

## **EAT WELL, PLAY WELL**

### **OPENING OCTOBER 2, 2010 AT LANDER CHILDREN'S MUSEUM**

#### **Nutrition and Fitness Exhibit Helps Visitors Explore Healthy Choices**

**(Lander, WY) (September 17, 2010)** — What is in the food we eat? Are fruits and vegetables important? Can everyday activities burn calories? Visitors will find the answers to these questions by exploring nutrition and fitness in ***Eat Well, Play Well***, an engaging and educational science exhibit. The 400-600 square-foot, hands-on exhibit appeals to children and their families and features text in English and Spanish.

***Eat Well, Play Well*** encourages healthy living by teaching the science of making healthy food choices and helping children and adults discover there are many fun and interesting ways to stay active. Visitors will discover what an appropriate serving size looks like, see firsthand what it takes to burn off calories, test their flexibility and balance, review the latest clinical research and realize that they can reduce their risk of disease with healthy choices.

***Eat Well, Play Well*** features six interactive areas. At the eye-opening “Sizing Up Servings” area, visitors are challenged to match appropriate serving sizes to everyday objects. “Calories In, Calories Out” has visitors pedal a hand cycle and then choose from five different foods. The visitor learns that it takes a lot of exercise to burn off the calories from junk food compared with healthier choices and that in order to maintain a healthy weight, calories in have to be balanced with calories out.

By the end of ***Eat Well, Play Well*** visitors realize that healthy choices are within their reach.

**The Lander Children's Museum** is located at 465 Lincoln Ave in Lander, WY. Museum hours are Tuesday through Friday, 10 – 1 and Saturday, 10 – 3. Admission is \$3.00 per person ages two through adult. School groups should call for an appointment and a school rate is available. The museum is a 501 (c) (3) non-profit, donations are welcome and may be tax deductible.

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