

# THE POWER OF THE PYRAMID

We Have The Power 2 Be Fit!

The Power of the Pyramid uses live theatre performances and take-home curricula to teach students about nutrition and fitness.

Rave reviews from the media

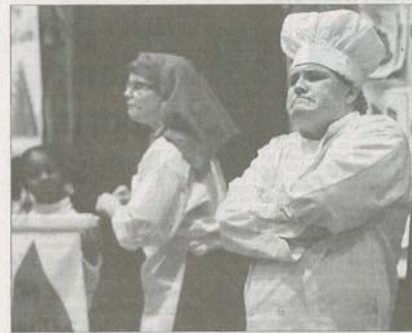


MINNESOTA PHYSICIAN  
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 WEEKLY COVERAGE OF NEWS, LAWS, REGULATION AND LITIGATION AFFECTING MINNESOTA'S HEALTH CARE

**THEATER PROGRAM TO FIGHT OBESITY BY EDUCATING METRO-AREA STUDENTS**  
 Allina Hospitals & Clinics, in partnership with the National Theatre for Children (NTC), is sponsoring a theater program to educate elementary school children about the Food and Drug Administration's (FDA) new Food Pyramid. Other co-sponsors for the program include the Minnesota Medical Association and PreferredOne.

Officials say the new program is the first coordinated anti-obesity effort between schools and primary care clinics. The two-year program will be featured in every elementary school in the metro area and in Allina hospitals starting January 23. The Power of the Pyramid theater program, created by Minneapolis-based NTC, encourages individuals to find a healthy balance between food and physical activity.

B6 • TWIN CITIES • STAR TRIBUNE • WEDNESDAY, JANU



KYNDELL HARKNESS • Star Tribune  
 Nathan Metcalf, playing the Chuck Wagon Restaurant owner, waited for a good answer from Nicole Schrader, playing Preston Polygon the server, about the food pyramid during "The Power of the Pyramid."

## Fitness and nutrition child's play at school

• "The Power of the Pyramid" delivers message of good health habits to Minneapolis schoolchildren.

By ELENA ROZWADOWSKI  
 rozwaed@startribune.com

The kindergartners were first to arrive for the play at Nicole Creek Elementary in Minneapolis on

see almost every day someone who is overweight."

The program provides teachers with workbooks, take-home activities and posters for their classrooms.

"The biggest change is where [the children] take the home and work with," said.

## MINNESOTA Health Care News

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### Childhood Anti-Obesity Program Launched

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