

## Summary of Documents

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## D15 Family Fitness Fairs Activity Station Description

Station Name	
Developed By (Please Include School Name, Contact Name, Phone, Email Address)	
Area of Focus (Nutrition or Physical Activity)	
Concept	
Description	
Activity Instructions	
Supplies Needed	
Number of Volunteers Needed:	
Dialog Points	

Please remember:

- All stations should focus on either nutrition or physical activity.
- All stations should be fun and interactive.
- An electronic copy of this form will be emailed to all school coordinators by September 26, 2008.
- Station ideas need to be submitted no later than October 31, 2008.
- All stations must be approved by Northwest Community Hospital's dietitians and/or fitness experts.
- Email or mail completed forms to Karen Baker  
Northwest Community Hospital  
Community Health & Outreach/Karen Baker

# D15 Family Fitness Fairs

## Activity Station Description

Station Name	Food Group Relay Race
Developed By	Health World Jane Doe, 847-999-9999 or jdoe@sample.net
Area of Focus (Nutrition or Physical Activity)	Nutrition and Physical Fitness
Concept	Learn which foods belong in the different food groups. Be physically active by turning the activity into a relay race.
Description	2 teams compete against each other relay style to deposit their food items in the correct food group bin.
Activity Instructions	<p>Help form 2 teams (hopefully families) and ask them to stand single file behind the starting line.</p> <p>Give each team a basket of food.</p> <p>Instruct them that when the whistle blow, one by one each team(family member) should select a food item and run it down to the appropriate food group basket.</p> <p>When they return to the start line, their next team/family member can do the same.</p> <p>Repeat until all food items are gone.</p> <p>Note: Please encourage parents to let the children help decide which food group a particular food belongs in.</p>
Supplies Needed	<p>5 Food Group Colored Baskets</p> <p>2 Baskets of Fake Food</p> <p>My Pyramid Poster with Group Names &amp; Colors</p> <p>Tape for starting line</p> <p>Whistle</p>
Number of Volunteers Needed:	1
Dialog Points	<p>In 2005 the USDA (United States Dept of Agriculture) changed the food pyramid because they wanted to do a better job of telling Americans how to be healthy.</p> <p>They also released a special kid's version. Notice how the girl is climbing up the staircase on the side of the pyramid? That's a way of showing kids how important it is to exercise and be active every day. The steps are also a way of saying that you can make changes little by little to be healthier.</p> <p>Eat a variety of foods: A balanced diet is one that includes all the food groups. In other words, have foods from every color every day.</p> <p>Eat less of some foods and more of others: You can see that the bands for meat and protein (purple) and oils (yellow) are skinnier than others. That's because you need less of those kinds of foods than you do of fruits, vegetables, grains, and dairy.</p>

## D15 Family Fitness Fairs Activity Station Description

Station Name	Muscles Need Oxygen
Developed By	D15 PE Teachers
Area of Focus	Physical Activity
Description/Key Message	<ul style="list-style-type: none"> <li>▪ Through a team building game, learn that your muscles need oxygen during physical activity.</li> <li>▪ The stronger your heart and lungs are, the easier it is for them to supply oxygen to your muscles. This means you can be active longer without getting tired so quickly.</li> </ul>
Activity Instructions	<ul style="list-style-type: none"> <li>▪ Form two or more teams of 3 to 4 people each (make sure they are equal teams).</li> <li>▪ Explain to the group that the golf tubes represent the blood vessels and marbles represent oxygen. Explain above concept.</li> <li>▪ Give each team a member a blood vessels (golf tube).</li> <li>▪ Give each team a small container with oxygen (6 marbles).</li> <li>▪ The activity begins when the first member of each team places the first oxygen (marble) into the blood vessel (golf tube). The next group member must “catch” the oxygen (marble) in their blood vessel (golf tube). This continues until the oxygen reaches the last team member who deposits the marble into muscle (small bucket).</li> <li>▪ The race is won by the team who successfully deposits all of their oxygen into the muscle.</li> <li>▪ Note: If the oxygen (marble) is dropped, start again.</li> </ul>
Supplies Provided	Please contact NCH with a list of any supplies you need...see below
Additional Supplies Needed	12 Blood Vessels (Golf Tubes) Small Container with 24 Oxygen (Marbles) Muscle (small bucket or container) <b>Note: Most PE Teachers should have these supplies...please check with them. If they don't have the supplies, please let NCH know and they will provide.</b>
Additional Supplies Needed	None
Special Space Requirements	This activity could get loud. You may want to locate it in a more isolated area so it doesn't disrupt other stations.
Number of Volunteers Needed:	1

