

EEEEK the FROG - HEALTHY LIFESTYLE ASSEMBLY PROGRAM
for Elementary Schools. Learn from EEEK the Frog through his delightful adventures designed to help kids to be their best!



Mary Anne Cappellino, President Creatively Fit LLC brings this innovative approach to schools to encourage physical activity and healthy lifestyles for Elementary age children. Her book character EEEK the Frog teaches leadership skills and motivational strategies that promote health and happiness in a fun and entertaining way.

MaryAnne's Assembly presentation includes: (can be tailored to meet your needs)

- **A talk on healthy lifestyle choices and Author visit all in one**
- **Choose the topic of exercise, goal setting or nutrition**
- **A reading of one of three books on healthy choices that bring literacy and wellness curriculum together (Exercise "The Most Clever Frog, Goal Setting "Lickity Split", Nutrition " A Pirates Adventure to Eat Just Right!")**
- **Student participation: Mary Anne leads 3 FUN Zumba Kids songs as the exercise part of the assembly!**

Mary Anne is the author of the EEEK the Frog Series and a nationally recognized health and fitness expert, motivational speaker and wellness consultant. As a group exercise instructor, avid runner and cyclist her passion for exercise and her commitment to a healthy lifestyle is contagious. Her dynamic speaking style engages audiences everywhere in the fun of fitness and the importance of investing in a healthy future.

To book an Assembly or Author visit please call Mary Anne at 716-741-3497 for more information