

Treat Your Body Right

Subject: Health & Fitness

Age / Grade Level: All elementary grades.

Program Length: Approx. 40 – 45 min.

Key Message: Be physically active everyday and make healthy food choices.

Synopsis: It's no secret that YoJo enjoys his junk food binges. He also sees no problem in his couch potato way of life. However, he quickly realizes that he definitely needs help after some comical fitness challenges. YoJo learns that being physically active everyday is not only important, but it can be a lot of fun, too. The show also features the new USDA food pyramid to illustrate sensible and well-balanced food choices, and is concluded by your whole audience getting up on their feet to do a fun session of "YOJOROBICS!"

Great For: Promoting a healthy lifestyle and kicking off field days.

