



An Exciting Educational Exhibit for students  
Pre-K – 6<sup>th</sup> Grades.

Molly the MegaBody Adventure is about learning to:

**EAT SMART AND PLAY HARD!**

- ❖ MegaBody is a great opportunity for students to learn why it is important to make healthy food choices and be physically active.
- ❖ MegaBody takes students on a tour of the human body featuring experiential and educational activities.

**QUESTIONS OR COMMENTS?**

If you have general questions/comments about the MegaBody Adventure or specific questions about the MegaBody Adventure visiting your school or organization and you do not find your answers in this document, please contact:

**Lydia Parkey**

St. Bernards Medical Director  
870-931-DOCS (3627) or [Lydia@stbmd.com](mailto:Lydia@stbmd.com)

# WHAT IS MEGABODY ADVENTURE?

MegaBody Adventure is:

- ❖ An inflatable exhibit that is 20 feet wide by 40 feet long and is 15 feet tall
- ❖ Walks a student through the human body

Students walk through the exhibit with Eat Smart and Play Hard tips to apply healthier lifestyle choices to everyday life.

## WHY DOES YOUR SCHOOL NEED A MEGABODY ADVENTURE VISIT?

Because our children are flunking eating...

There is a critical need to address good nutrition and other healthy lifestyle choices. Among American kids:

- ❖ One in three are now overweight or obese.
- ❖ Life expectancy of this generation may be less than that of their parents.
- ❖ Children are undernourished but overfed with foods high in sugar and fats.
- ❖ Quality and quantity of daily activity has declined.

There is, however a positive relationship between the consumption of school meals and children's intake of key food groups at breakfast and lunch.

Lifestyle choices made at early ages have a direct impact on a person's health and adulthood. Students need to learn about making healthy lifestyle choices and to avoid behaviors that have an adverse impact on adult health. Healthy eating and physical activity are important life skills that help children grow and prevent them from developing health problems later in life. Obesity in youth often carries over into adulthood, contributing to the development of many chronic diseases, including heart disease and diabetes.

Teachers need additional resources to increase nutrition knowledge and improve the eating skills of elementary school students. MegaBody Adventure can help meet these needs.

## As a result of the MegaBody Adventure....

- ❖ Schools will use the MegaBody Adventure exhibit to give children repeated opportunities to practice healthy behavior skills.
- ❖ Children will learn about the various systems of the body.
- ❖ Children will remember the exhibit through active learning and colorful graphics throughout the MegaBody.
- ❖ Nutrition, health and physical activity will be linked to help reinforce positive health behaviors and raise the value placed on wellness.
- ❖ Children's eating and health behaviors will improve as they learn skills that are needed to practice lifelong healthy behaviors.
- ❖ There will be a greater awareness among parents, school personnel, and community members of the importance of teaching children to practice healthy behaviors at a young age.



# RENTAL INFORMATION

## RESPONSIBILITIES OF SCHOOL/COMMUNITY COORDINATOR:

- ❖ The school/community coordinator is the person in charge of booking MegaBody.
- ❖ On the night before scheduled MegaBody Adventure date, have a 40ft X 55ft foot space available with a 15ft ceiling for the exhibit. **The floor must be swept and clean.**
- ❖ Recruit at least 5 volunteers to assist in set-up and teardown of the exhibit. Please note that the exhibit is heavy and will need able bodies.
- ❖ Volunteers will need to help with crowd control and to assist in keeping children from abusing MegaBody.
- ❖ **Be available the day MegaBody Adventure visits your school or function or provide a well-informed substitute.**
- ❖ Prepare other teachers or volunteers for MegaBody Adventure.
- ❖ Complete the Participation Report and give to the MegaBody representative at the conclusion of the day.

