

CLASSIFIEDS: JOBS CARS HOMES APARTMENTS DATING WEDDINGS DEALS PLACE AN AD MARKETPLACE

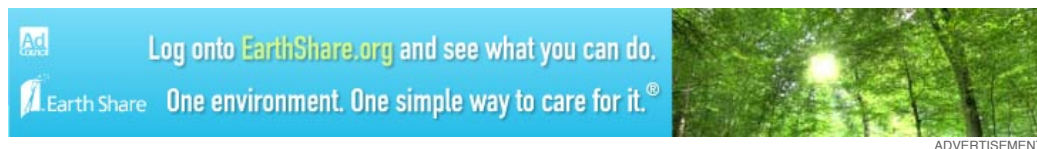
News Sports Life Opinion Obituaries Multimedia Help

Sign up Log in

FEATURED: Galleries Moms Like Me Datacenter Recipes Archives Watchdog

Find what you are looking for ...

SEARCH



ADVERTISEMENT

# Louisiana Body Walk teaches students about health, nutrition

5:07 PM, Feb. 25, 2011 | 1 Comments

### FILED UNDER

Living  
Connie Aclin

Learning healthy lifestyles is the primary focus of the Louisiana Body Walk, a traveling exhibit that visits elementary schools throughout Louisiana and will be stopping in Caddo and Bossier parishes next week.

More than 1,200 Caddo Parish children from Summer Grove Elementary, Keithville Elementary and St. Joseph Catholic School and more than 2,000 Bossier Parish youth from Curtis Elementary, Princeton, Central Park, W.T. Lewis and Bellaire will take a first-hand look at how to make healthy choices and remain healthy throughout their lives.

The Louisiana Body Walk, a 35x45-foot interactive exhibit representing the human body, is one of three components of Smart Bodies, a comprehensive health program that provides nutrition education and promotes increased physical activity.

Smart Bodies travels to schools statewide through a joint effort by the LSU AgCenter and the Blue Cross and Blue Shield of Louisiana Foundation.

The Body Walk features a nine-stop tour of the body: the brain, mouth, stomach, small intestine, heart, lungs, bones, muscles and skin. At five-minute intervals, students begin the Body Walk in groups of eight to 10. Their journey through the body takes 60 minutes.

As a result of the Body Walk:

Children will learn about healthy behaviors and practice new skills.

Children will learn about the digestive system.

Children will learn the importance of physical activity for overall good health.

- Twitter
- Facebook
- Share
- Email
- Print

A A A



**chevy** owner appreciation days **\$1,000** Owner Loyalty Cash on Most '10 & '11 Models

**\$3,500** total cash back<sup>1</sup>

SHOP CHEVY

1. Includes \$1,000 Loyalty Cash for owners/lessees of 1999 or newer GM vehicle. Take delivery by 2/28/11. Not available with other offers. See dealer for details.

ADVERTISEMENT

### TOP STORIES

- Goodwill records record-setting job placement numbers in 2010 - 2 hours ago
- 'King's Speech' wins best-picture, three other Oscars -
- Parade gives a doggedly good time -

SEE ALL TOP STORIES

### MOST POPULAR

- Deaths for Monday, Feb. 28, 2011
- West Monroe couple booked in dispute over pancake mix
- Eastwood-Haughton areas experience significant growth since 2000
- Victim speaks out after rape case's not-guilty verdict
- Glenn Guilbeau: LSU's last batter having last laugh



Barkus & Meoux Pet Parade CCC Bookings Feb. 22-24 The redesigned shreveporttimes.com

### MOST COMMENTED

Children's eating and health behaviors will improve.

Awareness will increase among parents, school personnel and the community.

Another component of Smart Bodies is Wisersize, which is integrated in the classroom activities to teach children in grades K-5 about healthy eating habits and physical activity.

OrganWise guys, the third component, features fun characters that help young children understand healthy behaviors through books, games, dolls and informational videos/CDs. All materials in the Smart Bodies program are linked to the Grade Level Expectations (GLEs)

Since 2005, the Smart Bodies program has been a wonderful way for students to have fun learning about health, nutrition and physical activity.

The Smart Bodies program was developed to address increasing national concerns about the lack of physical activity and the declining nutritional status of young children. In Louisiana, childhood obesity has doubled in the past 20 years, and almost one in three school-aged children is overweight or obese.

Goals for children in Smart Bodies program:

Try a new vegetable or fruit.

Play active games or ride a bike after school.

Try wheat instead of white bread.

Eat nutritious breakfasts.

Choose nutritious after-school snacks such as fresh fruit or pretzels.

Drink water instead of sweetened beverages more often.

Drink or eat three servings of foods from the dairy group daily.

Limit soft drinks to one per day.

Connie Aclin is extension educator with the LSU AgCenter. Write to her at 2408 E. 70th St., Shreveport, LA 71105-4702 or e-mail to [caclin@agct.lsu.edu](mailto:caclin@agct.lsu.edu).

