

FIT-TASTIC! EVENTS



August 2015

Fit-Tastic! Events Kit Guide

It's easy to transform your event into one that is Fit-Tastic! themed. This guide will help you organize, promote and host a Fit-Tastic! experience bringing the healthy messages to life.

FIT-TASTIC! EVENTS KIT GUIDE

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BENEFITS TO MAKING YOUR EVENT FIT-TASTIC!

Hosting an event can be overwhelming, daunting, and outright exhausting. By making your event Fit-Tastic! themed you will increase participant engagement while decreasing the load on you. Here are some benefits to look forward to:

- Coordinated theme** – *The 12345 Fit-Tastic! “Experience the Journey!” theme will tie your event to other community partners while creating an experience for your participants to really live the healthy messages and have fun.*
- Customized coordinated materials** - *Education handouts, passport message cards, coloring pages, games and more are available to you to help reinforce the messages at your event and when participants leave.*
- Professional signage available at no cost**- *Posters and flags will make your event pop and stand out. It will also serve as a way to guide your participants through the Fit-Tastic! journey.*
- Coordinated community partners**- *Engaging community partners with Fit-Tastic! activities can result in higher retention of the messages and minimizes duplication of activities for participants.*
- Increased participation**- *Participants will spend more time at each activity station, increasing awareness and potential for behavior change.*
- Increased event exposure**- *Fit-Tastic! themed events are showcased and promoted on fittastic.org website.*
- Decreased planning time**- *This event guide provides activity ideas, template letters, tips for success and planning timelines.*
- Data reporting made easy**- *Use our template to track, analyze, and provide feedback on the event’s success.*

GETTING STARTED – SAMPLE PLANNING TIMELINE & CHECKLIST

The following timeline/ checklist is intended to help you identify all the details and an indication of times to consider when hosting an event. *Please note that events range in size and type and timelines and activities may vary. Events may take more or less time to plan.*

4-6 Months Before

- Select/identify date
- Identify venue & space
- Identify sponsors, community partners, and donations and begin contacting
- Develop Fit-Tastic! event master plan
- Create promotion plan and begin execution
- “Submit an event” through <http://fittastic.org/submit-event> to register your event and request flags/ signage

2-3 Months Before

- Finalize site setup map
- Confirm sponsors, community partners, and donations and any needs they may have (i.e. electricity, tables, chairs)
- Create draft for event script (optional – refer to Fit-Tastic! Event Script)
- Send out Community Partner- Event Packet (see section “Reaching Out” for more info)
- Identify/ recruit staff and volunteers for event day
- Order any Fit-Tastic! materials

1 Week Before

- Brief staff/volunteers about their event duties and timelines
- Send reminder to all community partners
- Finalize pick up for materials and signage

1 Day Before

- Ensure all materials and signage have arrived and are on site
- Set up as much as possible (tables, chairs, signage, etc...)

Event Day

- Ensure you have copies of instructions, site setup map, directions, and contact information with you
- Check in with staff/ volunteers to ensure they are on track

Week Following Event

- Send out post- event survey to staff/volunteers
- Fill out Fit-Tastic! event report (optional)
- Submit Fit-Tastic! event report to help align data and provide feedback for future support
- Send out thank you letter to sponsors, community partners, and others that helped with the event.

GETTING STARTED – MASTER PLAN

This master plan will help guide you from vision to execution. The master plan table contains three key components for a successful event: the theme, ideas for potential community partners, and examples of Fit-Tastic! activities.

THEME- 12345 Fit-Tastic! “Experience the Journey.”

To coordinate your event around the 12345 Fit-Tastic! theme, you can have tables or zones with activities that tie in with the 12345 Fit-Tastic! message. You can set up your event’s layout and organize the flow of your participants so that they visit each of the 1, 2, 3, 4 and 5 zones. (refer to Site Setup for more information and an example – page 8). The recommended flow is to follow the 1-2-3-4-5 chronological order, while placing all partners reinforcing the same message in the same zone or area. These zones/areas will be identified by the Fit-Tastic! flags and/or posters (“Submit an event” through <http://fittastic.org/submit-event> to register your event and request flags/signage).

