



# Magic Steps to a Healthier You

### *Discover magic steps to shape positive eating behaviors and healthy lifestyles*

Brian Richards is proud to partner with SPLASH to present a show for Michigan Schools that is sure to get your kids, staff, and parents excited about good nutrition and exercise. Featuring magic, comedy, audience participation, and fun for grades Pre K - 6, your kids will learn vital skills to help keep their bodies healthy and strong.



<http://www.fns.usda.gov/TN/kids-pyramid.html>

### *Understand the importance of finding a balance of good nutrition and exercise*

- In this jam packed, 45 minute program, Brian explains:
- How to understand the USDA Healthy Steps Pyramid
  - How to go lean with protein
  - The importance of getting a variety of colorful fruits and vegetables every day
  - Why we need 60 minutes of exercise a day
  - and so much more!

### *Make a pledge and take the magic steps to become a healthier you*

Your students will take the Healthy Steps pledge, promising to make real life changes today for a healthier tomorrow!

**This is a perfect program to have as a daytime assembly or as a SPLASH outreach event.**





## Magic Steps to a Healthier You

### *Program Specifications*

**Presentation Time:**

Forty-five minutes.

**Set-Up Time:**

45 minutes (Please make sure performance space is clear and empty of classes during set-up time.)

**Take-Down Time:**

Thirty minutes.

**Presentation Capacity:**

350 Students.

**Performance Area Requirements:**

- Brightly lit with minimum area of 14-feet by 8-feet.
- Space may be a stage or a floor-level area; floor-level is preferred.
- If the space is floor-level, please seat students on the floor and not in chairs.
- If the space is a stage, please have steps to the stage for easy access to the stage for audience volunteers

**Equipment:**

Depending on your location, you may be asked to provide a PA system with RCA jack input.