Eugene Robinson: Wisconsin fight is unadulterated union busting	123
Story offered the usual South bashing and race baiting	16
John Byrd: Evolution theory, biblical record can't both be accurate	37

**chevy** owner appreciation days **\$1,000** Owner Loyalty Cash on Most '10 & '11 Models

**\$3,500** total cash back<sup>1</sup>

SHOP CHEVY

1. Includes \$1,000 Loyalty Cash for owners/lessees of 1999 or newer GM vehicle. Take delivery by 2/28/11. Not available with other offers. See dealer for details.

ADVERTISEMENT

ADS BY PULSE 360

GET LISTED HERE

#### LEAKED: \$9 Car Insurance

Georgia

: Ins. Companies mad that \$9 ins. is now avail to the public!  
news4channel.com

#### Mortgage Rates as Low as 2.99%

If you owe under \$729k you probably qualify for the Govt Refi Program.  
www.SeeRefinanceRates.com

#### High Fructose Corn Syrup

HFCS is Nutritionally the Same As Sugar. Get The Facts.  
www.SweetSurprise.com

**Comments(1) | Share your thoughts »**

#### RELATED STORIES

[Students challenged to get fit](#)

[Blotter](#)

[Grand Cane welcomes Denzel Washington with gifts](#)

**MORE CONNIE ACLIN HEADLINES**

- [Tips can aid in child proofing your home](#)
- [Brief the babysitter before going out](#)
- [Noble, Facebook dog sensation, meets his man](#)

Selected for you by a sponsor: [19 Ways Laziness is Costing You Money](#) (MoneyNing)

**REAL DEALS**



Flip, shop and save on specials from your favorite retailers in Indianapolis, IN 46204

**GET DEALS NOW**

MON 28 TUE 1 WED 2 THU 3 FRI 4 SAT 5 SUN 6

**Glaucoma Screenings**  
LSU Health Sciences Center Shreveport, LA

**Lymphedema Support Group**  
The Spine Institute Shreveport, LA

**African-American Read-In**  
Shreve Memorial Library Hamilton/South Caddo Branch Shreveport, LA

**MORE EVENTS | SUBMIT AN EVENT**

**SUBSCRIBE!**



sign up for home delivery today

**READER FORUMS**

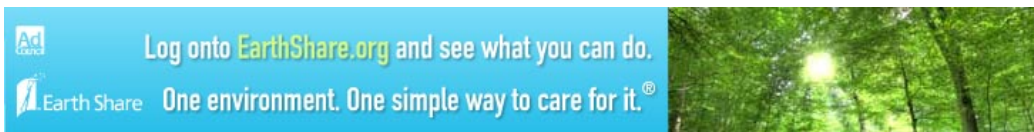
**Creationists have gotten clever, but there's still no debate over evolution**

177 replies | Posted by [JoBlack](#) in [Faith in northwest Louisiana](#)

**END PROHIBITION- Legalize Marijuana in Louisiana!**

0 replies | Posted by [AncientChild](#) in [Politics in Louisiana](#)

**The Clerav Letter Project**



ADVERTISEMENT

[Site Map](#) | [Back to Top](#)

**NEWS**

- [News Columns](#)
- [Local and State](#)
- [Crime](#)
- [Education](#)
- [Blogs](#)
- [Military](#)
- [Voices](#)
- [Business](#)
- [Watchdog](#)
- [Nation/World](#)

**OBITUARIES**

- [Obituaries](#)
- [Death Notices](#)

**SPORTS**

- [Sports Columns](#)
- [LSU](#)
- [LATech](#)
- [Outdoors](#)
- [Golf](#)
- [Mudbugs](#)
- [College Sports](#)
- [High School Sports](#)

**LIFE**

- [Living Columns](#)
- [Entertainment](#)
- [Food and Dining](#)
- [Celebrations](#)
- [Gardening](#)
- [Arts](#)
- [Weddings](#)
- [Movies](#)
- [TV Listings](#)

**MULTIMEDIA**

- [Galleries](#)
- [Videos](#)
- [Photo of the Day](#)

**OPINION**

- [Opinion Columns](#)
- [Conversations](#)
- [Letters to the Editor](#)

**HELP**

- [Subscribe Now](#)
- [Contact Us](#)
- [Pay Your Bill](#)
- [Times Bookstore](#)
- [Place a Classified](#)
- [Photo Reprints](#)
- [Full Page Reprints](#)
- [Place Wedding Announcement](#)
- [Advertising Rates](#)
- [Archives](#)

**FOLLOW US**

- [Twitter](#)
- [Facebook](#)
- [Mobile](#)
- [RSS](#)
- [E-mail Alerts](#)
- [Text Alerts](#)

[News](#) | [Jobs](#) | [Cars for Sale](#) | [Homes for Sale](#) | [Apartments for Rent](#) | [Real Estate](#) | [Shopping](#) | [Mom Groups](#)

Users of this site agree to the [Terms of Service](#), [Privacy Notice](#), and [Ad Choices](#)