## A DELTA DENTAL

# Shape Up Missouri

Joins Parkway School District for SHAPE UP TO LIVE FIT

# For years, we've been taught that the triangle means **change**.

With Delta Dental it means positive change. We are a catalyst to improve oral and overall health. Our dental network, the largest in Missouri and the nation, is backed by exceptional service. We also support our communities with fun and educational programs like the Land of Smiles and The Delta Dental Health Theatre to help kids have healthier smiles and lives.

It's the right time for Delta Dental, the leader in dental benefits. deltadentalmo.com | 314-656-3000

# FUN for the entire family!







## The Solution for Childhood Obesity!

MISSION: Building a Healthy Future Through a Circle of Wellness that WORKS!

Our 4 Comprehensive Wellness Education Programs promote healthy living habits that last a lifetime!

#### Program 1:

The Hip Hop Healthy Heart Program for Children™ For K-6th grade Teachers, Students and Families

Program 2: CHOICE A Middle and Secondary School Program

Program 3: Positive Psychology Training – An Adult Program

Program 4: Shape Up US Live Events Free State-by-State Wellness Events that introduce Programs 1 and 2 and get thousands of participants on-board the wellness bandwagon.

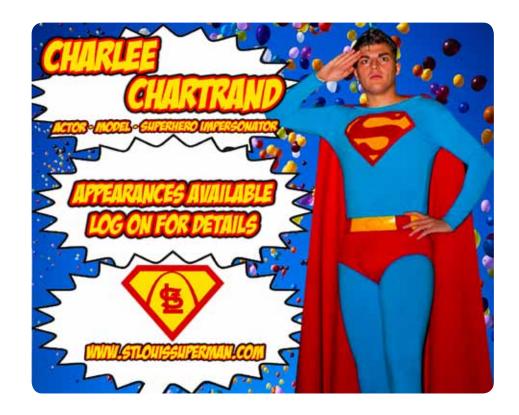


## **HELP ShapeUpUS RAISE MONEY.**

Please go to www.ShapeUpUS.org and click on the Successimo.com banner.

Membership is FREE learn and help raise money for ShapeUpUs at the same time!!!

A GIFT THAT KEEPS ON GIVING!







## FOR MORE INFORMATION VISIT



FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

GIVE KIDS A SUMMER FULL OF FUN! WEST COUNTY FAMILY YMCA Register Online!

West County Family YMCA 16464 Burkhardt Place Chesterfield, MO 63017 636.532.3100

www.ymcastlouis.org/westcounty





North Pointe Aquatic Center Fun for the Entire Family

Come in and tour our facility!



**Two Great Facilities** 

for you to enjoy!

**Ballwin Parks and Recreation** We're bringing people together!





#1 Ballwin Commons Circle \*Ballwin, MO 63021 \*636-227-8950 Located One-Half Mile South of Manchester Road on Old Ballwin Rd





ENVIRONMENTAL PROTECTION

HELPING THE PLANET STAY IN SHAPE

Clean Air, Clean Water, Recycling







Healthy Beauty Camp

June 20–24 Ages 11–14

Learn about healthy skin care, vitamins, natural make-up and hair care. Make your own spa creations and prepare food and beverages for a healthy glow.

#### Chefs-in-Training Camp

July 25-29

Ages 9–12

July 11–15 Ages 6–8

Students will make a variety of dishes for breakfast, lunch, dinner and dessert. They will also learn many of the fundamentals of great cooking and develop healthy habits that will last a lifetime.

#### TOWN AND COUNTRY

1160 Town and Country Crossing Dr. SW Corner of Clayton and Woods Mill Rds.

> To register call: 636-527-1160 \* or visit wholefoodsmarket.com/ stores/townandcountry

\*For additional information, ask for Diane at ext. 127



# St Louis' #1



The Metro St. Louis Guide to Smart Parenting

St. Louis

Available at 800 locations across the metro area.

Online at www.stlouiskidsmagazine.com and www.stlcamps.com



636-240-BATS (2287) www.rivercityrascals.com





#### Are vou tired of your thinning hair?

Lilibet Iken, RN, owner of **be Salon** has the latest medically approved technology in **cool laser light therapy** for thinning and balding hair!

We can create the look of thicker and fuller hair with our lasers and our haircare products.

#### Call NOW for your FREE Hair Analysis.

- NO CONTRACTS
- FRFF HAIR ANALYSIS
- NO SURGERY

#### (314) 727-Hair (4247)

889 S. Brentwood Blvd., Suite 100, Clayton, MO 63105



The

lown



#### **Boo the Clown**

 Balloon Sculpting 
 Comedy Magic • Games and More



- Birthday Parties
  Picnics
  - Company Events
  - Grand Openings
  - Any Special Event!

