



National 4-H Headquarters

Cooperative State Research, Education, and Extension Service, U.S. Department of Agriculture

4-H Programs of Distinction: Healthy Lifestyles

Smart Bodies

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Programs of Distinction – Healthy Lifestyles – Nutrition Education
Programs of Distinction – Healthy Lifestyles – Health & Fitness
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Description: Smart Bodies is a comprehensive, nutrition education and physical activity program designed to help promote child wellness. Smart Bodies integrates classroom activities with hands-on learning to teach elementary school children how to build strong bodies and develop active minds. Smart Bodies consists of three components: 1) the Louisiana Body Walk, an interactive exhibit representing the human body, 2) the OrganWise Guys, characters that educate and encourage children to practice healthy habits, and the 3) Take 10! curriculum, which is a classroom-based nutrition education and physical activity program. Launched in March 2005, Smart Bodies is the result of a public-private partnership between the Louisiana State University

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Agricultural Center (LSU AgCenter) and Blue Cross and Blue Shield of Louisiana Foundation (BCBS), the charitable subsidiary of the state's largest health insurer. To date, the Smart Bodies Program has reached 68,158 youth in Louisiana.

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