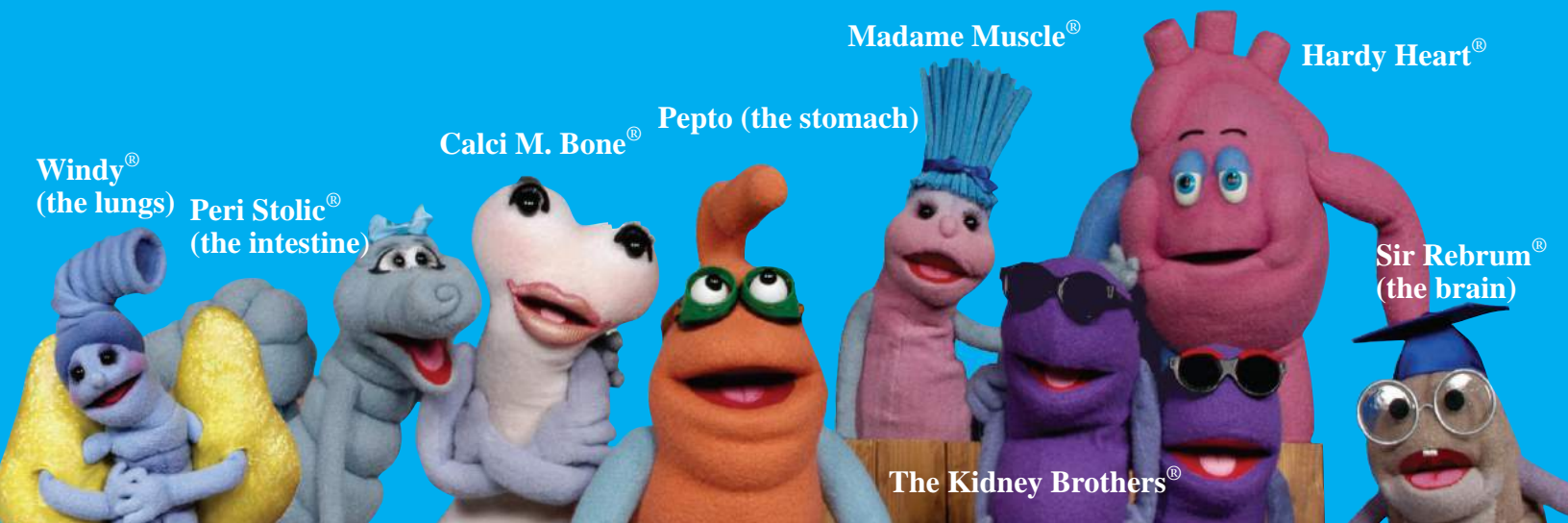


THE ORGANWISE GUYS®

Empowering children to be healthy and smart from the
inside out with award-winning, evidence-based,
curriculum-linked nutrition and physical activity materials!



Windy®
(the lungs)

Peri Stolic®
(the intestine)

Calci M. Bone®

Pepto (the stomach)

Madame Muscle®

Hardy Heart®

Sir Rebrum®
(the brain)

The Kidney Brothers®

THE ORGANWISE GUYS®



Rated 5 out of 6 stars in a Comprehensive Review of Childhood Overweight & Obesity Research Published from 2003-2010

Kids in The OrganWise Guys program have statistically significant improvements in:



BLOOD PRESSURE

For over 20 years, The OrganWise Guys Inc. has worked with universities, foundations, public and private health organizations, nutrition experts and educators across the country to create a “whole child” approach to the prevention of childhood obesity.

The OrganWise Guys characters *love who they live in* and bring the body to life by making nutrition and healthy lifestyle lessons stick. These materials help children learn about nutrition and health in creative ways, allowing them to retain important information to take care of their bodies and reduce obesity and related diseases. Best of all, it's **FUN!**

The OrganWise Guys is a scientifically-proven program that:

- Improves students' standardized test scores
- Improves children's health in a significant manner
- Includes the whole organizational environment in health promotion
- Is linked to state standards
- Is flexible, easy-to-implement and keeps kids on task academically
- Brings health education to life in any setting

Quantity discounts apply as follows:

10-30	10%
31-100	20%
101+	30%

References

1. Hollar D, Messiah SE, Lopez-Mitnik G, Almon M, Hollar TL, Agatston AS. Effect of an elementary school-based obesity prevention intervention on weight and academic performance among low income children. *American Journal of Public Health*. 2010;100: 646-653.
2. Hollar D, Messiah SE, Lopez-Mitnik G, Almon M, Hollar TL, Agatston AS. Effect of a school-based obesity prevention intervention on weight and blood pressure in 6-13 year olds. *Journal of the American Dietetic Association*, 2010;110 (2), 261-267.
3. Hollar D, Lombardo M, Lopez-Mitnik G, Almon M, Hollar TL, Agatston AS, Messiah SE. Effective multilevel, multi-sector, school-based obesity prevention programming improves weight, blood pressure, and academic performance, especially among low income, minority children. *Journal of Health Care for the Poor and Underserved* 2010;21(2), 93-108.
4. Lombardo, M. The Delta H.O.P.E. Tri-State Initiative. Presented at: 2008 Annual Meeting of the American Public Health Assoc., San Diego, CA.
5. Centre for Excellence and Outcomes in Children and Young People's Services. (2011). What works in combating childhood obesity: an anthology of the literature on effective whole-system approaches. Retrieved from <http://archive.c4eo.org.uk/themes/files/childhood-obesity-anthology-may2011.pdf>

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Four convenient ways to order:



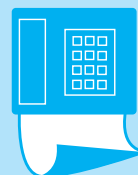
Online

www.organwiseguys.com



Mail

The OrganWise Guys Inc.
450 Satellite Blvd. NE
Suite M
Suwanee, GA 30024



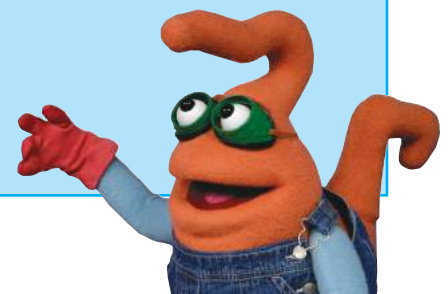
Fax

770-495-0375



Phone

800-786-1730





**EARLY
CHILDHOOD**

This engaging set of materials is designed to be shared by teachers and is a reusable resource for years to come. This kit includes evidence-based, age appropriate healthy lifestyle stories, multimedia activities, an in-class physical activity component and a specific monthly food piece that teaches children (and their caregivers) about the importance of good nutrition.

