

Thank you also to the following -



Why ages 0-122?

You are never too young to start healthy habits and the oldest person on record lived to be 122 (excluding biblical times).

F B C S Healthy Kids EXPO

Thursday November 19th
5:30pm—8pm
Ages 0—122



Promoting
healthy kids
and families in
mind, body and
spirit.

Come and visit us. Prizes at (almost) every booth!

Nutrition Hut: Come and visit the **BE ACTIVE & EAT SMART** team. Professional nutritionists Andrea Hill & Bethany Smith will be waiting to answer any questions you have. Want to know how much your preschooler should be eating? Come check out the food pyramid online. Coloring station for toddlers too.



Health Screening: Led by Catherine DeVisser (HSA) Blood pressure checks and body mass index available. Find them in the Nutrition Hut.

Donna runs her own health and wellness business. She writes for the newspaper and sells the Juice Plus vitamin range. Go and visit her for a free sample of vitamins for kids that taste great!



fitness connection THE CLUB Owned by Laura Ribbins for over 20 years. **Fitness Connection** runs a huge selection of swimming and fitness classes for babies, children and adults. Laura is offering free fitness testing so go along and visit her and her team for a simple fitness test you can do at home!

Grand Cayman is one of the best places in the world to learn to sail. Come and visit Mike to learn about what the **Cayman Islands Sailing Club** has to offer for children and adults.

CayKids Tryathlon Booth run by Kindergarten. Come and see what CayKids is all about.



Scripture Booth: God's Pharmacy, Health related scripture and What would Jesus Eat? Have you ever thought there should be an owners manual for our bodies, written by our creator? Well there is!

Kayaking the beautiful waters that surround Cayman is utterly breathtaking. Peaceful and good for you! Come and find out more.



Revolutions Indoor Cycling: This is amazing! Its fun, you sit on your bum, pedal, watch TV and it's good for you! The ultimate workout for ALL levels. Come try!

Climbing Wall: Grades 5&6 will help you traverse our amazing indoor climbing wall. Fun for all ages!

Yucky Booth: Come visit Grade 1 if you dare! Not for those that are squeamish! Bet you'll say "Aw Yuk"

Motions Unlimited Gymnastics: This is a fantastic activity no matter what age you are. Come and see what Motions Unlimited has to offer the budding gymnast in us all.

Toddler Bouncy Castle under 5's. Parents please be responsible for your own children's safety.



Bouncy Castle & Slide ages 5+ Parents please be responsible for your own children's safety.



Healthy Food Cook Off: Always wondering what to cook? Need some new ideas? Learn how to cook a tasty healthy meal that your kids are sure to enjoy! Free tasting and there's food for sale too.

FOOD FOR THOUGHT PROFESSIONAL CATERERS Request a Chef *Your wish is our command...*

Upward Basketball: Come and shoot some hoops and find out more about the Upward Basketball experience.



Rugby Tries: Have your children got endless amounts of energy? Ever tried rugby? Come on and have a go!

T-ball Tries : A first taste of T ball. If you can hold a bat you can do this! Soft bat and ball! "Swing batter swing!"

Badminton Birdies: a first go at badminton. Come and hit the birdie! All ages!



Alphabet Exercise: Alphabet AI gets young learners out of their seats to exercise their bodies and minds. Fun songs for each letter of the alphabet promoting fitness fun for the whole family! (aimed at ages 2-6)

Kids Tennis: Come and meet tennis pro **CAYMAN SPORTS** Warren Urquhart. Warren has coached Wimbledon stars - let him coach you too!

BoxFit: The ultimate workout for all ages. Come throw some safe punches with Lachlan from Cayman Sports.

Karate moves: Konichiwa! (welcome) Come and see what karate is all about and learn some basic 'kata' (moves) with Sensei Stacy.

You've heard about it, now come and try it with Grade 4. **Wii Sports & Wii Fit** will have you glued to the screen but active at the same time!



Funky Dance Moves: show us your best dance moves in front of the camera, see yourself on the big screen!

On the breezeway

Hula Hooping with grade 2. Its simple, fun, a great fat burner and you'll always have a smile on your face!

Jump rope is possibly the best form of exercise a person can do! It can be done just about anywhere, alone or in a group, its cheap and fun! There's 'double dutch' too!



Table tennis is a game everyone loves. Come and play against Troy.



In the sanctuary 6pm & 7pm

Eat Smart and Fitness Facts: Interactive seminar with Andrea Hill and Laura Ribbons. This could possibly be the best 15 minutes worth of information that could improve your and your children's health!

