School Requirements

- Identify a primary contact for communication and on-site assistance for the day of the event (i.e., school nurse, phys. ed. teacher, PTA President, etc.).
- Have a 50 by 60 ft indoor space available for the night before and the scheduled exhibit date.
- Recruit a minimum of 3 adult volunteers for both set-up and take down of the exhibit.
- Recruit 12-15 presenters to engage the children in the activities at each Body Walk Station such as parents, community members, college or high school students.
- Arrange for a one-hour volunteer training in advance of Body Walk.
- Provide payment upon invoice of $100 per day payable to Barnstable County.

What is Body Walk?

Body Walk is Barnstable County’s newest school wellness project. Cape Cod Cooperative Extension offers this educational program to elementary schools Cape-wide in the spring in order to promote better health among children. The travelling exhibit gives students the opportunity to take a tour of the human body with a focus on good nutrition and physical activity.

At each of Body Walk’s 11 stations, a presenter engages children in a 5-minute interactive lesson focused on healthy choices. This exciting tour of the body provides children with a memorable way to build better health behavior skills.

To reinforce the healthy messages learned through Body Walk, schools will receive:
- Classroom Activity manuals containing numerous enrichment activities.
- Bringing Body Walk Home, a take-home activity booklet to share with families.

The Results

- Children will learn about the systems of the body and the role nutrition and physical activity plays throughout.
- Children will remember Body Walk messages because of the active learning involved.
- Increased awareness among the school community of the importance of practicing healthy behaviors.
- Schools will use Body Walk and its related materials to offer repeated opportunities to reinforce positive health behaviors.
What People are Saying...

“All students were actively engaged—entertaining and educational—perfect combination. I’m telling all other schools it’s a must!”

—Teacher, Centerville Elementary

“Well planned—a great way for learning about the body.”

—Teacher, Eddy Elementary

“I didn’t know there was so much sugar in soda!”

—Student, Eddy Elementary

“Fun. Great information presented in an engaging way.”

—Volunteer, Chatham Elementary

For more information about Body Walk or to schedule a visit for your school, please contact:

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Cape Cod Cooperative Extension and Barnstable County offer educational programs, materials, and employment without regard to race, color, religion, sex/gender, age, national origin, and mental or physical handicap.

The Body Walk Mission:

To help children learn about their bodies and the importance of living a healthy lifestyle.