



The bFit Show

Blends magic and comedy to educate about eating healthy and exercise.

Your school will be amazed at his magic. They will laugh at his hysterical comedy. But most importantly, they will get excited about being Fit! **The bFit Show** is a 45 minute program designed to get your kids excited about getting Fit. The show uses magic, comedy, juggling, music, and tons of audience participation to deliver a powerful and motivational message that kids in America need to hear!

Audience participation reinforces creative strategies to learn what your body needs to stay healthy.

bFueled: Our bodies need the right kind of fuel to stay healthy and move. **bActive:** Our bodies need 60 minutes of moderate to vigorous exercise every day. **bCreative:** Be creative when it comes to trying new healthy foods and activities.

They may laugh and be fooled by his tricks, but your school WILL get excited about being fit!

Presented by one of the most humorous assembly educators in the country, students and staff alike are sure to be entertained. This program uses the perfect blend of entertainment and education to teach exercise and healthy eating habits.



Audience: PreK-6 **Capacity:** 400

Presentation Time: 45 minutes
during set-up time.

Set-Up Time: 45 minutes. Please ensure performance space is clear and empty of classes
Take-Down Time: 30 minutes

Presentation Area: Brightly lit performance space; minimum area of 8 ft. x 14 ft. Performance space can be stage or floor-level; floor level is preferred. If performance space is floor level, please seat students on the floor and not in chairs. If the performance area is a stage please make sure there are stairs for easy volunteer access to the performance area.

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