

# Hula Hoops and Handstands

Promoting Healthy Eating and Exercise.

Emma's goal is to become strong and healthy so that she can perform amazing circus tricks. You see Emma wants to join the circus. She dreams of being able to walk upside down using her arms and hands as her legs and feet. Emma wants to be able to spin not just one or two but numerous hula hoops around her waist, arms and legs. She wants to be able to throw and catch just like a juggler. She needs help! Everybody's help!!



Emma needs the children's help to discover which foods to eat. Which are the right foods that will make her strong, healthy, happy and able to perform the tricks she wants to do. As she takes the children's advice and starts eating the best foods, she is able to get

out of her armchair and out of her pyjamas and up and doing all sorts of amazing circus tricks.

With heaps of audience involvement this lively, very visual and age appropriate performance is designed to get children choosing healthy foods and exercise and of course have some really serious fun.

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Price: \$5.50 per student or \$352 (No GST) whichever is greater.

Suitable: 3 to 5 year olds.

Times: Show: 45 minutes. Set up: 30 minutes. Pack up: 30 minutes.



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