## D15 Family Fitness Fairs Activity Station Description

Station Name	<b>Family Dance Party</b>
Developed By	D15 PE Teachers
Area of Focus	Physical Activity
Description/Key Message	Dancing promotes being physically active and social at the same time! Dance with your family, friends, or by yourself!
Activity Instructions	A PE teacher, with help from a volunteer, will instruct and perform various types of dances. Examples would be: line dancing, electric slide, cha cha slide, freeze dance, chicken dance, cupid shuffle, and the Macarena
Supplies Provided by School PE Teacher	Boom box and CD's Microphone (optional)
Additional Supplies Needed	None
Special Space Requirements	This activity will be loud. Locate in a separate room so that it doesn't disturb other stations.
Number of Volunteers Needed:	1 Volunteer (In addition to 1 PE Teacher)
Additional Message Points	Having fun and do something physically active at the same time. Family fun and togetherness.

## D15 Family Fitness Fairs Activity Station Description

Station Name	<b>Pedometer Power Road Rally</b>
Developed By	D15 PE Teachers and Whitely PTA
Area of Focus	Physical Activity
Description/Key Messages	<ul style="list-style-type: none"> <li>▪ Walking is a great way to be physically active</li> <li>▪ Use a pedometer to measure your steps and encourage physical activity.</li> <li>▪ Walking "Road Rally" throughout the school.</li> </ul>
Activity Instructions	<ul style="list-style-type: none"> <li>▪ Upon arrival at the station, families will receive their pedometers and Road Rally Map which will contain their first destination (somewhere in the school).</li> <li>▪ Families will walk to that destination to get their next destination.</li> <li>▪ A total of 6 destinations will be designated and after visiting them all, families will return to the station to return their pedometer, record their total number of steps, and get their passport stamped.</li> </ul>
Supplies Provided	20 pedometers, Road Rally Maps
Additional Supplies Needed	Table Destination Signs (PE Teachers will be requested to assist with this)
Special Space Requirements	In order to offer this station, you should have permission from your principal to use the majority of the school areas.
Number of Volunteers Needed:	1

## Family Fitness Fair Stations

	Station Name	Developed By	Nutrition or Physical Activity	Concept	Available for	# Of Vol	
1.	Cereal for Breakfast	Health World	Nutrition	Cereal Education & Comparison,	All Schools	1-2	
2.	Examining Our Family Traits	Health World	Physical Activity	Positive Body Image	All Schools	1-2	
3.	Fast Food Fat Game	Health World	Nutrition	Fast Food Education & Comparison	All Schools	1-2	
4.	Reality Check	Health World	Nutrition	Portion vs. Serving Comparison	All Schools	1-2	
5.	Roll the Dice	Health World	Nutrition Physical Activity	Food Groups Moving to game	All Schools	1-2	
6.	Team Walkers	Health World	Physical Activity	Moving Together Can Be Fun	All Schools	1-2	
7.	Veggie & Fruit Throw Down	Health World	Nutrition	Fruit & Veggie-5 A Day	All Schools	1-2	
8.	Food Group Relay Race	Health World	Nutrition & Physical Activity	Nutrition-Food Pyramid Physical Activity-Fun Relay	All Schools	1-2	
9.	Label This	Health World	Nutrition	Reading Nutrition Labels	All Schools	1-2	
10.	How Sweet It Is!	Health World	Nutrition	Beverage Education & Comparison	All Schools	1-2	
11.	Is It New to You?	Whole Foods	Nutrition	Sample exotic fruits and veggies	All Schools	2	
12.	Lunchbox Makeover	Whole Foods	Nutrition	Healthy ideas on how to make lunch exciting	All Schools	2	
13.	Burn Baby Burn	NCH	Nutrition & Physical Activity	Calories per serving of food and the amount of physical activity needed to burn them by climbing stairs or jumping rope.	All Schools	2	