EARLY CHILDHOOD KIT

Page

- 10 Heart to Start Blue Kit (*Pre-K/Kindergarten*)*
- 11 Heart to Start Red Kit (*Pre-K/Kindergarten*)*
- 21 Set of 8 OrganWise Guys DVDs
- 22 Keeping the Beat Music DVD
- 22 OrganWise Guys *Shorts!* DVD
- 23 OrganWise-ology CD-ROM
- 25 OrganWise Gal (Small)
- 25 OrganWise Guy (Small)
- 27 WISERCISE!
- 28 Set of 25 Foods of the Month Posters
- 28 Set of 24 Foods of the Month Buttons
- 33 Set of 10 OrganWise Guys Posters
- 40 (10) Healthy Habits Sticker Variety Page
- The OrganWise Guys Wire Display Shelving



OWG Early Childhood Kit

#900 \$695.00 (*English only*)

#900SP \$775.00 **(Includes books in Spanish)*



To order call 800-786-1730



**ELEMENTARY
SCHOOLS**

To help schools benefit from a comprehensive, school-wide OrganWise Guys program, we have developed the Core Kit. This evidence-based, standards-correlated, grade-specific kit is designed to be a shared and reusable resource. The arrangement of materials offers a simple way to jump-start your school's wellness initiative while providing easy-to-use resources for teachers AND keeps students on task academically.

THE CORE KIT

Page	
10	Heart to Start Blue Kit (<i>Pre-K/Kindergarten</i>)*
11	Heart to Start Red Kit (<i>Pre-K/Kindergarten</i>)*
12	Hardy Heart Younger Years Kit (<i>1st grade</i>)*
13	Calci M. Bone Younger Years Kit (<i>1st grade</i>)*
14	Windy, the Lungs Younger Years Kit (<i>1st grade</i>)*
15	Sir Rebrum Younger Years Kit (<i>2nd grade</i>)*
16	Madame Muscle Younger Years Kit (<i>2nd grade</i>)*
17	The Kidney Brothers/ Peri Stolic Younger Years Kit (<i>2nd grade</i>)*
19	Smart from the Inside Out Hardback Book
19	Basic Training for Better Health Hardback Book
19	(4) The Healthy Heart Challenge Hardback Book (<i>3rd grade</i>)
20	(4) Pepto's Place Hardback Book (<i>4th grade</i>)
20	(4) Balancing the Energy Equation (<i>4th grade</i>)
20	(4) Undercover Diabetes Agents Hardback Book (<i>5th grade</i>)
20	Train Your Brain for Success Hardback Book
21	Set of 8 OrganWise Guys DVDs
22	Keeping the Beat Music DVD
22	Keeping the Beat Music Soundtrack
22	Keeping the Beat Music Instrumental Soundtrack
22	The OrganWise Guys <i>Shorts!</i> DVD
23	(4) OrganWise-ology CD-ROMs
25	OrganWise Gal (<i>available in various ethnicities</i>)
25	OrganWise Guy (<i>available in various ethnicities</i>)
27	(3) WISERCISE! (<i>PreK-2nd grade edition</i>)
27	(3) WISERCISE! (<i>3rd-5th grade edition</i>)
30	Smart From the Inside Out School Assembly Kit (<i>K-2nd</i>)
30	Basic Training for Better Health School Assembly Kit (<i>3rd-5th</i>)
31	The Healthy Heart Challenge School Assembly Kit (<i>3rd grade</i>)
31	Pepto's Place School Assembly Kit (<i>4th grade</i>)
32	Undercover Diabetes Agents School Assembly Kit (<i>5th grade</i>)
33	Set of 10 OrganWise Guys Posters
33	MyPlate Cafeteria Banner
	The OrganWise Guys Rolling Wire Display Cart



OWG Core Kit

#1000	\$2295.00 (<i>English only</i>)
#1000SP	\$2595.00 *(<i>Includes books in Spanish</i>)





Out-of-school time often results in children losing some of the health benefits that were gained during the school year. This kit is designed to extend and expand upon OWG programming to children and their families in the summer camp/after school setting to assist them in maintaining a healthy lifestyle year round!

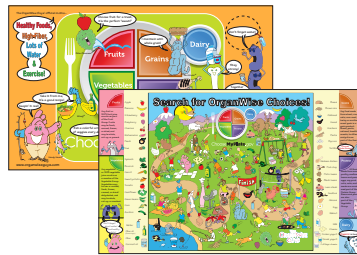
**SUMMER CAMP/
AFTER SCHOOL**

SUMMER CAMP/ AFTER SCHOOL KIT

Page	
7	Foods of the Month Kit
10	Heart to Start Blue Kit
11	Heart to Start Red Kit
22	OrganWise Guys Shorts! DVD
25	OrganWise Gal or Guy (Large)
27	WISERCISE! (PreK-2nd & 3rd-5th grade editions)
30	Smart From the Inside Out Assembly
30	Basic Training for Better Health Assembly
31	Pepto's Place Assembly
34	(100) MyPlate Placemats (laminated)
36	Gardening Kit
42	Wheel of Health
42	Foods of the Month Wheel