**Brian Peck** (314) 878-3751 bootheclown@yahoo.com www.bootheclown.com

## Call Today To Schedule Your

# FREE

## New Patient Exam

Headaches - Neck Pain Back Pain - Extremity Pain

-Chiropractic Can Help-

For Health--For Wellness--For Life



13035 Olive Blvd., Ste 216 Creve Coeur, MO 63141 CommittedToHealth.us (314)542-2003

### IT TAKES HEART TO BE A HERO



Chiropractic Center





ww.amnicarheat.org/jump www.amnicarheat.org/hoops

If you have the heart to make a difference in your student's lives and the lives of people everywhere, contact:

Julie Hederman

MMM F

FUN, FREE SIMPLE UFESAVING

Cell: (314) 488-1875

E-mail: julie.hederman@heart.org

with heart to continue its life-saving mission. The Jump Rope for Heart and Hoops for Heart programs are great ways to raise awareness of living a healthy life-style while helping save the lives of people with special hearts like Jeremy (to the left).

Things to know:

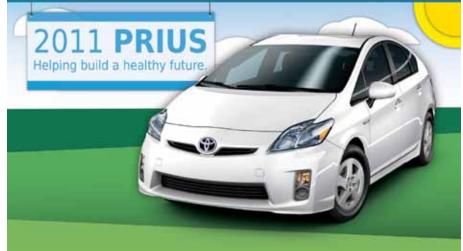
L Jump and Hoops are fun, free, simple and they make a difference.

The American Heart Association needs new heroes

- You have the support of the American Heart Association and a dedicated representative to work with your school
  - Participating schools receive free equipment, lesson plans, health resources and can earn more free equipment via U.S. Games Gift Certificates!







#### CALL US AT 888-650-8893 OR COME IN TODAY Conveniently located on Manchester Road one mile west of Highway 141.

www.JAYWOLFETOYOTA.com

888-650-8893

\* @



#### Abundance...served daily.

Visit Sweet Tomatoes for the freshest salads & produce, made-from-scratch soups, baked potatoes & toppings, freshly baked muffins & breads, and more!



CRESTWOOD 9846 Watson Rd. • (314) 966-3882 CREVE COEUR 10401 Olive Blvd. • (314) 872-9181

# UDED - DESIGN - WEB

#### WWW. JITEN DADLANI.COM

#### Let's Move in School

invites all US schools to increase physical activity before, during, and after school for improved health and academic performance.

Join the nationwide celebration of Let's Move in School during National Physical Education and Sport Week (May 1-7).

Register to participate online and find out more at www.LetsMoveinSchool.org









# FUEL UP WITH PREMIUM



#### **FIND YOURS @ CHIPOTLE.COM**





"THE NEWS ISN'T THAT FRUITS AND VEGETABLES

are good for you. It's that they are so good for you, they could save your life." —Isadore Rosenfeld, M.D.

Juice Plus+® is the next best thing to fruits and vegetables. Juice Plus+® provides whole food based nutrition in convenient capsule form. It helps provide the variety of antioxidants and other phytonutrients found in 17 different fruits, vegetables, and grains for less than \$1.50 per day. Juice Plus+® is intended to complement a healthy diet, helping fill the gap between what we should eat and what we actually eat every day.



Ginny Baldridge www.gbjuiceplus.com 314-952-8488



Juice Plus+\* - The Next Best Thing to Fruits and Vegetab



- Experienced Physicians On Site Every Day
- On Site Prescriptions
- On Site Digital X-Ray & Lab Work
- Vaccinations & Physicals
- Most Insurances Accepted



747 N. New Ballas Road Creve Coeur, MO 63141 **314-991-3030** Located directly behind Plaza Motors in the Plaza Shops

Open 7 eek!

11648 Manchester Road Des Peres, MO 63131 314-821-1099 ocated 1 mile East of 270 across from Ahner's Garden & Gifts

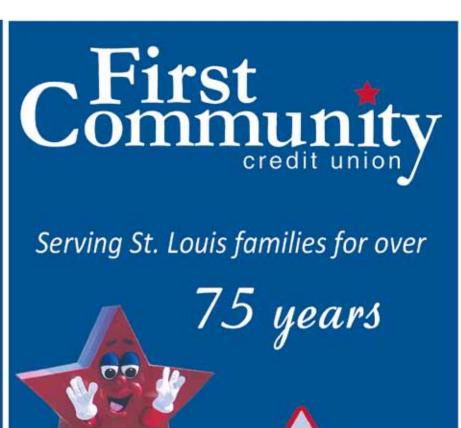
PARKWAY Health Education Outdoor Education

Physical Education

Safe & Drug-Free

OGRAMS

Comes in delicious Chewable form.



