

Did you ever wonder what it's like to propel in a hamster ball?



Did you ever want to train with varsity athletes?



Did you ever want to learn to cook healthy?



**The Lake Travis ISD Community FitSmart Expo will have all these and MUCH MORE!**

**Here's what's happening:**

- A fun FitSmart obstacle course for families, including human hamster balls
  - Healthy Cooking Demonstration
  - Sports Training Fun for Kids
  - Health Education activities by LTISD school nurses
- How Does a Garden Grow?: interactive display about growing healthy food
  - Blood Donation Mobile hosted by the Blood Bank of Austin
  - Drug and Alcohol Prevention presentation
  - The Nutrition Corner: education materials display and fun activities
- What's for Lunch? featuring samples of the tasty & healthy fare offered in all LTISD schools
- Healthy Snack Creation Station featuring a create-a-snack table for the kids
  - Video presentation of action on the LTISD Challenge Ropes Course
  - Practice your Yoga skills and learn to dance Zumba!
    - Recycling is Healthy
  - Information Station: take-home flyers and brochures

**Fun! Games! Challenges! Join us for this wonderful community event to celebrate healthy living!  
Bring the whole family!**