#8500 \$1595.00



To order call 800-786-1730



FOODS OF THE MONTH

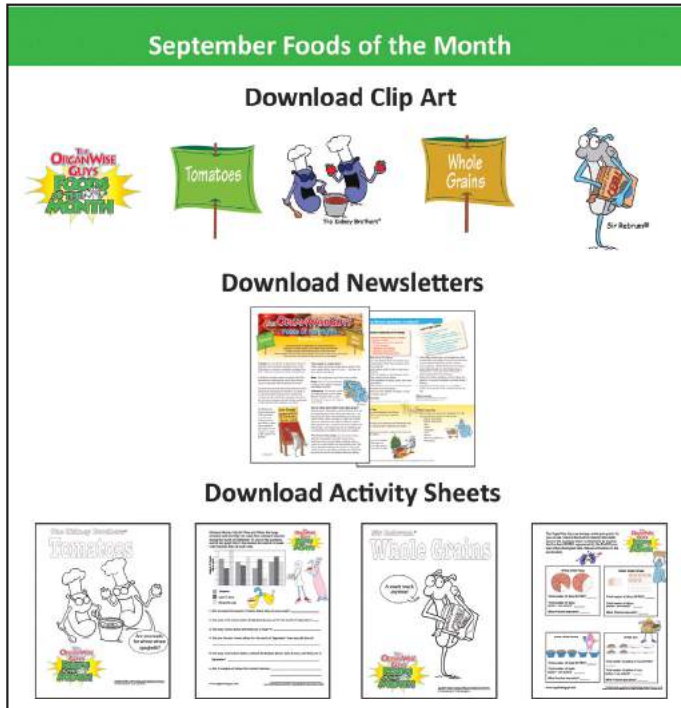
In the Foods of the Month (FoM) Kit, participants learn about nutrient-dense foods and why they should select these foods. The FoM Kit also includes programming to teach children, parents, teachers, and organizational staff about the nutritious characteristics of nutrient-dense foods, and why these foods are important to achieve optimal health on a daily basis.



- (2) Sets of 25 Colorful and Informative Posters
- 24 Buttons (for food service personnel)
- 24 Laminated Cafeteria Cards (to place on serving lines)
- The OrganWise Guys Window Clings
- (2) MyPlate Aprons
- The OrganWise Guys MyPlate Poster
- Roll of 500 MyPlate Stickers
- MyPlate "OrganWise" Style Assembly Kit
- Website Access to Monthly Newsletters, Activity Sheets, Clip Art for Menus and More!

(See page 28 to view items and/or to order separately.)

Item #7500 \$395.00



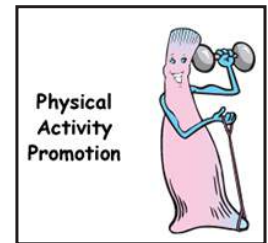
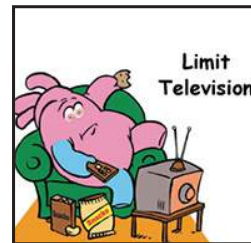
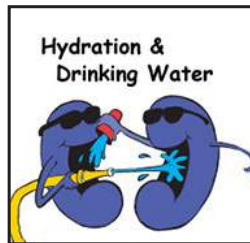
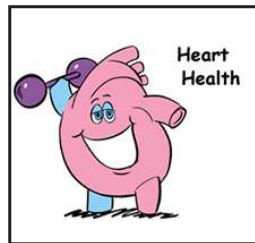
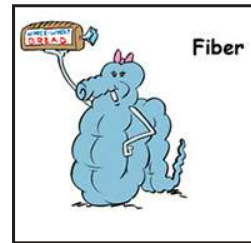
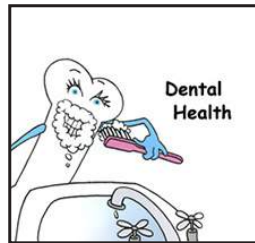
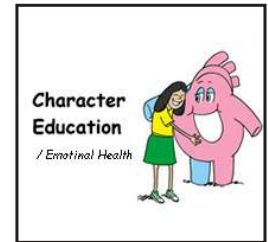
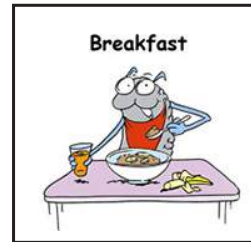
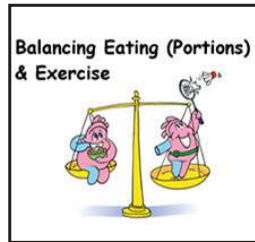


**HEALTH
EDUCATORS**

The OrganWise Guys unique line of health education materials is both flexible and effective. There are more than 150 items covering a wide variety of health topics, which can be used to enhance efforts already in place or serve as stand-alone programming. Start out with our most sought after item - an OrganWise Gal or Guy. Then, no matter which health topic you focus on, we have an "OrganWise" item to help bring your program to life!



OWG Dolls
Page 25



See pages 50-51 for specific OrganWise Guys items for each health topic.



To order call 800-786-1730



IN THE HOUSE

The Healthy Kid Box is a monthly delivery of fun health education to inspire your child to live a healthy lifestyle. In the first month your child receives a doll and each following month an additional lovable organ character arrives with corresponding materials, activities and games. This is the kind of mail that kids can't wait to receive!

THE HEALTHY KID BOX™



Month 1



Month 2



Month 3



... until you collect 'em all!

Visit www.healthykidbox.com for more details!

Monthly Subscription

Select our monthly plan for your Healthy Kid Box to make this year a healthy and memorable one for the child in your life! (A \$500 retail value!)

#8001 \$24.95 / Month

One Time Purchase (Annual Plan)

Select our annual plan for your Healthy Kid Box to purchase a full year of nutrition education and get **2 months free!** (A \$500 retail value!)

#8000 \$249.50



Kit includes:

• **4 Fun-filled Books**

It's a Teethday Party!

Hardy Heart helps Calci M. Bone learn the importance of brushing her teeth.

An OrganWise Field Trip

Sir Rebrum designs an "OrganWise" scavenger hunt field trip to the grocery store.

"Counting" on You to Play

Hardy Heart and his pals are practicing counting by participating in their favorite physical activities.

Keeping Your "Pets" Healthy

Sir Rebrum explains the importance of taking care of all The OrganWise Guys "Pets" living inside humans!

- **Feed Your OrganWise "Pets" Game**
- **Sir Rebrum Beanie**
- **Educator Lesson Plan Book**



Heart to Start **BLUE Kit**

Kit comes in easy-to-store zipper pouch and includes all items shown. (To extend lessons, see student activity book on page 18.)