In order to achieve an event where participants “experience” the healthy lifestyle message, you can ask community partners or volunteers to coordinate an activity with one of the Fit-Tastic! messages. If they do not have an activity in mind, refer to “Ideas at a Glance” for a list of community partners and activity ideas (page 9). This will bring the resources and health messages to life.

When participants arrive at the event, you can provide them with a “passport” (i.e. message card) at the “welcome” table to take with them as they go to each zone/ area. Staff/ volunteers at the welcome table explain the different Fit- Tastic! zones and invite participants to visit each zone and try as many activities as they can. You may also choose to provide an additional incentive and let them know that if they get their passport stamped/ signed/ stickered or initialed at every zone, they can return to the welcome table for a prize or raffle chance.

COMMUNITY PARTNERS-

Community partners are the heart of any Fit-Tastic! themed event. They provide important resource information, education, and engage participants in Fit-Tastic! activities. As the host, you want to set them up for success with clear communication and easy instructions. Refer to the “Reaching Out-Community Partners & Donations” section (page 11) for tips, templates and a communication guide.

FIT-TASTIC! ACTIVITIES-

These activities are meant to be educational, engaging and most importantly FUN! Try not to make them too complicated or detailed. Some of the best activities are those with the least amount of materials, set up time and complex instructions. The objective is to reinforce the Fit-Tastic! message and give participants ideas to engage in these behaviors at home. Providing the relevant 12345 Fit-Tastic! handouts at the activity tables can help give participants take-home tips as well. See page 9, “Ideas at a Glance” to get started, or refer to the *Fit-Tastic! Activity Ideas* for activities for volunteers or community partners to use that tie into the 12345 Fit-Tastic! messages.

MASTER PLAN TEMPLATE SAMPLE: *NOTE: contact information is not real. Refer to “Ideas at a Glance” section for community partners and additional ideas.*

CP= Community Partner C: Contact E: E-mail N: Phone Number



HOST: Midland Trail Elementary School

EVENT: Back to School Night

EVENT DATE: September 25, 2015

EVENT THEME: 12345 Fit-Tastic! “Experience the Journey.”

EVENT COORDINATOR: Jane Smith, School Nurse (913) 123-4567

FIT-TASTIC! MESSAGE THEME	COMMUNITY PARTNER INFO	ACTIVITY	SPACE/ MATERIALS NEEDED	NOTES
WELCOME/ WRAP UP TABLE	CP: Midland Trail C: Jane Smith E: jsmith@usd500.org N:	Welcome to 12345 Fit-Tastic! Journey	<ul style="list-style-type: none"> • 2 table • 2 chairs • 	<ul style="list-style-type: none"> • Message cards will be used as passport guides for participants. • Goodie bags/ prize donations
1- PHYSICAL ACTIVITY	CP: Head Start C: Janet Smith E: JSmith@headstart. org N: (913) 555-5111	Hula Hooping to Health.	<ul style="list-style-type: none"> • 1 table • 2 chairs • 	<ul style="list-style-type: none"> • Provide 1 Fit-Tastic! handout •
2- SCREEN TIME	CP: Wyandotte Library C: Sue Roberts E:sue.roberts@wycolib.org N: (913) 555-5222	Book Mark Making.	<ul style="list-style-type: none"> • 1 table • 2 chairs • 	<ul style="list-style-type: none"> • Provide 2 Fit-Tastic! handout •
3 – MILK & YOGURT	CP: Harvesters C: Taryn Mode E:Tmode@harvesters.org N: (913) 555- 5333	Milk/Yogurt smoothies & demo	<ul style="list-style-type: none"> • 1 table • 2 chairs • elec outlet 	<ul style="list-style-type: none"> • Provide 3 Fit-Tastic! handout •
4- WATER	CP: Turner House Children’s Clinic C: Suzy Sunshine E:sunshine@thcc.org N: (913) 555- 5444	How much sugar is in your cup? Water Bottle decorating	<ul style="list-style-type: none"> • 2 tables • 4 chairs • 	<ul style="list-style-type: none"> • Provide 4 Fit-Tastic! handout •
5- FRUITS & VEGGIES	CP: Research & Extension C: Terri Folts E:Tfolts@extension.org N: (913) 555- 5555	Eating well with MyPlate Fruits/ Veggie coloring	<ul style="list-style-type: none"> • 1 table • 2 chairs • 	<ul style="list-style-type: none"> • Provide 5 Fit-Tastic! handout •
OTHER:	CP: Balloon making C: John Smith E:Jsmith@balloonmaking.com N: (913) 555- 5000	Balloon artist	N/A	<ul style="list-style-type: none"> • Strolling around event making balloon hats and items •

