

**CONRAD PRODUCTIONS
41 WASHINGTON PLACE
EAST RUTHERFORD, NJ 07073
(201) 935 - 6396 * 1 - 800 - 352 - 7256**

CULTURAL ARTS EDUCATIONAL SCHOOL ASSEMBLY PROGRAMS

TO: Assembly Coordinator
From: Bob Conrad
RE: Assembly Program

Enclosed are newsletter/bulletin information, and study guides for the program **The Magic of Health & Fitness** . Please use these materials to prepare for the assembly as indicated.

Bulletin Information: This information may be used verbatim or in an edited version for the school newsletter, bulletin, or other media.

Study Guides: Classroom discussion of the subject matter presented in the program will greatly facilitate student comprehension of the educational content of the program. Please provide a copy of the study guides to each of the classroom teachers

Introduction: Please give the enclosed suggested introduction to the person that will be introducing the program, and ask them to read the introduction as written. Thank you.

We thank you for your efforts in preparing students for the upcoming assembly program.

THE MAGIC OF HEALTH AND FITNESS

Suggested introduction

Today's program is entitled The Magic of Health and Fitness. Magician Bob Conrad visits hundreds of school each year to explain the importance of eating good foods and getting plenty of exercise. He is here today in person to spread the magic word.

Let's have a warm welcome for Magician Bob Conrad.

**CONRAD PRODUCTIONS
41 WASHINGTON PLACE
EAST RUTHERFORD, NJ 07073
(201) 935 - 6396 * 1 - 800 - 352 - 7256**

CULTURAL ARTS EDUCATIONAL SCHOOL ASSEMBLY PROGRAMS

THE MAGIC OF HEALTH AND FITNESS

A TEACHERS GUIDE

This program explains the importance and the purpose of the various forms of exercise; flexibility, resistance, Cardiovascular and aerobic. It points out the importance of good nutrition and vitamins, and the negative aspects of drugs, alcohol, smoking, caffeine, and junk food. Using the medium of magic and fun, Mr. Conrad will teach your students the secrets of health and fitness.

BIBLIOGRAPHY:

JUNIOR BODY MACHINE, HOW THE HUMAN BODY WORKS, Dr. Christian Barnard (Crown)
PHYSICAL FITNESS FOR YOUNG CHAMPIONS, Robert Antonacci (McGrawHill)
HOP, RUN, JUMP, Rose Demeters (John Day)
GOOD TIME FITNESS FOR KIDS, Thomas D. Fahey (Butterick)
STARTING RIGHT: SUZY PRUDDEN'S FITNESS PROGRAM FOR CHILDREN, Suzy Prudden (Doubleday)
THE COMPLETE BEGINNER'S GUIDE TO PHYSICAL FITNESS, Richard B. Lyttle (Doubleday)
ARNOLD'S BODYBUILDING FOR MEN, Arnold Schwarzenegger and Bill Dobbins (Simon & Schuster)
GETTING FIRM, SHAPING AND TONING, (Time-Life Books)

AREAS OF CURRICULUM INTO WHICH THIS PROGRAM MAY BE INTEGRATED

HEALTH EDUCATION , SCIENCE, PHYSICAL EDUCATION

VOCABULARY WORDS USED IN THIS PROGRAM:

EXERCISE	DRUGS	VITAMIN
FLEXIBILITY	CAFFEINE	FISH
RESISTANCE	ALCOHOL	VEGETABLE
CARDIOVASCULAR	CIGARETTES	FRUIT

AEROBIC
REST
COFFEE

HEART
LUNGS
JUNK FOOD

WHEAT
MEAT
GRAIN

We have included a Health and Fitness Word Search using these words. Please copy and distribute to class.

SUGGESTED FOLLOW-UP ACTIVITIES :

1. Assign the composition of letters relating to the program. These may be addressed to the performer, the PTA (if they sponsored the presentation) , the administrator, or even the local newspaper.
2. Assign the drawing of posters that relate to the program just seen.
3. Discuss the importance of good nutrition and the four basic food groups.
4. Discuss the negative aspects of bad habits; drugs, alcohol, smoking, caffeine and junk food.
5. Discuss the importance of exercise and the reasons why students should exercise regularly. Incorporate a series of exercises into your physical education program.
6. Copy and distribute Health and Fitness Word Search to class.

NEWSLETTER/BULLETIN INFORMATION

Bob Conrad, professional school assembly presenter specializing in entertaining, educational assembly programs, will be performing for the students of _____ School on _____ (date) at _____(time) .

Mr. Conrad will present his program "The Magic of Health & Fitness", an exciting program that deals with an important problem; the health & fitness of our youth.

Mr. Conrad will explain the importance of eating good foods, as well as the negative aspects of habit- forming substances such as drugs, alcohol, caffeine, and tobacco. He will explain the importance and differences of various types of exercise including resistance, aerobics, cardiovascular, and flexibility. Using his talents as a magician , Bob Conrad will attack the subjects of exercising and eating properly in a fun and amusing manner.

Bob Conrad travels to hundreds of schools trough out New York, New Jersey, Connecticut, and Pennsylvania each year presenting this and other educational programs. No newcomer to the field of children's entertainment , Conrad has been appearing at schools, shopping malls, libraries, museums, camps and picnics for more than 25 years. He is the author of " THE PUPPETRY WORKSHOP MANUAL", " MOUTH PUPPETS", and "BOB CONRAD'S CHALK TALK CARTOONS". Considered an expert in the field of children's entertainment he is a regular columnist in "LAUGH MAKERS" magazine. For ten years he was the editor of "PUPPETRY WORKSHEET" the official newsletter of the AMERICAN PUPPETMAKERS ASSOCIATION, of which he was one of the founders. He is a member of the Puppeteers of America, The Puppetry Guild of New York, The North American Association of Ventriloquists, and the Society of American Magicians.

#####

Photo's may be down loaded from Web Site.

Visit us on the Web at www.conradproductions.net