#2005 \$49.95 ea

#2005SP \$85.75 ea (includes Spanish books)

Books also sold separately (SP indicates Spanish version)

- It's a Teethday Party** #1001 / #1001SP
- An OrganWise Field Trip** #1002 / #1002SP
- "Counting" on You to Play** #1003 / #1003SP
- Keeping Your "Pets" Healthy** #1004 / #1004SP

\$8.95 ea



Kit includes:

- 4 Fun-filled Books

Cheering for Healthy Choices

Join The OrganWise Guys in their favorite cheer ... Hip, hip, hooray! Hip, hip, hooray! I'm making OrganWise choices today!

Click on Your Sir Rebrum

Learn how a healthy breakfast can "click" on Sir Rebrum for a great day at school!

FIBER-ific Fashion

Peri Stolic needs help designing a colorful fruit and veggie outfit for her television debut on eating high-fiber foods!

What's on Your Plate?

See how all of The OrganWise Guys pitch in to make Pepto's party a fun, healthy and balanced event.

- **FIBER-ific Fashion Game**
- **Peri Stolic Beanie**
- **Educator Lesson Plan Book**



Heart to Start RED Kit

Kit comes in easy-to-store zipper pouch and includes all items shown. (To extend lessons, see student activity book on page 18.)

#2006 \$49.95 ea

#2006SP \$85.75 ea (includes Spanish books)

Books also sold separately (SP indicates Spanish version)

Cheering for Healthy Choices	#1005 / #1005SP
Click on Your Sir Rebrum	#1006 / #1006SP
FIBER-ific Fashion	#1007 / #1007SP
What's on Your Plate?	#1008 / #1008SP

\$8.95 ea



Kit includes:

• **4 Fun-filled Books**

School Days Here We Come

It's the first day of school and time to meet all The OrganWise Guys classmates and see where they live!

I Think I Forgot Something

Sir Rebrum is having trouble concentrating at school and realizes it's because he forgot to eat breakfast that day!

All Hearts Need Love

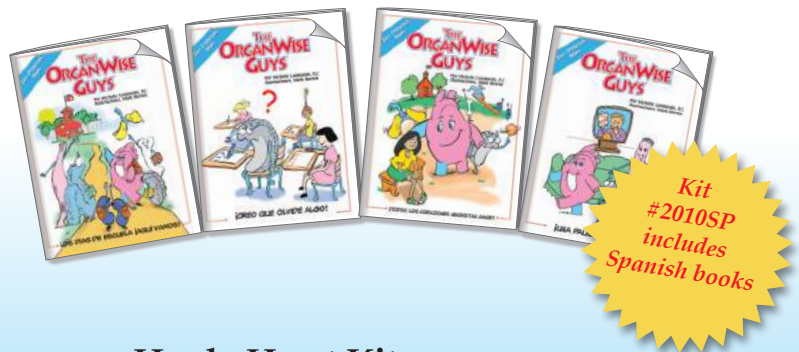
Hardy teaches his friends how to "love" all hearts by getting plenty of physical activity and by being kind to others.

Taking a Healthy Break

The OrganWise Guys learn the importance of taking a "healthy" break from too much television.

- **Here We Are! Puzzle**
- **Hardy Heart Beanie**
- **Educator Lesson Plan Book**

To order call 800-786-1730



Hardy Heart Kit

Kit comes in easy-to-store zipper pouch and includes all items shown. (To extend lessons, see student activity book on page 18.)

#2010 \$49.95 ea

#2010SP \$89.75 ea (includes Spanish books)

Books also sold separately (SP indicates Spanish version)

School Days Here We Come	#2011 / #2011SP
I Think I Forgot Something	#2012 / #2012SP
All Hearts Need Love	#2013 / #2013SP
Taking a Healthy Break	#2014 / #2014SP

\$9.95 ea

Puzzle also sold separately

Here We Are! Puzzle

#2015

\$12.95 ea



Kit includes:

- 4 Fun-filled Books

My Favorite Drink In The World

Calci helps a friend with a new sibling understand how important "milk" is in early life.

A Teeth Changing Experience

Calci learns the importance of taking care of her teeth now . . . before it's too late!

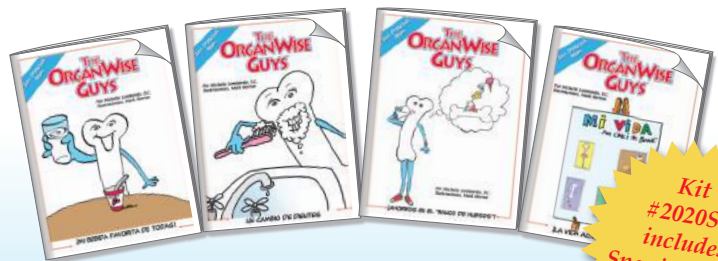
"Bone Bank" Savings

Calci learns about saving for future bone health by eating calcium-rich foods while she is young.

An Active Bone Life

Calci M. Bone knows that physical activity helps keep her healthy and strong. Can you guess what her favorite activities are?

- Calci's Bone Bank Game
- Calci M. Bone Beanie
- Educator Lesson Plan Book



Calci M. Bone Kit

Kit comes in easy-to-store zipper pouch and includes all items shown. (To extend lessons, see student activity book on page 18.)

#2020 \$49.95 ea

#2020SP \$89.75 ea (includes Spanish books)

Books also sold separately (SP indicates Spanish version)

My Favorite Drink In The World	#2021 / #2021SP
A Teeth Changing Experience	#2022 / #2022SP
"Bone Bank" Savings	#2023 / #2023SP
An Active Bone Life	#2024 / #2024SP

\$9.95 ea



Kit includes:

• **4 Fun-filled Books**

Clean Air March

Windy, the lungs, is all for keeping air quality clean. Join in as they help their city with a Clean Air March!

A No Smoking Policy

Windy learns that second-hand smoke is making her friend sick!

A Healthy Victory

To help out a new friend who has asthma, Windy is on a mission to make restaurants "smoke free."