## RESPONSIBILITIES OF ST. BERNARDS MEDICAL GROUP:

The MegaBody Manager will:

- ❖ Work with School Coordinator with as much advanced notice as possible to determine exact location, time and other logistics related to the exhibit.
- ❖ Deliver the exhibit to the school.
- ❖ Provide an orientation for the volunteers.
- ❖ Answer any questions you may have about MegaBody Adventure.

# **POLICIES AND PROCEDURES:**

## **Setting up the MegaBody Adventure:**

MegaBody Adventure will be set up the day of the event. The set-up time will be arranged with you when the MegaBody Manager contacts you. **Set up requires 1-2 hours.** At least 2-3 volunteers must be capable of lifting items that weigh 45 pounds. **It will take approximately 2 hours to deflate and package the exhibit, then load the truck. For safety reasons, no children are to be present in the MegaBody area during set-up or take down.**

MegaBody Adventure is 20ft by 40ft. There must be adequate space to walk completely around the outside of the exhibit once it's in place. Adequate space means that there will be at least 5 feet on all sides of the exhibit after it is set up. Therefore, the room must be a minimum of 30ft by 50ft and approximately 15ft tall. In addition, children will need space as they enter and leave the exhibit. MegaBody Adventure **CAN ONLY BE SET UP INDOORS.**

The exhibit will not be taken down for daily activities that usually occur in the space where the exhibit is set up. If students usually eat in the same room where the exhibit will be set up, alternative arrangements must be made for breakfast and lunch (picnic outdoors, sack lunches eaten in classrooms, etc.) If students typically use the area for after-school programs, athletic practices, or if they are in a waiting area for bussed students, alternate arrangements must be made for those activities. **Students are not to be in or around the MegaBody Adventure structure unless they are in a supervised group waiting their turn to participate in MegaBody Adventure.**

## **Billing Information**

Each school or community organization will pay \$1.00 per participating student (minimum of \$100 and maximum of \$500 per day) to help defray the cost of MegaBody operation and upkeep. St. Bernards Medical Group will bill the host school/district/organization for the entire amount after the MegaBody Adventure visit. If the host school/district/organization has invited other schools to participate in MegaBody Adventure, it is responsibility of the host school/district/organization to collect payment from the visiting schools.

## Damage to the Exhibit

The exhibit is made to withstand the stress of handling, packing, and traveling when done so in a proper fashion. However, the materials are NOT indestructible. The arms to MegaBody while attached at the shoulders are not attached to the rest of the body. NO student is allowed to climb or play on or around the outside of the MegaBody. NO ONE is allowed to climb or sit on any of the inflated organs inside the exhibit and students should not jump inside MegaBody to reach the organs in the ceiling. Any damages to the exhibit that occur from intentional mishandling, carelessness or rough housing will be charged to the school or organization. Any items missing at the end of the day will be charged to the school or organizations as well.

## Cancellations

Unplanned circumstances may occasionally force the cancellation of MegaBody Adventure. Please review the information regarding cancellations:

**Illness of the MegaBody Manager:** It is the intent that MegaBody will arrive at your school on time and as scheduled. However, the MegaBody Manager is also the driver pulling the trailer for the exhibit. If the MegaBody Adventure Manager is forced to cancel your school visit due to illness or other emergency situations, you will be contacted as soon as St. Bernards Medical Group is aware of the situation. In the unlikely event your visit is cancelled by St. Bernard Medical Group, you will not pay the MegaBody Adventure fee. St. Bernards Medical Group will do its best to reschedule a visit in a time that works for both organizations.

**Inclement Weather:** If school is cancelled due to inclement weather or if the weather prevents the MegaBody Adventure trailer from traveling to you, you will not be asked to pay the fee and St. Bernards Medical Group will work to reschedule at a time that is convenient to both organizations.

## Liability

Each school or community organization that participates in the MegaBody Adventure exhibit assumes sole responsibility for any damages or injury caused by assembly, disassembly or use of the exhibit.

**NO FOOD OR DRINK ALLOWED INSIDE MEGABODY.**

# PHOTOS OF MEGABODY ADVENTURE



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