

THANK YOU TO OUR SPONSORS



Join
FORWARD
 for
Get in the Action Day
 at the
DuPage County Fair

July 26, 2017
 10am-4pm



Get in the **ACTION**

SCHEDULE OF EVENTS

Healthy Bingo

Where: Outside Building 1

When: 9:30am-2pm

Activity: Come play a game of active “healthy bingo” for all ages to move together and have fun. Winners will be rewarded with an edible treat while prizes last!

Soccer/Football/La Crosse/Nerf Battles/Obstacle Course

Where: North End of Fairgrounds

When: 9:30am-3pm

Activity: Fun for kids of all ages! Join the Wheaton Park District for exciting teaching skills and drills throughout the day.

- ⇒ 9:30am Nerf Battles
- ⇒ 11:00am LaCrosse Clinic
- ⇒ 12:00pm Nerf Battles
- ⇒ 1:00pm Soccer Clinic
- ⇒ 2:00pm Flag Football Clinic

Cooking Demonstration

Where: Building 2

When: 10am-12pm

Activity: Join us for a culinary experience. Chef/Instructor Chris Thielman will teach everyone how to prepare delicious and healthy recipes.

- ⇒ 10:00am Low Fat Chicken Quesadillas
- ⇒ 10:30am Kale Salad
- ⇒ 11:00am Low Fat Chicken Quesadillas
- ⇒ 11:30am Kale Salad

Access DuPage

Where: Building 1

When: 10am-4pm

Activity: Drop in and visit Access DuPage for fun movement activities and games.

B.R. Ryall YMCA

Where: Building 1

When: 10am-4pm

Activity: Join B.R. Ryall YMCA to experiment with your own internal rhythm. Have fun drumming on buckets and listening to sound demonstrations.

Bull Sox Academy

Where: Building 1

When: 10am-4pm

Activity: Visit Bulls Sox Academy to learn about their programs and see what giveaways you can win!

Exergame Reax Lights

Where: Building 1

When: 10am-4pm

Activity: Experience interactive fitness with Exergame Reax Lights. Engage with this reaction training and programming and raise your heart rate while having fun.

Exergame Obstacle Course

Where: Grand Stand Infield

When: 10am-4pm

Activity: Parents and kids of all ages can duck, crawl, climb, leap and roll on a challenging Exergame obstacle course for all fitness levels.

GardenWorks

Where: Outside Building 1

When: 10am-4pm

Activity: Stop by The GardenWorks Project booth to plant a vegetable seed to take home and grow. Learn about how GardenWorks is supporting DuPage County gardeners in their efforts to grow food for themselves and families in need.

Label Reading & Tower Garden

Where: Building 1

When: 10am-4pm

Activity: Visit Juice Plus where you will become a nutrition detective. Use a magnifying glass to discover and learn about reading food labels, play an interactive toss game and check out their tower garden!

Action for Healthy Kids Obstacle Course

Where: Building 1

When: 12-4pm

Activity: Experience an interactive obstacle course and learn about healthy eating by tossing bean bags and running a fun relay race. Navigate a river of hot lava without falling by using your balancing skills.

WHAT IS FORWARD?

FORWARD is a coalition of partners dedicated to reversing the obesity trend in DuPage County by educating children and families about the importance of eating healthy and being physically active. Together, we will help residents live a happier and healthier, life.