MASTER PLAN TEMPLATE:

CP= Community Partner

C: Contact

E: E-mail

N: Phone Number



HOST:
 EVENT:
 EVENT DATE:
 EVENT THEME: 12345 Fit-Tastic! "Experience the Journey."
 EVENT COORDINATOR:

FIT-TASTIC! MESSAGE THEME	COMMUNITY PARTNER INFO	ACTIVITY	SPACE/ MATERIALS NEEDED	NOTES
WELCOME/ WRAP UP TABLE	CP: C: E: N:		•	•
1- PHYSICAL ACTIVITY	CP: C: E: N:		•	•
2- SCREEN TIME	CP: C: E: N:		•	•
3 - MILK & YOGURT	CP: C: E: N:		•	•
4- WATER	CP: C: E: N:		•	•
5- FRUITS & VEGGIES	CP: C: E: N:		•	•
OTHER:	CP: C: E: N:		•	•

GETTING STARTED- SITE SETUP

Now that you have a master plan, and have identified the space you will use, the next step is to organize your layout and ensure the flow is adequate. Below are some tips to consider and an example of a site setup in a gymnasium.

SITE SETUP- TIPS FOR SUCCESS

- Keep in mind the flow you want your participants to follow. Make it clear and easy to follow.
- Ensure adequate space for each community partner to set-up activities.
- Identify each zone with Fit-Tastic! flags or posters.