Five a Day Reporter

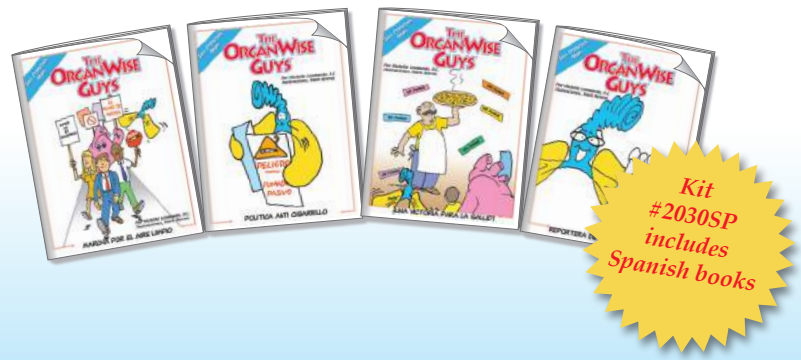
Windy "secretly" follows Hardy Heart for a day to make sure he's getting plenty of fruits and veggies.

• **Windy's No-Smoking Game**

• **Windy Beanie**

• **Educator Lesson Plan Book**

To order call 800-786-1730



Windy Kit

Kit comes in easy-to-store zipper pouch and includes all items shown. (To extend lessons, see student activity book on page 18.)

#2030 \$49.95 ea

#2030SP \$89.75 ea (includes Spanish books)

Books also sold separately (SP indicates Spanish version)

Clean Air March	#2031 / #2031SP
A No Smoking Policy	#2032 / #2032SP
A Healthy Victory	#2033 / #2033SP
Five a Day Reporter	#2034 / #2034SP

\$9.95 ea



Kit includes:

- **4 Fun-filled Books**

Are You Germ-Wise?

Sir Rebrum and Pepto are conducting an experiment to see if their friends are washing their hands properly.

Food Safety 101

Pepto learns about food safety rules when it comes to handling and preparing food, proper clean-up and food storage.

Making OrganWise Choices

Sir Rebrum takes us through a typical day and demonstrates how capable youngsters are of making healthful decisions.

Concentrating on Fruits and Veggies

Sir Rebrum helps students to concentrate on the importance of eating lots of colorful fruits and vegetables for good health.

- **Concentrate on Smart Choices Game**
- **Sir Rebrum Beanie**
- **Educator Lesson Plan Book**



Sir Rebrum Kit

Kit comes in easy-to-store zipper pouch and includes all items shown. (To extend lessons, see student activity book on page 18.)

#2040 \$49.95 ea

#2040SP \$89.75 ea (includes Spanish books)

Books also sold separately (SP indicates Spanish version)

Are You Germ-Wise? #2041 / #2041SP

Food Safety 101 #2042 / #2042SP

Making OrganWise Choices #2043 / #2043SP

Concentrating on Fruits & Veggies #2044 / #2044SP

\$9.95 ea



Kit includes:

• **4 Fun-filled Books**

Poetry in Motion

Madame Muscle cures writer’s block with a healthy snack and some exercise.

A Family Meal Plan

Meal time is more than just filling your stomach; it also includes building nutritious meals and being together.

An Active Role Model

Madame Muscle helps a new teammate become a "role model" for other new players.

Keep Your Muscles Moving

Madame Muscle inspires children of all ages to discover activities they find enjoyable and then DO them!

- **MyPlate Puzzle**
- **Madame Muscle Beanie**
- **Educator Lesson Plan Book**



Kit #2050SP includes Spanish books

Madame Muscle Kit

Kit comes in easy-to-store zipper pouch and includes all items shown. (To extend lessons see student activity book on page 18.)

#2050 \$49.95 ea

#2050SP \$89.75 ea (includes Spanish books)

Books also sold separately (SP indicates Spanish version)

Poetry in Motion	#2051 / #2051SP
A Family Meal Plan	#2052 / #2052SP
An Active Role Model	#2053 / #2053SP
Keep Your Muscles Moving	#2054 / #2054SP

\$9.95 ea

**Puzzle also sold separately
MyPlate Puzzle**

#2055

\$12.95 ea



32 cards (16 pairs)

Kit includes:

- **4 Fun-filled Books**

Ideas for a Healthier World

Join in the brainstorming session for all kinds of great ideas to help make the world a healthier one.

MyPlate Project

Learn how to make healthy choices with MyPlate as a guide ... in a fun-filled way!

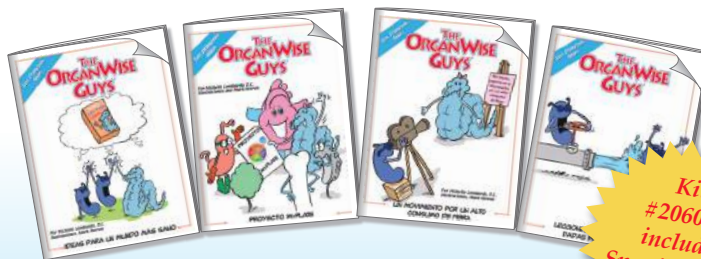
A High-Fiber Movement

Learn along with Peri about why fruits, vegetables and whole grains are so important in this High-Fiber Movement.

Water Lessons From a Kid

This story colorfully illustrates how the kidneys function and the importance of drinking plenty of water.

- **Concentrating on MyPlate Game**
- **The Kidney Brothers/Peri Stolic Beanies**
- **Educator Lesson Plan Book**



Kit #2060SP includes Spanish books

The Kidney Brothers/Peri Stolic Kit

Kit comes in easy-to-store zipper pouch and includes all items shown. (To extend lessons see student activity book on page 18.)

#2060 \$49.95 ea

#2060SP \$89.75 ea (includes Spanish books)

Books also sold separately (SP indicates Spanish version)

Ideas for a Healthier World	#2061 / #2061SP
MyPlate Project	#2062 / #2062SP
A High-Fiber Movement	#2063 / #2063SP
Water Lessons From a Kid	#2064 / #2064SP

\$9.95 ea

Strengthen the lessons learned in the PreK through 2nd grade kits by using curriculum-linked student activity books. Each grade-specific book contains extension activities to complement lessons learned in The OrganWise Guys story books. Use in centers, as a class activity or as a fun homework assignment for child and caregiver to work on together.

Quantity Discounts on Activity Books

10-30	10% - \$4.46@
31-100	20% - \$3.96@
101-499	30% - \$3.47@
500+	40% - \$2.97@

Note: Quantity discounts apply using COMBINED total of ALL grade-level activity books.



back cover

PERI'S NEW DESIGN
Peri has designed her own FIBER-IFIC sheet. She has left some instructions for you to finish it up. Read and then follow her instructions.

