

## BRIEF PROGRAM DESCRIPTION

The OrganWise Guys Comprehensive School Program (OWG CSP) is a multi-media, interactive, cross-curricular program that uses fun characters based on the organs of the body, coupled with high energy activities to teach children how to make positive health, nutrition, and physical activity choices. OWG CSP consists of (1) the Core Kit that contains grade-specific and school-wide nutrition and healthy living materials and school assembly tools; (2) WISERCISE (which combines academic objectives and physical activity in lively 10-minute desk-side sessions), and; (3) individual student activity books. Finally, The OrganWise Guys Foods of the Month (FoM) club brings these lessons to life, as students are taught about nutrient-dense foods and thus encouraged to select these foods served in their school cafeteria, child care center and/or home. The FoM Club also includes programming to teach parents, teachers and school staff about the nutritious characteristics of nutrient-dense foods and why these foods are important components of daily meals.

## SPECIFIC OUTCOMES

OWG CSP is based on a four-year quasi-experimental study, which showed statistically significant improvements in program children's weight and blood pressure measures. These healthy results will be published in the Journal of the American Dietetic Association (April 2010), the American Journal of Public Health (April 2010) and the Journal of Healthcare for the Poor and Underserved (May 2010).

## AUDIENCE CHARACTERISTICS

**Age Range:** Youth ages 4 – 11

**Grades:** Grade Pre-K – 5th

**Gender:** Both Male and Female

## PROGRAM DETAILS

**Type of Program:** Physical Activity/  
Coordinated School Health/ Nutrition

**Audience Size:** Minimum 15 / Maximum 30

**# of Lessons:** PK – K: 8 lessons 1st – 2nd:  
12 lessons 3rd – 5th: 6 lessons

**Length of Sessions:** 10 – 30 Minutes

**Duration of Implementation:** 1 – 3 times per week

**Training:** Preferred

## HOW IT WORKS

The program kits are designed by grade level using a series of books that are read to students during the school day. The books and other multi-media materials are stored in the school media center



for teacher check out and can be shared by the whole school. The OrganWise Guys books are featured in kindergarten through 5th grade to increase awareness of good nutrition, physical activity and healthy body functions. Optional student workbooks support the book content as children are introduced to healthy concepts through a variety of companion activities. There are also grade appropriate handouts/activities, DVDs, posters, morning announcement messages, dolls and banners. The program also utilizes a series of desk-side physical activities called WISERCISE! that allow teachers to incorporate 10-minute bouts of physical activity - while staying on task academically - throughout the school day

## IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- All lessons in the classroom curriculum must be completed using the full scope and sequence of the curriculum.

# The OrganWise Guys Comprehensive School Program



## MATERIALS

Classroom Book Sets Heart to Start Kit 1 (K) - \$ 49.95  
Heart to Start Kit 2 (K) - \$49.95  
Hardy Heart Kit (1st Gr) – \$49.95  
Calci M. Bone Kit (1st Gr) – \$49.95  
Windy, the Lungs Kit (1st Gr) – \$49.95  
Sir Rebrum Kit (2nd Gr) – \$49.95  
Madame Muscle Kit (2nd Gr) – \$49.95  
The Kidney Brothers/Peri Stolic (2nd Gr) – \$49.95  
How to be Smart from the Inside Out (K-2) – \$17.95  
Basic Training for Better Health – \$17.95 (3-5)  
The Healthy Heart Challenge Book (3rd Gr) – \$17.95  
Pepto's Place Book (4th Gr) – \$17.95  
Balancing the Energy Equation Book (4th Gr) – \$17.95  
Undercover Diabetes Health Agents (5th Gr) – \$17.95  
Train Your Brain for Success - \$17.95

### *Optional Materials*

Student Workbooks - \$4.95 each  
WISERCISE - \$29.95 each  
Set of eight OrganWise Guys DVDs - \$107.60  
Shorts! 72 video vignettes on DVD - \$49.95  
Keeping the Beat Music DVD - \$13.95  
Organ Wise-ology CD Rom - \$24.95  
Set of 5 Nutrition Posters - \$19.95  
Set of 5 Physical Activity/Nutrition Posters - \$19.95  
MyPlate Cafeteria Banner - \$125  
School Assembly Kits - \$75 each  
Teacher implementation training DVD - Free  
WISERCISE (Optional) \$29.95 per classroom  
Foods of the Month Club Kit (Optional) \$295 per school

*Quantity discounts will be applied to all of the above materials.*

*All OrganWise Guys materials are linked to Virginia's state-specific curriculum standards.*

## PROGRAM CONTACT

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