



BWI's Health & Wellness Quiz Game Show

Our Most Popular School Assembly!

BWI's team of health educators, exercise physiologists and dietitians have developed a unique school assembly that provides "Edu-Tainment" to the students (K-12). This fun show challenges the students and faculty on hot topics in nutrition, healthy behaviors and fitness facts with music, an "Edu-Tainment Lesson", "My Food Pyramid", "Stretch Break", "Fuel for Fitness, the "Wheel of Health" and interactive entertainment, fitness activities, dance songs, prizes and more.



Professor Sha-Na-Na & Ms. Linda Learn-A-Lot quiz children on their knowledge about health & wellness.

Audience participation and interactive learning help to make this school assembly Fun for everyone!
Secure a date for your next special event, red ribbon week, national fitness day, field day or just to showcase health and wellness in your school.



716-992-2732
www.bwihp.com



BWI's Be Fit Kids Instructor Certification

This course trains facilitators to lead, implement and instruct students K-6 in an outcome-based, results-oriented behavior modification program intended to empower children to take personal responsibility for their health. This 3-hour training course includes instruction for youth fitness assessments, health and nutrition education, wellness-games and activities and interactive team-building and leadership skill development necessary for coordinating the "Be Fit Kids" program.

Each participant receives 3-hours of training, a "Be Fit Kids" Instructor manual, a CD with Power Point presentations and necessary instructional paperwork. Participants must pass an exam with 80% or higher and complete additional continuing education credits to maintain the certification.

This training provides CEU's through Buffalo State College's Continuing Education department, an accredited State of New York University. This program is ideal for health & physical educators, school nurses, personal trainers, youth activity leaders and fitness professionals.



Call for Details!
 716-992-2732

www.bwihp.com - bwihealth@verizon.net



"SCHOOL" HEALTH & WELLNESS

BWI offers onsite programming for students K-12 and staff development programs for worksite health and school wellness. BWI simplifies your search for *quality* programs and expert speakers available for onsite programming. Our free and discounted insurance-based programs provide options for schools with a limited budget. BWI's website has complete descriptions for each program and speaker bios at www.battleworks.com.

BWI's "Healthy" School Assemblies



- "Health & Wellness Quiz Game Show" - Popular Assembly
- "High On Health" - Health & Edu-tainment
- "You've Gotta Have HEART" - Healthy Character Building
- "Common Sense Health & Nutrition" - Right Choices

"Healthy" After School Programs



BWI's Be Fit Kids (K-12)

An after-school program designed for students looking for a FUN way to learn about their personal health and fitness. Be Fit Kids is a 4, 6, 8 or 12-week health initiative aimed toward promoting healthy living and learning, decreasing childhood obesity, reducing risk of juvenile diabetes and increasing daily physical activity. "Be Fit Kids" is one of BWI's onsite **FREE** or **Discounted Insurance-Based Health Education and Fitness Class** combination program, ideal for after-school learning and fitness.

Staff Development Topics

- Wellness Day Staff Events
- Fit Fairs-Professional Assessments
- Health & Wellness Quiz Game
- Humor & Health Stress Mngt
- Healthy Lifestyle Education
- Holistic Health & Wellness
- Back Injury Prevention
- Nutrition & Diabetes Education
- Sports Injury Prevention
- Sports Nutrition for Families
- Staff Development Seminars

Entertainment

Clowns • Jugglers • Face-Painters • Tattoos • Giant Inflatables
 [Additional programs available for Red Ribbon Week & Field Day Activities]

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