

FOR IMMEDIATE RELEASE

June 17, 2016

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Travelling exhibit encourages healthy habits

Pueblo, Colo. — What is in the food we eat? Are fruits and vegetables important? Can everyday activities burn calories? Visitors will find the answers to these questions by exploring nutrition and fitness in ***Eat Well, Play Well***, an engaging and educational science exhibit. The free exhibit runs through Sunday, Sept. 11, is at the InfoZone News Museum on the 4th floor of Rawlings Library, 100 E. Abriendo Ave., and is open during library hours. This 800-1,000 square-foot, hands-on exhibit appeals to children and their families and features text in English and Spanish.

Eat Well, Play Well encourages healthy living by teaching the science of making healthy food choices and helping children and adults discover there are many fun and interesting ways to stay active. Visitors will discover what an appropriate serving size looks like, see firsthand what it takes to burn off calories, test their flexibility and balance, review the latest clinical research and realize that they can reduce their risk of disease with healthy choices.

Eat Well, Play Well features nine interactive areas. At the eye-opening “Sizing Up Servings” area, visitors are challenged to match appropriate serving sizes to everyday objects. “Calories In, Calories Out” has visitors pedal a hand cycle and then choose from five different foods. The visitor learns that it takes a lot of exercise to burn off the calories from junk food compared with healthier choices and that in order to maintain a healthy weight, calories in have to be balanced with calories out.

By the end of ***Eat Well, Play Well*** visitors realize that healthy choices are within their reach.

The InfoZone News Museum is a division of the Pueblo City-County Library District. All events are free and open to the public. The museum’s mission is to provide broader knowledge of news and information. The museum focuses on journalism, the First Amendment, historic news and current events. For more information about the InfoZone News Museum and its events, please call (719) 562-5604.

EAT WELL, PLAY WELL was produced and is toured by the Oregon Museum of Science and Industry. This exhibit was made possible by a Science Education Partnership Award (SEPA) American Recovery and Reinvestment Act (ARRA) Administrative Supplement.

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