## 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.

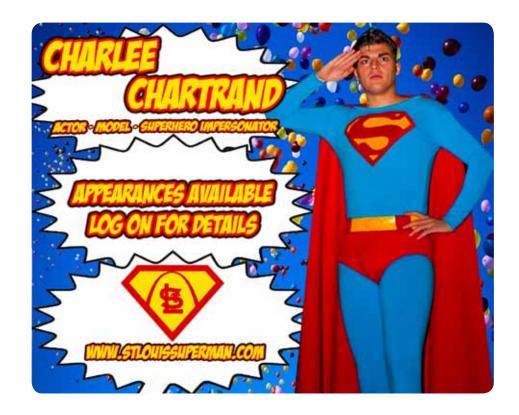


## **HELP ShapeUpUS RAISE MONEY.**

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

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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

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



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Cell: (314) 488-1875

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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).

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The American Heart Association needs new heroes

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  - Participating schools receive free equipment, lesson plans, health resources and can earn more free equipment via U.S. Games Gift Certificates!







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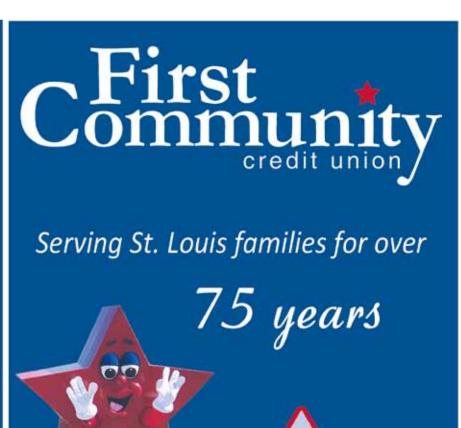
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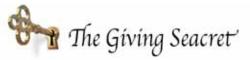
# The St. Louis Rams are Proud to Support Shape Up US

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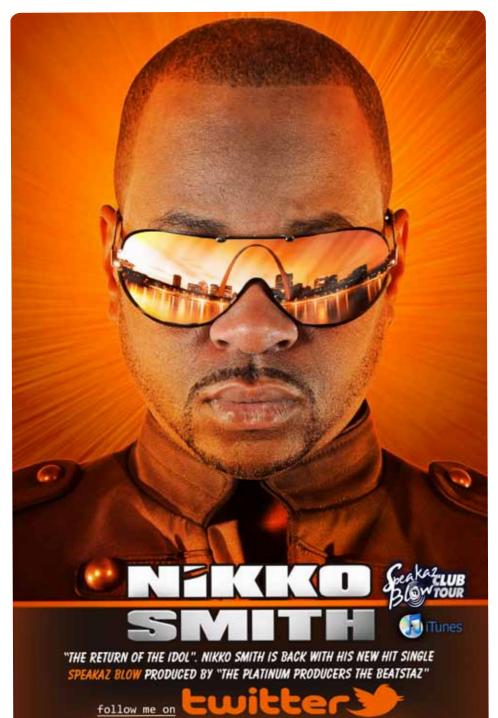
\* Compares yearly CO<sub>2</sub> emissions avoided by driving a hybrid vehicle vs. a comparable non-hybrid to purchasing one 500 kWh half-block of green power per month for a year. (EPA Green Power Equivalency Calculator)

#### 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



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**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

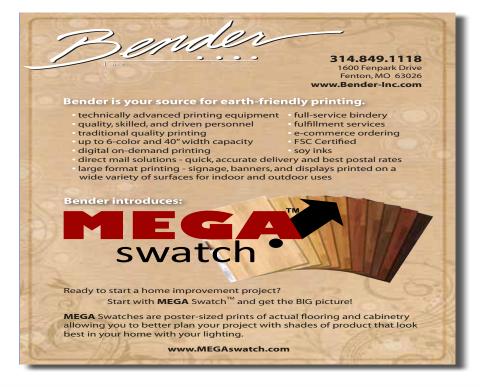
#### **Special Guest Booth**

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



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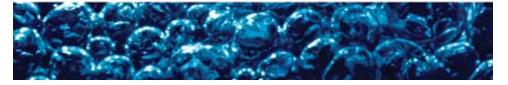


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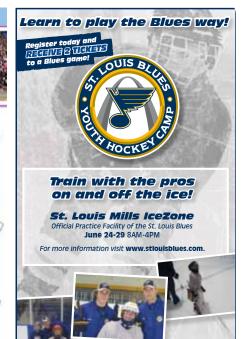








Win great Blues prizes! First 1,500 to join receive a free ticket to a Blues preseason game. Top fundraisers & all team members are eligible to win great Blues prizes! Visit www.stfeuisblues.com/community for more information.



Photos of 2010 St. Louis Blues Youth Hockey Camp