14.	School Lunch	D15 Nutrition & Food Services	Nutrition	Compare the nutritional info from D15 school lunches to similar store bought items. Show proper portion sizes. Explain how & where D15 is prepared	All Schools	1	
15.	Wheel of BMI	D15 Nurses	General Health	District 15 nurses will calculate students BMI's and plot on graph	All Schools	1	
16.	Traffic Light Eating or Stop, Go, Whoa	NCH	Nutrition	Categorize different foods by the frequency they should be eaten	All Schools	1-2	
17.	Muscles & Oxygen	D15 PE Teachers	Physical Activity	Learn that your muscles need more oxygen during physical activity	All Schools	1	
18.	Family Dance Party	D15 PE Teachers	Physical Activity	Move and groove to various forms of dance including line dancing, electric slide, cha cha slide, etc	All Schools	1	
19.	Pedometer Power/Road Rally	D15 PE Teachers & Whitely PTA	Physical Activity	Monitor the number of steps it takes you to follow a Road Rally through the school	All Schools	1	
20.	Bosu Ball Challenge	Buehler YMCA	Physical Activity	Learn how much focus and exertion it takes to keep your balance	All Schools	1-2	
21.	Obstacle Course	Buehler YMCA	Physical Activity & Nutrition	Be physically active by doing exercises and learn good nutrition choices	All Schools	1-2	
22.	Tae Kwon Do	W. Kim Group	Physical Activity	Instruction and demonstration of basic movements	Hunting Ridge Only	1	
23.	Dance Combo	Winston Campus Parents	Physical Activity	Try three different types of dance, Zumba, Ballet and Irish	Winston Campus Only	?	
24.	Family Fitness Games	Palatine Park District	Physical Activity	Be active and participate in fun fitness games such as rescue relay, survivor Hula Hoop Race, and Bean Bag	Only One Location, First Come, First Serve on January 29 <sup>th</sup>	2	

25.	ZUMBA Kids	Palatine Park District	Physical Activity	Experience ZUMBA, the dance that is taking the world by storm!	Only One Location, First Come, First Serve on February 6 <sup>th</sup>	0	
26.	Family Yoga	Palatine Park District	Physical Activity	Basic, beginner yoga class to cleanse, heal, and strengthen the body and mind.	Only One Location, First Come, First Serve on February 6 <sup>th</sup>	0	
27.	Yoga for Mind & Body	Whitely PTA	Physical Activity		PENDING		
28.	3-A-Day Dairy	National Dairy Council	Nutrition	Play a "Spin the Wheel" game which emphasizes how 3 servings of dairy a daily builds strong bones and bodies.	PENDING		
29.	Creating Healthy After School Snacks	Harper College	Nutrition	Kids learn how to create a healthy snack when you get home from school	PENDING		
30.	Check In/Check Out			Hand out blank passports Collect completed passports	Mandatory All School	2-3	
31.	Day of Fair Runner			Pick Up Food From Whole Foods	Mandatory All Schools	1	
32.	Fair Set Up			Set up stations	Mandatory All Schools	1-2	
33.	Fair Tear Down			Tear down stations	Mandatory All Schools	1	
34.	Supply Pick Up			Pick up Supplies from NCH	Optional	1	
35.	Return Supplies			Return Supplies to NCH	Optional	1	

## Physical Education Teachers' Assignments

	Station Name	Central Road 2-19-09 5:30-7:30pm	Hunting Ridge 1-29-09 6:30- 8:30pm	V. Lake Jane Ad. Lincoln @ Lincoln 1-24-09 11:00am- 1:00pm	Marion Jordan 1-29-09 6:00-8:00pm	Paddock 2-6-09 6:00-8:00pm	Pleasant Hill 2-5-09 6:00-8:00pm	Sanborn 1-29-09 6:00-8:00pm	Whitely 2-6-09 6:00-8:00pm	Winston Campus 1-30-09 6:00-8:30pm
1.	Family Dance Party	No	Yes Dave Sobel	Yes John Smart Joe Dudycha	Yes Mike Duffey Terri Sterino	Yes Anthony Draegert (Lake Louise)	No	No	Yes Bob Harris Monica Palach	No
2.	Muscles & Oxygen	Yes Lynn Cunningham (Kimball Hill)	Yes Barb Roberts	No	No	No	No	No	No	No
3.	Pedometer Power/Road Rally  # of Pedometers In School	No	Yes	No	No	Yes	Yes Sandy Drucker	Yes Ryan Merle Donna Steiner	Yes Ryan Johnson (TJ)	Yes Paul Behen Lerry Pollock