1. Color the cherries **RED**
2. Color the broccoli **GREEN**
3. Color the blueberries **BLUE**
4. Color the corn **YELLOW**

Language Arts/Reading, Nutrition

Heart to Start Activity Book (PreK/K)

24 activities to extend healthy life-style lessons taught in the BLUE and RED Heart to Start Kits (See pages 10-11)

#2406 \$4.95 ea



back cover

BONE HEALTHY GRAPH
Calci asked students what their favorite "bone healthy, calcium-rich" food was. She colored in the graph for each of their answers. Read the graph she made. Answer the questions.

Favorite bone-healthy food!

7				
6				
5				
4				
3				
2				
1				

low-fat milk, cheese, yogurt, low-fat ice cream

1. Which item was chosen as the favorite?
2. How many students like low-fat ice cream best?
3. How many total students did Calci ask?
4. How many students liked cheese and yogurt in total?
5. Which is your favorite item?
6. Color in the correct box on the graph to add your favorite to the total.

Math/Graphs, Nutrition

Hardy Heart/Calci M. Bone/Windy Kit(s) Activity Book (1st grade)

24 activities to extend healthy life-style lessons taught in these Kits (See pages 12-14)

#2401 \$4.95 ea



back cover

MEASURING UP
Pipito wants to see if you measure up as a helper in the kitchen. Below he has listed some of the items in one of his favorite recipes. Read the amount of each ingredient needed. Then go to the first row and color in the correct measurement. Pipito has done the first ingredient for you.

3-1/2 cups of milk
3-1/2 cups of flour
2 cups of apple sauce
4 cups of oats
1/2 cup of sugar

Milk, Flour, Apple Sauce, Oats, Sugar

Math/Measurements, Nutrition

Sir Rebrum/Madame Muscle/Kidney Brothers/Peri Stolic Kit(s) Activity Book (2nd grade)

24 activities to extend healthy life-style lessons taught in these Kits (See pages 15-17)

#2403 \$4.95 ea

Hardback Series with Activity Books

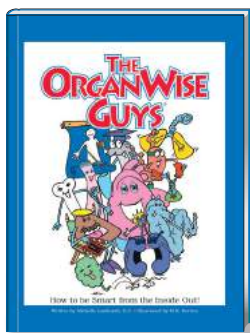
Upper Elementary

With the exception of the *Smart from the Inside Out* book, the hardback series (with companion activity books) is designed for upper elementary students. Each book delves into the importance of making healthy lifestyle choices that focus on the prevention of specific chronic diseases. Children will learn in-depth physiological processes via colorful illustrations that will make a lasting impact on the importance of smart choices now while they are young. The companion activity books incorporate these important concepts into core curriculum objectives, which make teaching these valuable lessons easy for teachers to implement in the classroom.

Quantity Discounts on Activity Books

10-30	10%
31-100	20%
101-499	30%
500+	40%

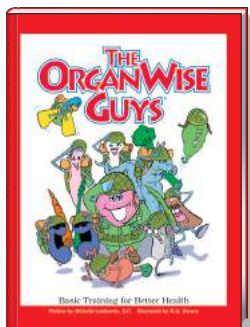
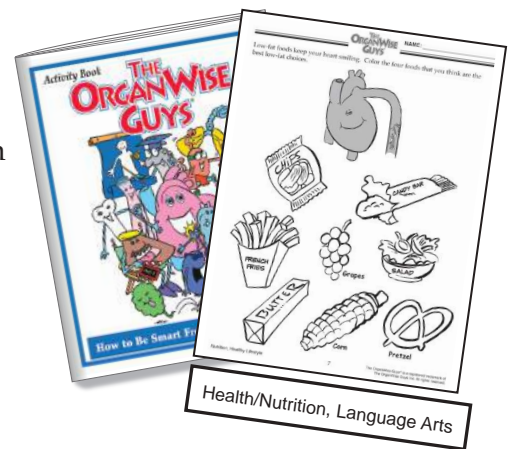
Note: Quantity discounts apply using COMBINED total of ALL grade-level activity books.



Smart From the Inside Out

Students meet the organs, learn the four club rules of eating healthy foods, high-fiber foods, drinking lots of water and getting plenty of exercise and gain an understanding of how lifestyle choices affect heart and colon health.

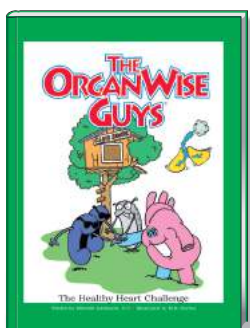
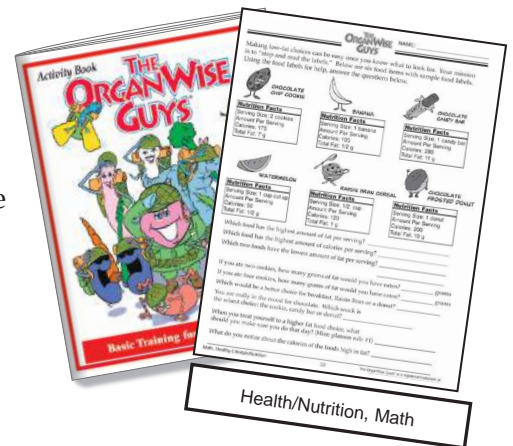
- #3001 Hardback book \$17.95 ea (all grades)
- #3002 Activity book \$4.95 ea (K-2nd)



Basic Training for Better Health

In addition to the importance of eating healthy, high-fiber foods, drinking lots of water and doing regular exercise, this book delves into the body's immune system and what can be done to keep it healthy and active.