SITE SETUP- GYMNASIUM EXAMPLE

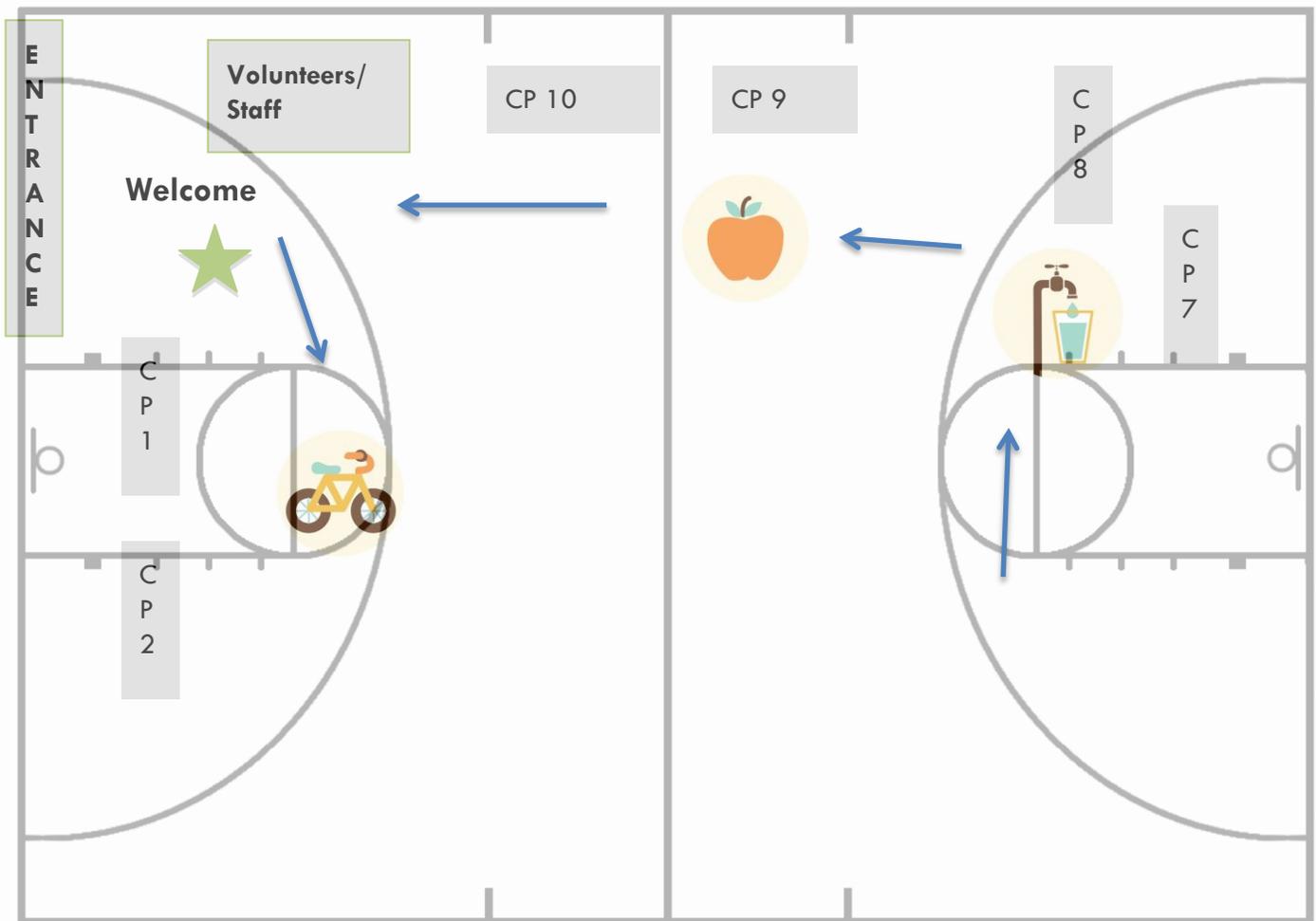


= FIT-TASTIC! THEME ZONE

CP= COMMUNITY PARTNER



= Flow of participants



GETTING STARTED- IDEAS AT A

GLANCE

Use this guide for community partner and Fit-Tastic! activity ideas. Some unconventional partners may seem difficult to fit into your event, but with a little creativity, we know that every partner can be Fit-Tastic!

COMMUNITY PARTNERS & ACTIVITIES

*Additional details and activities for each of the 12345 Fit-Tastic! messages are featured in the *Fit-Tastic! Activity Ideas* document.



1 HOUR
OR MORE OF
**PHYSICAL
ACTIVITY**

COMMUNITY PARTNER: Parks & Recreation, American Heart Association, Head Start, YMCA

FIT-TASTIC! ACTIVITIES: Obstacle course*, Jumping rope, Tricycle maze, Hula hooping, Scarf juggling*



2 HOURS
MAXIMUM OF
SCREEN TIME

COMMUNITY PARTNER: Public library, Child care center, Art Institute

FIT-TASTIC! ACTIVITIES: Bookmark making*, Make your own puzzle, No mess finger painting, Digging for treasures*, screen time limit badge*, pillowcase decorating



3 SERVINGS
OF LOW OR NONFAT
MILK OR YOGURT

COMMUNITY PARTNER: Dentist, Grocery store, Harvesters, Midwest Dairy

FIT-TASTIC! ACTIVITIES: Recycle craft*, Bowling for 3*, Forever parfait*, #Moostache photo booth*, Milk the cow*, Calcium bingo*, Milk or yogurt tasting



4 SERVINGS
OF WATER
NOT SUGARY DRINKS

COMMUNITY PARTNER: Primary care providers, WIC, American Heart Association

FIT-TASTIC! ACTIVITIES: Water bottle decorating, Beanbag toss for H2O*, Cups of Water*, Recycle Craft*, Toss the can*, Sugar Stomper Dance*, Water tasting with real fruit (lemon, berry, cucumber or other fruit or vegetable)



5 SERVINGS
OR MORE OF
FRUITS &
VEGETABLES

COMMUNITY PARTNER: Grocer, Farmers Market, local Research & Extension

FIT-TASTIC! ACTIVITIES: Mystery Fruit or Veggie*, Fruit/ Veggie relay race*, Guess Who? Fruit/ Veggie edition*, Coloring the rainbow*, Fruit necklace*, Grocery Bag decorating, Fruit or Veggie tasting*, Fruit/ Veggie Bingo

Partner ideas you may not have thought of:

Community Partner	Fit-Tastic! Zone	Fit-Tastic! Activity
Sleep Center	2- How screen time affects sleep?	Pillowcase decorating
Dentist	4- How sugar affects your mouth health?	Guess How Much Sugar? *
Police	2- Internet safety	Screen time limit badge*

REACHING OUT- COMMUNITY PARTNERS

Community partners are the heart of any Fit-Tastic! themed event. They provide important resource information, education, and engage participants in Fit-Tastic! activities. As the host, you want to set them up for success with clear communication and easy instructions for participating in the event. Some will come to you but you may have to reach out and recruit. Follow these steps to streamline your communication and stay organized.