## District 15 Family Fitness Fairs

School	Date/Time	Time
Central Road	Thursday, February 19th	5:30-7:30pm
Hunting Ridge	Thursday, January 29 <sup>th</sup>	TBD
Virginia Lake, Lincoln, & Jane Addams	Saturday, January 24 <sup>th</sup> at Lincoln	11:00 am to 1:00 pm
Marion Jordan	Thursday, January 29 <sup>th</sup>	6:00-8:00 pm
Paddock	Friday, February 6th	6:00-8:30 pm
Pleasant Hill	Thursday, February 5 <sup>th</sup>	6:00-9:00 pm
Sanborn	Thursday, January 29th	TBD
Whiteley	Friday, February 6 <sup>th</sup>	6:00-8:00 pm
Willow Bend	Tuesday, January 27 <sup>th</sup>	6:00-8:00 pm
Winston Campus Elementary	Friday, January 30 <sup>th</sup>	6:00-8:30 pm
Kimball Hill	No Fair	
Lake Louise	No Fair	
Thomas Jefferson	No Fair	



# Family Fitness Fair



**New for 2009!**

**Northwest Community Hospital, Community Consolidated School District 15, and the Northwest Suburban Council PTA's will be hosting this interactive family event designed to promote fun physical activity, eating right, and living a healthy lifestyle.**

**WE NEED VOLUNTEERS to lead children and parents in sessions of yoga, karate, dance, and other activities which promote physical fitness. WE ALSO NEED VOLUNTEERS to help run interactive stations!(no training necessary)**

**If you are interested in helping, please contact:  
*Gina Streepy,***

**Save the Date!**

The *Paddock* Fitness Fair is scheduled for:  
*Friday, February 6<sup>th</sup>, 2009*  
*6:00 PM @ Paddock School*



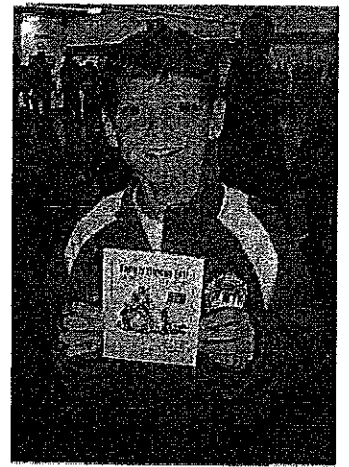
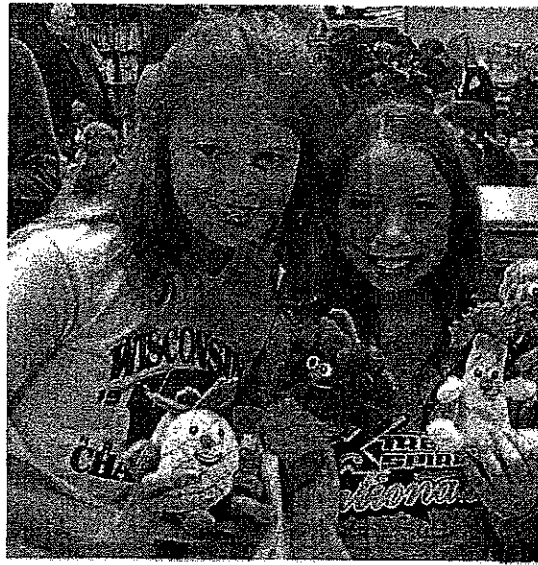
D15 Contact



NCH Contact



PTA Contact



# Family Fitness Fairs



*Thank You  
From*



Please Complete:

\_\_\_\_\_

Family Last Name

\_\_\_\_\_

Participating School

\_\_\_\_\_

Student #1 name/Teacher

\_\_\_\_\_

Student #2 name/Teacher

\_\_\_\_\_

Student #3 name/Teacher

# Family Fitness Fair

*your passport to a healthier lifestyle!*



*Sponsored by Northwest Community Hospital  
In partnership with:  
Community Consolidated School District 15  
and Northwest Suburban Council PTA's*

## PASSPORT STAMPS

### Family Fitness Fair Feedback! please complete:

*Did you have fun? yes no*

*Did you learn about nutrition? yes no*

*Did you increase your awareness of the  
importance of physical activity? yes no*

*Does your family intend to use what you  
have learned to eat better and increase their  
daily activity? yes no*