



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.



Teacher Discussion Guide

Follow-up questions and an activity page for The bFit Show

We hope you enjoyed The bFit Show school assembly. Here are some great questions for classroom discussion for students after the assembly. Use as you desire to help reinforce the importance of exercise and healthy eating!

1. What did Brian say we need to do to be fit?

Be Fueled. Be Active. And Be Creative

2. Name the 5 color categories of fruits and vegetables

Green, Yellow/Orange, White, Purple, Red

3. Why should we all eat five categories every day?

To keep our entire body healthy.

4. What are some examples of “sometimes foods” and “all the time foods?”

Sometimes Foods: Ice Cream, Cookies, French Fries (encourage students to name additional)

All The Time Foods: Fruits, Vegetables, and other healthy foods

5. How long should we exercise every day? Does it have to happen all at once?

1 hour.

No, it can be broken up throughout the day!

6. What are exercises you can do while watching TV?

Jumping Jacks, Running in Place, Invisible Jump Rope, Jersey Fist Pumps (encourage students to name additional)

ACTIVITY PAGE

Please use the following activity page after your assembly and allow students to take it home as a reminder of what they learned!



NAME _____

DATE _____

EAT



fruits & veggies every day!

How much exercise should you get every day? _____

What are exercises you can do while watching TV?

Word search:

Find these five favorites!



apple | grapes | plum | kiwi | carrot

H	X	W	W	H	V	R	C	U	O
T	Z	F	K	U	C	X	Z	E	A
G	Q	F	C	Y	T	L	E	P	C
P	Z	R	Z	O	H	E	U	T	M
L	F	A	R	A	L	R	L	Q	U
U	G	R	A	P	E	S	Y	M	P
M	A	D	P	U	H	I	D	Q	W
C	Z	A	F	C	W	J	R	A	Q
X	I	H	W	I	H	N	X	A	T
P	G	X	K	O	L	F	O	F	U