REACHING OUT STEPS:

- Make a list of partners you already have relationships with.
 - Contact them by phone or email using the “Community Partner Request letter” as a guide.
 - Confirm Fit-Tastic! activity
 - Confirm needs (i.e. tables, chairs, electricity)
- Make a list of community partners you still need. Think of the zones/ areas
 - Contact them by phone or email using the “Community Partner Request letter” as a guide.
 - Confirm Fit-Tastic! activity
 - Confirm needs (i.e. tables, chairs, electricity)
- E-mail **Community Partner- Event Packet** 2-3 months before event to all your community partners.
 - Timeline of events and event briefing information
 - Driving directions, parking and other important “need to knows” for event
 - Finalized Master Plan
 - Finalized Site Map- identify clearly where each partner will be
 - Event postcard or flyer for them to share (refer to promoting your event for template).
- E-mail follow up/ confirmation email asking for any last minute changes/ cancelations, or questions -1 week before event.
- E-mail final reminder 1 day before and re-attach Community Partner- Event Packet.
- Send out thank you letter and community partner questionnaire within a week after event (refer to Wrapping Up- Feedback & Evaluations for template).

WRAPPING UP- FEEDBACK & EVALUATIONS

Part of a successful event includes getting feedback through evaluations. Asking questions is the best way to learn what went well and what can be changed for the future. Use these templates to help you collect information and share that information with us through an event report.

COMMUNITY PARTNER QUESTIONNAIRE

Event Name:

Event Date:

Event Host:

Event Theme: 12345 FIT-TASTIC!

Community Partner Questions:

1. Rate the success of this event overall. (1: not successful, 5: successful)

1 2 3 4 5

2. Rate the success of the events activities. (1: not successful, 5: successful)

1 2 3 4 5

3. How helpful was the communication prior to the event? (1: not helpful, 5: very helpful)

1 2 3 4 5

4. How could this event be improved or what would you do differently?

5. Would you participate in this event next year? YES NO

WRAPPING UP- EVENT REPORT

Event reports help keep data organized and are a great way to share success with others. These are areas recommend to track and use to improve events and share back with us.

AREAS TO TRACK:

- Estimated attendance/ reach:
- Target Audience (Kids, adults, families):
- # of community partners participating:
- Materials used:
- Donations raised:
- Testimonials/ stories:

APPENDIX

REACHING OUT- PROMOTING YOUR EVENT

Use this postcard to promote your event and spread the word! Don't forget to include it in your Community Partner Event Packet.

EVENT POSTCARD TEMPLATE

CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!

EVENT NAME

EVENT DATE

EVENT TIME

EVENT TAG OR DESCRIPTION

PLACE
STAMP
HERE



INSERT
YOUR
LOGO

COMMUNITY PARTNER REQUEST LETTER

To [insert contact]:

As a valuable member of our community, we would like to invite **[business/organization]** to be a part of our **[date]** celebration of **[or insert other event activity title]**. Our event theme will be 12345 Fit-Tastic! “Experience the Healthy Journey! Feel free to go to www.fittastic.org to learn more about the healthy message.

We are looking for local community partners to help us make this event truly special for our community and help our community not just learn about health habits but experience them! In doing this, we would like for you to pick a Fit-Tastic! activity to do during the event. As a trusted resource in the community, your involvement would help highlight the importance of making the “Healthy Choice the Easy Choice.”

I hope that you are interested in joining our effort to show our community our partnership and passion in changing the environment to promote health. Simple events like this can provide just the encouragement our families need to start or continue choosing healthy habits for a healthy future.

Fit-Tastic! Activities available:

- 1- Hula hooping **[or insert activity]**
- 2- Bookmark making **[or insert activity]**
- 3- Recycle Craft **[or insert activity]**
- 4- Water bottle decorating **[or insert activity]**
- 5- Coloring the rainbow **[or insert activity]**
- OTHER: _____

I will be following up with you within the next few days to discuss your interest. Please feel free to reach out to me with any questions at **[phone number or email address]**.