Under 12?

Join our Rising STARS club where you get invited to exclusive events, rewarded for saving money and so much more!

636.728.3333 # 800.767.8880 # www.firstcommunity.com



\*\$1 share deposit required.Must qualify for membership. Federally insured by NCUA.



Games2U brings you the latest in interactive and team experiences, right to your doorstep!



#### TURN BORING PARTIES INTO EXCITING EVENTS

Turn your birthday into the best party you have ever had. Turn burnt out employees into reenergized individuals! Games2U has party formats designed to meet the needs of virtually any event.





ray Bubyer wa

Games2U.com 123fun#g2u.com | 547.123.4568

Games2U brings 3D to life with our heart-pounding 4D Movie/Ride – the only multi-sensory experience of its kind. Motion seats combined with water, wind, and other special effects place you right in the middle of the adventure. Take a ride in the wild ALIEN SAFARI or venture into the creepy HAUNTED FOREST. It is an

experience you will never forget!





Games2U.com 123fun@g2u.com | 547.123.4568

From 4D, to Laser Tag, to Human Hamster Balls, to Booger Wars, Games2U brings you the latest in interactive and team experiences, right to your doorstep!

See other side for details.



# Free Small Smoothie!

With Purchase of Medium

12599 A Olive Blvd. Creve Coeur, MO 63141 314.576.4770 www.SmoothieKingSTL.com



Only good at participating location. Not good with any other offer. Limit one per person per visit. Some restrictions may apply. NO CASH VALUE. Expires 12/31/10



# The St. Louis Rams are Proud to Support Shape Up US

Be



**314-RAMS-TIX** 





#### In partnership with: SHAPEUPUS.ORG Building a Healthy Future Donating 10% back to ShapeUp US

With our natural Dead Sea beauty line, you will have younger, softer, more radiant skin in minutes! Call to find out how you can get our products for FREE!



For more information call today: 720-224-5616





#### Sign up for Pure Power and save as much CO<sub>2</sub> as 1.5 hybrids.

Pure Power supports the development of wind power and other renewable energy sources right here in Missouri. Did you know you can sign up for Pure Power for as little as \$7.50 a month? And believe it or not, over the course of a year, that \$7.50 a month in green power keeps more carbon dioxide out of the atmosphere than 1.5 hybrid vehicles.\*

Now that's living green... no new car required.

Visit amerenmissouri.com/purepower or call 1.866.665.7873 and sign up today.

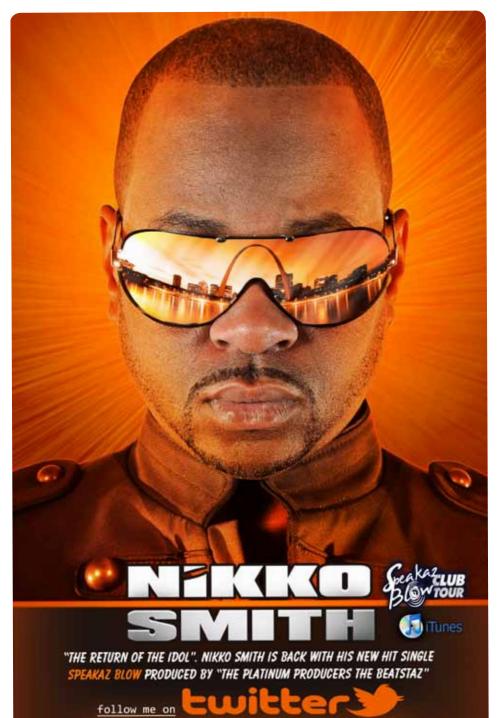
\* Compares yearly CO<sub>2</sub> emissions avoided by driving a hybrid vehicle vs. a comparable non-hybrid to purchasing one 500 kWh half-block of green power per month for a year. (EPA Green Power Equivalency Calculator)

#### Pure Power: one more way to build a Healthy Planet.





Participation in this program does not constitute the purchase of energy. Renewable energy credits which represent the environmental attributes associated with past renewable energy generation are retired on behalf of program participants. All renewable energy credits purchased under this program are Green-e certified by the independent Center for Resource Solutions



#### PIONEER NATION- ABA PRO BASKETBALL IS IN ST.LOUIS. GO TO WWW.STLPIONEERS.COM TO JOIN THE EXPERIENCE



#### Fan Banner Show your support for the ST. LOUIS PIONEERS

by purchasing your one-of-a-kind custom Fan Banner.

