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HEALTHY STROLL

in
Students experience Body Walk

Jessica Cassels



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In the mouth station, students were able to feel a lifelike mouth and tongue that wasn't properly taken care of.

After Tuesday's extravaganza, the students of Hico Elementary School will have an overpowering knowledge of their bodies and how to keep them healthy.

Cathy Judd, an LSU AgCenter Family Consumer Science extension agent, said the program began about six years ago when the AgCenter teamed up with BlueCross-BlueShield to help battle childhood obesity.

"We have two Body Walks that tour the state, going to different schools all year long," Judd said.

"So two years ago we started touring the state with the Body Walk, gearing it primarily toward grades K through fifth. Starting at such an early age, children are learning healthy habits and are more willing to try healthier foods."

Judd said there are three components to this program — The Body Walk, Smart Bodies and Organ Wise Guys.

"There is a 12-week curriculum that the teachers go over with students, helping them to better understand their body," Judd said. "Once the students are able to tour the Body Walk they already know a lot of the characters they have seen in workbooks and DVDs in the classroom."

Kelly Caldwell, P.E. teacher and coordinator of the Body Walk event, said the whole point of the Body Walk is the benefits it provides for the children.

"The whole point is to know how to take care of our bodies," she said. "Once we know how to take care of our bodies we know how to be healthier and we have a better quality of life as we get older."

Caldwell added the purpose of the program is to inform the children.

"Smart Bodies is a program where students are taught about the body parts and nutrition," Caldwell said. "We teach the students about the foods that will help promote healthy body parts and a healthy body."

She added her thoughts on bringing the Body Walk back again next year.

"There is so much information that the students can't really learn all of it their first time through," Caldwell said. "So if we have it again next year, the students will gain even more information about their bodies. Our children just don't get extra opportunities like this and this opportunity should be memorable enough that it affects their learning in a positive way. Starting at such a young age hopefully the knowledge the students gain will make a difference in their lifestyles as they get older."

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