Sincerely,

[Your name]

REACHING OUT- DONATIONS
DONATIONS

Donations are a great way for community partners to participate when they cannot actually attend your event, as well as help cover costs. Use this donation request letter to reach out and get needed donations.

DONATION REQUEST LETTER

To: **[insert contact]**

As a valuable member of our community, we would like to invite **[business/organization]** to be a part of our **[date]** celebration of **[or insert other event activity title]** by donating to our event to help cover costs.

Our event theme will be 12345 Fit-Tastic! “Experience the Healthy Journey” and our objective is **[insert goal or objective of event]**. We are looking for local community partners to help us make this event truly special for our community and any contribution would be truly appreciated.

How your donation will help us:

- \$50- will help us buy raffle prizes for participants.
- \$100- will help us buy 300 jump ropes
- \$200- will help us buy water, fruits, vegetables and other healthy snacks for participants
- \$300- Will help us buy 300 water bottles
- \$500- will help us buy 1000 copies of each of 5 Fit-Tastic! educational handouts for our participants to take home (5000 copies total)
- Other: _____ anything helps!

We are happy to recognize your generosity with your logo on any paper or promotional item we purchase with your donation. We are also open to any other ideas you may have.

I will be following up with you within the next few days to discuss your interest. Please feel free to reach out to me with any questions at **[phone number or email address]**.

Sincerely,

[Your name]

REACHING OUT- THANK YOU LETTER

Part of reaching out is making sure that we express our appreciation to those that helped make the event so special. Use these templates to show your appreciation.

THANK YOU TEMPLATE

To: **[insert contact]**

On behalf of everyone at **[insert your organization name]**, I want to thank you for helping make this year's **[event name]** a success. The event ran smoothly, participants stayed for extended periods of time and seemed to enjoy themselves, feedback from families was positive, and overall the day was a success.

[Insert organization name/ even name] is a huge event for us and it wouldn't be possible without the assistance of countless people who are involved including our community partners, donors, and volunteers. It truly is a community event from those planning it to the people working it. Thank you for helping to make the day possible!

We had many great comments from our participant evaluations and wanted to share some of them with you: **(optional)**

[insert positive quote or statement from event if available]

In addition, I've attached an evaluation form. Please share any thoughts you have with us. We DO look at your comments when wrapping up this year's event and planning for next year. I am interested in hearing about things that went well and places we need to improve.

Thanks again,

[Your name]

FIT-TASTIC! ACTIVITY IDEAS & DESCRIPTIONS:

Below are activities that you can use to make your existing event or booth Fit-Tastic!

Engage community partners or your own volunteers to provide at least one activity for each of the five Fit-Tastic! messages. As described in the Fit-Tastic! Event Kit Guide, by having an activity or zone for each of the 12345 Fit-Tastic! behaviors, you can help participants practice the behaviors at your event! Not only will they get ideas for continuing these healthy behaviors at home, but they will also have fun!

FIT-TASTIC! ACTIVITIES



Fit-Tastic! Zone 1:

Jump Rope Time

Fit-Tastic! Zone: 1

Description: As a group, have kids take their heart rates. (Have kids find their pulse and count the beats over 15 seconds). Jump rope for 60 seconds and take their heart rate again to see the difference even one minute of physical activity can make!

Materials: Jump ropes, timer or stopwatch

Hula Hoop Dance Off

Fit-Tastic! Zone: 1

Description: Each child is given a hula hoop and at your go, must dance while hula hooping. The person who dances the longest, while keeping up the hula hoop, wins!

Materials: Hula hoops, music player

Ball Hug Race

Fit-Tastic! Zone: 1

Description: Set up a line for the relay race. Have each child place a ball between his/her knees and race to the opposite line and back again. Use a smaller ball for the younger students and change the distance for different age groups.

Materials: Balls, Tape (for line)

Scarf Juggling

Fit-Tastic! Zone: 1

Description: Direct children for different activities with their scarf:

- Throw the scarf with dominant hand and catch in non-dominant hand, and then throw with their non-dominant hand to their dominant hand. Encourage them to throw higher and higher.
- Throw the scarf in the air and do a full spin, before catching it in the opposite hand.
- Throw the scarf in the air and catch it with your arm/knee/foot/head/back.
- Throw the scarf in the air and do 3 squats/lunges/star jumps before catching it in the opposite hand.