Vinyl Fan Banner - \$25.00

Purchase a 16"x22" Vinyl Fan Banner. All Fan Banners will include stitched edges, a wooden dowel and hanging rope. Printed on a durable vinyl with a glossy finish, that is great for tail-gaiting, the game room or the den in your home.

Go to <u>www.stipioneers.com</u> to purchase your fan banner. Click on for the "For the Fans".

REMEMBER, WE ARE YOUR NEW PROFESSIONAL BASKETBALL TEAM JOIN PIONEER NATION BY FOLLOWING US ON





KING OF COFFEE A HEALTHY BEVERAGE FOR YOUR CUP OF COFFEE VIST

WWW.PIONEERSCOFFEE.ORGANOGOLD.COM

WWW.NIKKOSMITH.COM











**Special Presentations & Activities** 

#### Main Stage

12:00 noon—Opening Ceremonies

- Emcee—Tim Tialdo
- Lets Move In Schools—
  Dennis Docheff
- Move It Routine

12:15 pm — 5K Start

1:00 pm — Fun Run Start

1:30 pm—Delta Dental

2:00 pm—Various Hip Hop Artists

2:30 pm—Delta Dental

3:00 pm—Eric James & American Idol, Nikko Smith

4:00 pm — Closing Announcements

#### South Stage

12:30 to 1:00—Zumba Fitness 1:00 to 1:30 — Boxing Blitz 1:30 to 1:50—PE Showcase (Carman Trails) 2:00 to 2:20 — PE Showcase (Oak Brooke) 2:30 to 2:50—PE Showcase

(Pierremont)

3:00 to 3:30—Cardio Kickboxing

#### North Stage

12:30 to 1:30-Laytham/Holmes Duo

1:30 to 2:00—Jeff the Juggler

2:15 to 3:15—Laytham/Holmes Duo

3:15 to 3:45—Pioneers Skills Clinic

#### **Inflatables**

Tiki Island Rock Climber

Bounce House & Slide

Crash Course Obstacle Course

Face Painting

S.T.A.R.S. Booth

#### NCADA Presentations Sponsored by CAPY & Parkway STARS 1:15 to 1:45 — NCADA Presentation 2:15 to 2:45— NCADA Presentation

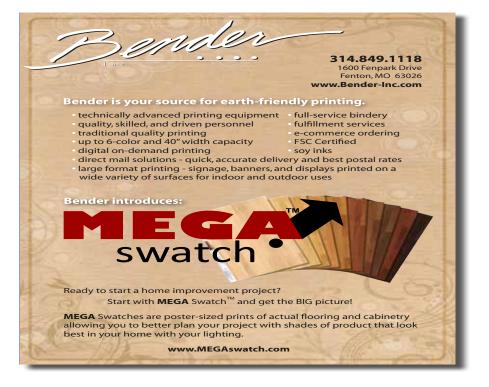
#### **Special Guest Booth**

Noon to 1:00 pm—Lets Move In Schools

2:00 pm—Mascots

All Day—Clowns

2:15 to 2:45 pm— Nikko Smith Autographs



#### CHANGE YOUR WATER . . . CHANGE YOUR LIFE !

Try the world's Healthiest Water for FREE ! Try KANGEN H20 !

FREE 3-Week Trial to anyone in St. Louis County FREE Water for the Entire Family • No Obligation

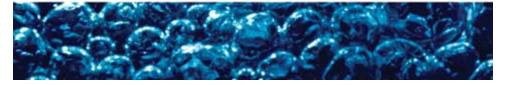


For more information visit: www.enagic.com www.mykhh.enagicweb.com www.mykhh.enagicweb.info

Amazing demonstration at www.kangendemo.com

Contact Gary Kolker - 480.643-9459 garykolker@gmail.com

Distributors wanted in the St. Louis area.



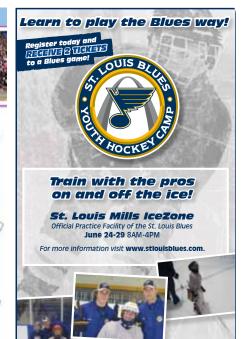








Win great Blues prizes! First 1,500 to join receive a free ticket to a Blues preseason game. Top fundraisers & all team members are eligible to win great Blues prizes! Visit www.stfeuisblues.com/community for more information.



Photos of 2010 St. Louis Blues Youth Hockey Camp

