9	9:26	10:22	9:26	10:22	9:26	10:22	9
10	9:33	10:29	9:33	10:29	9:33	10:29	10
11	9:40	10:36	9:40	10:36	9:40	10:36	11
12	9:47	10:43	9:47	10:43	9:47	10:43	12
13	9:54	10:50	9:54	10:50	9:54	10:50	13
14	10:01	10:57	10:01	10:57	10:01	10:57	14
15	10:08	11:04	10:08	11:04	10:08	11:04	15
	5 MINUTE BREAK		5 MINUTE BREAK		5 MINUTE BREAK		
16	10:20	11:16	10:20	11:16	10:20	11:16	16
17	10:27	11:23	10:27	11:23	10:27	11:23	17
18	10:34	11:30	10:34	11:30	10:34	11:30	18
19	10:41	11:37	10:41	11:37	10:41	11:37	19
20	10:48	11:44	10:48	11:44	10:48	11:44	20
21	10:55	11:51	10:55	11:51	10:55	11:51	21
22	11:02	11:58	11:02	11:58	11:02	11:58	22
23	11:09	12:05	11:09	12:05	11:09	12:05	23
24	11:16	12:12	11:16	12:12	11:16	12:12	24
25	11:23	12:19	11:23	12:19	11:23	12:19	25
26	11:30	12:26	11:30	12:26	11:30	12:26	26
	30 MINUTE LUNCH		1 HOUR LUNCH		20 MINUTE LUNCH		
27	12:05	1:01	12:35	1:31	11:55	12:51	27
28	12:12	1:08	12:42	1:38	12:02	12:58	28
29	12:19	1:15	12:49	1:45	12:09	1:05	29
30	12:26	1:22	12:56	1:52	12:16	1:12	30
31	12:33	1:29	1:03	1:59	12:23	1:19	31
32	12:40	1:36	1:10	2:06	12:30	1:26	32
33	12:47	1:43	1:17	2:13	12:37	1:33	33
34	12:54	1:50	1:24	2:20	12:44	1:40	34
35	1:01	1:57	1:31	2:27	4 MINUTE BREAK		
36	1:08	2:04	1:38	2:34	12:55	1:51	35
37	1:15	2:11	1:45	2:41	1:02	1:58	36
38	1:22	2:18	1:52	2:48	1:09	2:05	37
					1:16	2:12	38
					1:23	2:19	39
					1:30	2:26	40
					1:37	2:33	41
					1:44	2:40	42
					1:51	2:47	43
					1:58	2:54	44
					2:05	3:01	45

## BODY WALK



# BODY WALK



Thank you for allowing your child to participate in **BODY WALK**. **BODY WALK** is a 30-foot by 36-foot walk-through exhibit that represents the human body and was developed to address good nutrition and other healthy lifestyle choices among American children.

### Did you know?

Less than 15% of school children eat the recommended servings of fruit.  
Less than 20% of school children eat the recommended servings of vegetables.  
About 60% of the kids in Arkansas are not meeting current physical activity recommendations.  
1 in 5 kids in Arkansas are eating enough fruit.  
1 in 10 kids in Arkansas are eating enough vegetables.



The lifestyle choices children make at an early age have a direct impact on their adult health. For this reason, children need to learn early about healthy lifestyle choices and what behaviors to avoid that can adversely impact their adult health and lead to health problems such as obesity and chronic diseases such as heart disease and diabetes.

**BODY WALK** consists of eight different stations – Brain, Mouth, Stomach/Small Intestine, Heart, Lungs, Bones, Muscles and Skin. Here are just a few things your child will learn while visiting **BODY WALK**:

In the **Brain** station:

- Identify the five food groups from the MyPyramid.
- Explain what physical activity means and how much is needed every day.



In the **Mouth** station:

- Explain the importance of a healthy mouth, including the lips, teeth, gums and tongue.
- State tobacco products can harm the teeth, gums and the mouth.



In the **Stomach/Small Intestine** station:

- State why we need to eat foods from the different MyPyramid groups.
- Describe the digestive action that takes place in the stomach.
- Discuss what happens to food in the small intestine.
- State that food has nutrients that make us grow, provide energy and help us heal.



In the **Heart** station:

- Explain the function of the heart and why the pumping action of the heart is important.
- Name heart-healthy foods.



In the **Lungs** station:

- Explain how the lungs function to help keep the body healthy.
- State what smoking does to the lungs.



## BODY WALK

In the **Bones** station:

- Name the foods that help build strong bones.
- Describe how exercise helps to build strong bones.



In the **Muscles** station:

- Name two nutrients that are especially important for exercising muscles.
- Describe an activity that exercises the muscles.



In the **Skin** station:

- State a function of the skin.
- Explain the importance of frequent hand washing.



These are just some of the healthy habits your child will learn that you, as a parent or guardian, can help reinforce at home to ensure your child will live a healthier life. We encourage you to become familiar with MyPyramid, the recommendations, and the foods that meet these standards.

To learn more about **BODY WALK** and the other opportunities and programs offered through the University of Arkansas, Division of Agriculture, Cooperative Extension Service, please contact your local county extension office or visit us online at [www.uaex.edu](http://www.uaex.edu) or [www.uofabodywalk.org](http://www.uofabodywalk.org).



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