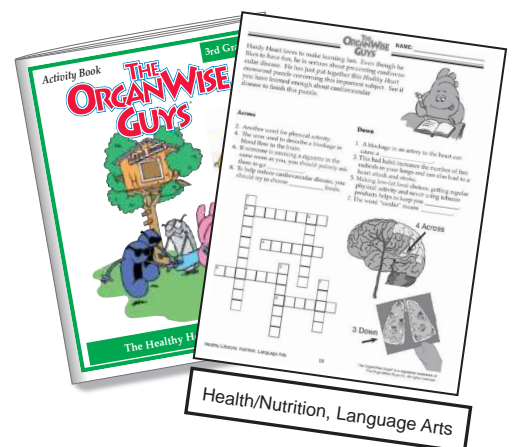
- #3003 Hardback book \$17.95 ea (3rd-5th)
- #3004 Activity book \$4.95 ea (3rd-5th)

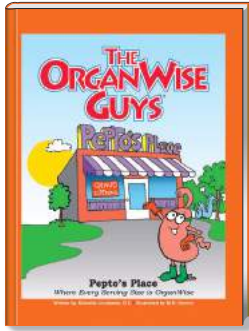


The Healthy Heart Challenge

Children learn about preventing **cardiovascular disease** and **stroke**. Using compelling illustrations and simple language, children learn about the disease and what simple steps they can take each day to increase their odds for a long, healthy life.

- #3005 Hardback book \$17.95 ea (3rd grade)
- #3006 Activity book \$4.95 ea (3rd grade)

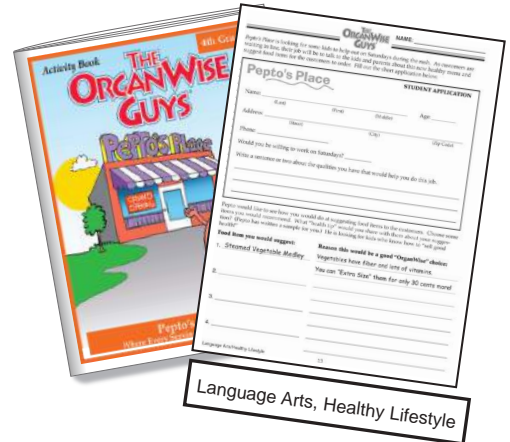




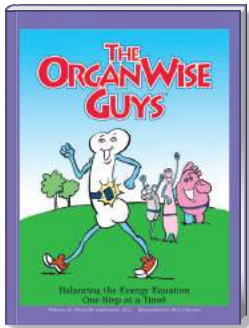
Pepto's Place - Where Every Serving Size is OrganWise!

Students learn what it takes to become an entrepreneur by helping Pepto open a healthy fast food restaurant. Students will compare different food items and decide if they qualify as OrganWise!

- #3009 Hardback book \$17.95 ea (4th grade)
- #3010 Activity book \$4.95 ea (4th grade)



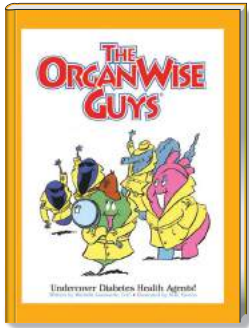
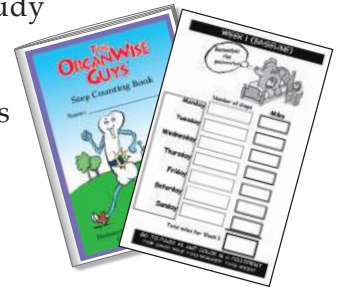
Language Arts, Healthy Lifestyle



Balancing the Energy Equation - One Step at a Time!

The OrganWise Guys are doing a physical activity pilot study using pedometers. Students will learn how easy it is to increase their steps and may even be inspired to do their own 10-week program. The companion activity book helps children set personal goals and track their progress. (Students will need a pedometer to track steps daily.)

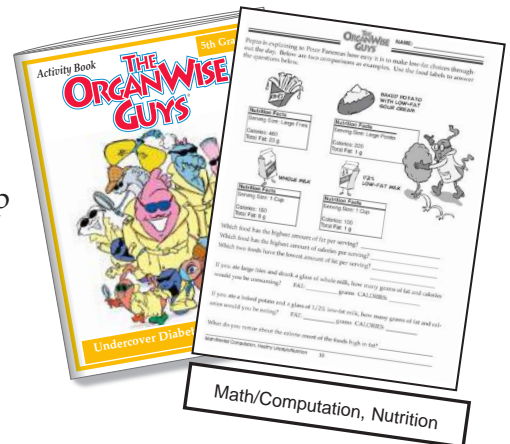
- #3011 Hardback book \$17.95 ea (4th grade)
- #3012 Activity book \$2.95 ea (4th grade)



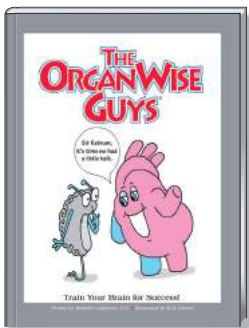
Undercover Diabetes Health Agents

Using compelling illustrations and simple language, children learn about **Type 2 Diabetes** and what lifestyle choices they can make to help minimize their chances of getting this disease.

- #3013 Hardback book \$17.95 ea (5th grade)
- #3014 Activity book \$4.95 ea (5th grade)



Math/Computation, Nutrition



Train Your Brain for Success

Hardy is learning about the importance of self-talk when it comes to achieving a goal. This book addresses the topic of positive affirmations to help children reach their goals. Join in the fun and learn how you too can achieve all to which you set your mind.

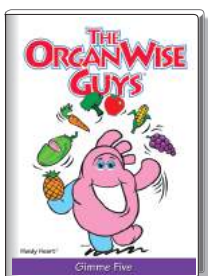
- #3017 Hardback book \$17.95 ea

Quantity Discounts on Activity Books	
10-30	10%
31-100	20%
101-499	30%
500+	40%

Note: Quantity discounts apply using COMBINED total of ALL grade-level activity books.



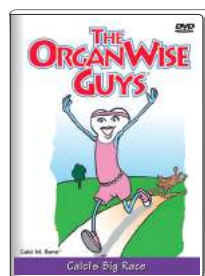
These educational and entertaining materials target children with positive, health-related behavior habits. Each DVD episode ends with a short exercise song to get kids up and moving! Have *Friday OrganWise Matinees* as a great way to end a healthy school week!