Materials: Small scarves

DIY Obstacle Course

Fit-Tastic! Zone: 1

Description: Get creative with a DIY obstacle course. Here are some ideas to start with:

- Use hula hoops to place on the ground like tires for children to high step.
- Set up an air mattress for the children to climb over.
- Use big boxes for the children to climb through.
- Set up a balance beam (half pool noodles, taped down or use tape to mark a line).
- Set up a start and finish line for kids to crabwalk (Kids sit on the grass, bend their knees, lean back, and lock their elbows, then "walk" as straight and fast as they can).
- Throw a ball into a basket for the end.

Materials: Hula Hoops, air mattress, large boxes, pool noodle (cut in half and taped to the ground), tape, ball, basket



Fit-Tastic! Zone 2

Bookmark Making

Fit-Tastic! Zone: 2

Description: Reinforce time away from the screen by having participants make their own bookmarks. Not only is a great craft but you can have them write “no screen time facts” on their bookmark!

Materials: Pre-cut cardstock or cardboard, sharpies, yarn (for tassel), hole punch.

Digging for Treasures

Fit-Tastic! Zone: 2

Description: Time away from the screen doesn’t have to be only for reading. Reinforce no screen time with a fun “archeologist” inspired activity. Fill up bins or buckets with sand, bury small items and have participants search for them.

Materials: bins/ buckets, sand, small items/ toys, list of items to find

Recycle Craft

Fit-Tastic! Zone: 2, 3, 4, 5

Description: Reinforce milk /yogurt and re-use those milk/yogurt cartons to make something fun! Check out our Drink More Milk pinterest board (www.pinterest.com/12345fittastic/) for a milk carton craft idea. Other recycle ideas include making birdfeeders, boats and event mini planters for a DIY home garden. Or reinforce drinking more water and reuse water bottles for a craft.

Materials: milk/ yogurt cartons, water bottles, craft items such as glue, scissors, ribbons, Sharpies/markers, stickers, etc.

Screen Time Limit Badge

Fit-Tastic! Zone: 2

Description: Help you and your children stay on track with your screen time goal by making a “Screen time Limit” badge. This badge can later be hung on the TV or other screen time object to remind you that you have reached your screen time limit.

Materials: crayons, markers, screen time limit badge



Fit-Tastic! Zone 3

Bowling for 3

Fit-Tastic! Zone: 3

Description: Get a strike and bowl for 3 servings of milk and yogurt. Set up 3 empty milk bottles/yogurt tubs and have participants roll a ball to knock them down!

Materials: 3 milk/ yogurt containers, ball

Calcium Bingo

Fit-Tastic! Zone: 2, 3

Description: Reinforce the importance of 3 servings of milk and yogurt by playing a quick game of bingo! These customized calcium bingo cards are educational and fun! They can even take them home to play again and again.

Materials: Calcium bingo cards, milk caps as placers (or any other small object).

Forever Parfait

Fit-Tastic! Zone: 3, 5

Description: Make a forever parfait and introduce the fun of layering yogurt and fruit. With a plastic cup as your frame, glue layers of white and colored strips of paper (i.e. red, purple, blue, orange) on to the cup like you would layer a parfait. Have the participants write or draw fruit on the colored strips and tell them to go home and make their creation and see how it tastes!

Materials: cups, glue, strips of white and colored paper

Milk the Cow

Fit-Tastic! Zone: 3

Description: Teach participants where milk and yogurt comes from and have them milk the glove utters. Fill up the glove with milk or water and have the participants' squeeze the fingers as if they are milking cow utters. Great motor skill practice and lots of laughs!

Materials: Sanitary gloves, milk/water, cup/bucket

Moostache Photo

Fit-Tastic! Zone: 3

Description: Have fun with the iconic “milk mustache” and have participants make their own #moostache and take a picture. You can also create an instagram cut out and use other props like stuffed animal cows, milk or yogurt cartons, etc. (NOTE: this requires pre-work to create the photo props and/or background. Check out our website for some pictures of how this was done)

Materials: Giant cutout or background with #moostache #moomore on it, white mustaches on a stick or stickers or a real milk mustache other photo props.



