

# HyVee® KIDSFIT ASSEMBLY

Looking for a way to jumpstart your school wellness efforts? Have a KidsFit® Assembly! Hy-Vee KidsFit has worked with over **350+** schools, reaching over **210,000+** students since 2016, empowering them to live healthier lifestyles. Join in on the fun!

## FAQ

### What is a Hy-Vee KidsFit® Assembly?

A Hy-Vee KidsFit® assembly is a 40-60 minute session with Daira and your local Hy-Vee Dietitian. The students will get 30 minutes of physical activity, 5-10 minutes of physical education and 5-10 minutes of nutritional education.

### How much does the assembly cost?

Our KidsFit® assemblies are a **FREE** service!

### Why is Hy-Vee providing these assemblies?

Hy-Vee is committed to helping communities make healthy choices. The assemblies help students learn how to take care of their bodies through fun activities and proper nutrition.

### Where does the school hold the assembly?

The gymnasium or an open multipurpose room.

### What grades can attend an assembly?

Grades 4th-6th benefit the most from KidsFit® assemblies. However, other grades will be taken into consideration upon requests.

### How many kids can attend an assembly?

Assembly attendance can range from 100-500 students. Students will have to sit on the gym floor so they can participate in the activities with space to move around.

### What materials need to be provided by the school for the assembly?

- 6-foot table
- Projector
- Microphone
- Computer

### How do I request an assembly?

Complete the KidsFit® Event Request Form located on our website under the "Challenge" icon at [hy-veekidsfit.com](http://hy-veekidsfit.com)

"KidsFit came at the perfect time to highlight the need for everyone, students and staff, to be responsible for their food and activity choices. It fits seamlessly with our district wellness policy and curriculum, as well as with the PE program."

Lucas Shivers,  
Director of Elementary  
Education for USD 383  
Manhattan, KS



"The environment was welcoming and energetic right from the start! The students loved competing against one another during the exercise challenges. The activities and information shared at the event opened the door for more conversations about healthy living at school."

Morgan Brown,  
3rd Grade Teacher,  
State Street Elementary,  
Topeka, KS





**KIDSFIT**

# **SCHOOL ASSEMBLY REQUEST FORM**

Thank you for reaching out and expressing interest in having a Hy-Vee KidsFit® Assembly! Please complete all fields of this form and email to KidsFit@hy-vee.com. The subject line of your meeting request must say "KidsFit Assembly - SCHOOLNAME"

## **1. Contact Person:**

Name, phone, email, position.

## **2. Proposed Date & Time:**

Please provide us with three ideal dates you would like to schedule.

## **3. Location Address:**

## **4. Estimated Participants:**

This number should reflect all students, from all grades, that will likely be attending and participating in any follow-up activities.

## **5. Special Instructions/Questions:**

Please notify us of any food allergies or physical/behavioral disabilities students have.