Fit-Tastic! Zone 4

Beanbag Toss for H2O

Fit-Tastic! Zone: 4

Description: Reinforce four servings of water by having participants toss four beanbags into a designated area (ex. hula hoop, bucket, box, laundry basket, taped area on the ground). Use a larger area (or place farther away) for younger participants, use a smaller area (or place closer) for older participants. You can also use a ring toss instead of beanbags.

Materials: Hula hoop (or other item), 4 bean bags; or 4 rings, 4 water bottles

Cups of water

Fit-Tastic! Zone: 4

Description: Playing with cups can be a great reminder to fill that cup with water. Have participants race against the clock to see how fast they can flip 4 cups from right side up to upside down. Go to <https://www.speedstacks.com/> for other fun cup games. You can add water/ sugar trivia questions to make it more challenging for older participants.

Materials: minimum 6 cups, trivia questions, timer

Guess How Much Sugar?

Fit-Tastic! Zone: 4

Description: Step right up and guess how much sugar is in the things we drink. Give participants 1 min to match up the sugar amount cards to the display items. (NOTE: this requires some pre-work)

Materials: sugar amount index cards, display items (soda, juice, water, iced tea, etc.)

Sugar Stomper Dance

Fit-Tastic! Zone: 4

Description: Turn Dance Dance Revolution into a game about stomping out sugar. Set up your sugar stomper quadrant and have your participants stand in the middle. Hold up your coordinating sugar stomper cards and have the participants stomp their foot on that corresponding quadrant. Go slower for younger participants and faster for older. Set up two quadrants and have participants do it together. Be sure to turn on the music to add to the fun!

Materials: sugar stomper quadrant, sugar stomper cards

Toss The Can

Fit-Tastic! Zone: 4

Description: You may have seen this game at your local carnival, but with this little twist we can reinforce trashing those soda cans and replacing them with water! All you need is some empty soda cans stacked in a pyramid or rectangle. Give the participant a beanbag or small ball and have them throw it towards the soda cans. Give them four chances to trash those cans and start drinking water.

Materials: empty soda cans, beanbag or small ball, stool/table/other flat surface (to stack soda cans on).



Fit-Tastic! Zone 5

Coloring the Rainbow

Fit-Tastic! Zone: 2, 5

Description: Reinforce eating fruits and vegetables by having participants color pictures of fruits and vegetables. Feel free to use our Fit-Tastic! coloring pages available on the website (<http://fittastic.org/partners/resources>).

Materials: coloring pages, crayons/markers

Fruit Necklace Craft

Fit-Tastic! Zone: 2, 5

Description: Have fun with your food and instead of a candy necklace make a dried fruit necklace! Great way to make snack time fun!

Materials: variety of dried fruit, dental floss, plastic needle, sanitary gloves, paper plates

Fruit/ veggie Race

Fit-Tastic! Zone: 5

Description: A variety of fruits and vegetables exist and what better way to teach participants about them than put them to the test. Have participants race to separate a deck of fruit/ vegetable cards into their category. Have space to make them move? Make them race back and forth from two spots as they categorize the cards (this is great with a larger group).

Materials: Fruit/ Vegetable cards (templates available on the website), timer

Guess Who?: Fruit/ Veggie Edition

Fit-Tastic! Zone: 5

Description: Play the “Guess Who,” or in this case what, game but with your favorite fruits or vegetables. Have your participants place a fruit/ vegetable card on their forehead and ask yes/ no questions to figure out which fruit or vegetable they are.

Materials: Fruit/ vegetable cards (templates available on the website)

Mystery Fruit or Veggie

Fit-Tastic! Zone: 5

Description: See if our sense of touch can guess what fruit or veggie we are holding. Place a fruit or veggie in a cardboard box or brown paper sack with just an opening for a hand. Have the participant reach in and guess what fruit or veggie they are touching. You can help them by giving them clues if they are stuck. This is a great game to play with kids at home, have them guess what they are about to eat just by touching it!

Materials: Shoebox, fruit and vegetables (ex. those with unique skin textures are often more interesting like kiwi, artichoke, celery, broccoli, cauliflower, etc.)