GIMME FIVE

The importance of eating plenty of fruits and vegetables each day is introduced. (15:10 Minutes)

#2210 \$13.95 ea

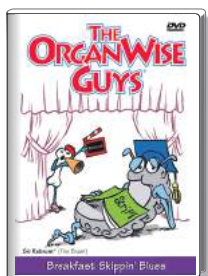


CALCI'S BIG RACE

Calci learns that eating calcium-rich foods and getting plenty of physical activity will help her make it to the finish line.

(14:31 Minutes)

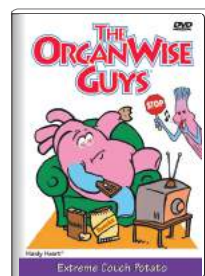
#2211 \$13.95 ea



BREAKFAST SKIPPIN' BLUES

Sir Rebrum is having a hard time remembering his lines in a school play. Can you guess what he forgot to do that morning? (16:24 Minutes)

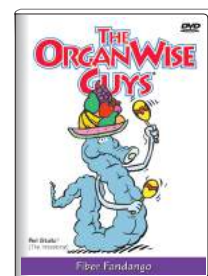
#2212 \$13.95 ea



EXTREME COUCH POTATO

Hardy learns an important lesson about turning off the television, healthy snacking and getting outside to play. (14:18 Minutes)

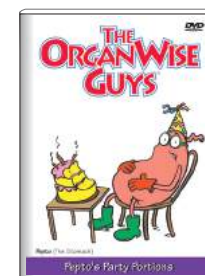
#2213 \$13.95 ea



FIBER FANDANGO

Peri Stolic, the intestine, reads a "scary" story called, *The Boy Who Didn't Eat Enough Fiber*. (15:35 Minutes)

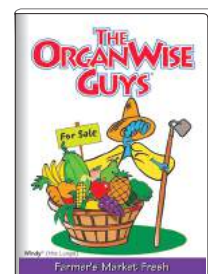
#2214 \$13.95 ea



PEPTO'S PARTY PORTIONS

Learn all about healthy portions and hand washing by attending a surprise party for Pepto! (17:18 Minutes)

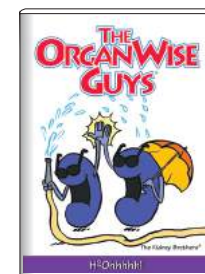
#2215 \$13.95 ea



FARMER'S MARKET FRESH

Windy discovers the importance of eating a variety of fresh fruits and veggies! (17:59 Minutes)

#2216 \$13.95 ea



H₂Ohhhhh!

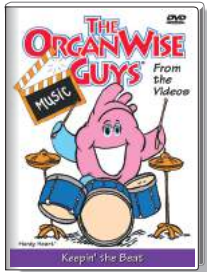
The Kidney Brothers clearly show how much they love everything about water . . . especially drinking it! (20:21 Minutes)

#2217 \$13.95 ea

Order the full set and save!

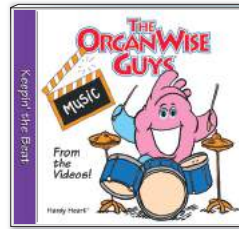
All 8 OrganWise Guys DVDs

#2218A \$107.60 each set



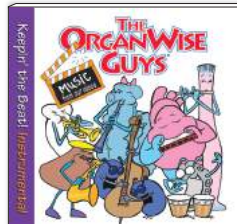
Keeping the Beat Music DVD
A compilation of OrganWise songs from the eight episodes reinforce the healthy messages.

#2220 \$13.95 ea



Keeping the Beat Music CD
Great for kids to sing along with The OrganWise Guys!

#2221 \$13.95 ea



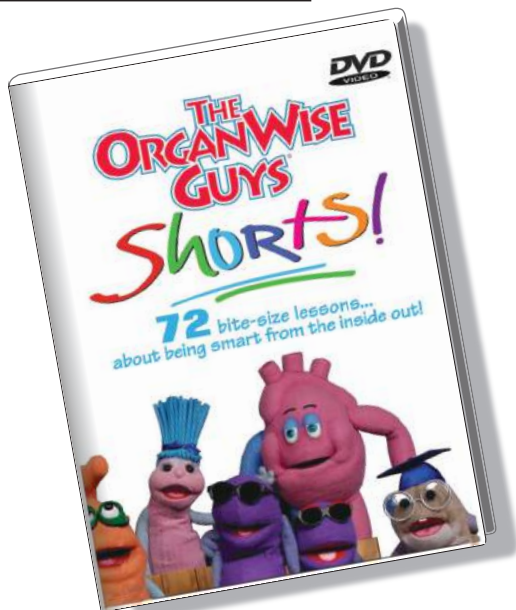
Keeping the Beat Music CD Instrumental
For use in music class, school performances, talent shows, etc.

#2224 \$13.95 ea

The OrganWise Guys "Shorts"

This original DVD contains 72 thirty and sixty-second innovative and educational messages (interstitials) that are perfect for morning announcements on closed circuit TV or any time a motivational moment is needed! Each message is sure to inspire, entertain and educate in constructive, memorable ways that will keep kids of all ages coming back for more words of wisdom from The OrganWise Guys! Just pop in the disc and select your favorites or play them all!

#2223 \$49.95 ea



Choose a topic... or play them all!

Exercise

Repeat After Me
OrganWise Cadence
Exercise Inside -- Superheroes
Keep Your Bones Movin'
TV Commercial for Exercise
Exercise Inside -- Calci and Sir Rebrum
WISERCISE! -- The Smart Way to Exercise
'Keep Your Muscles Movin'
Sticking to Exercise
What Gets You Pumped?
Hardy's Marching Band

Fruits & Veggies

Pirates of the Carrot & Bean -- Buried Treasure
Health Trek -- Low-fat Foods
Game Show -- Low-fat Foods
Pirates of the Carrot & Bean Invade Lunch
Game Show -- Eat Lots of Colors
Hardy Watches His Weight
Game Show -- Fruits

High-Fiber

Peri Spells "Constipation"
Pirates of the Carrot & Bean -- Fiber
Fiber-ific Cheer
Chef Peri
What Do the Intestines Do?
Take the Fiber Pledge
Body Chain

Bone Health

Calcium Cheer
Health Trek -- Calcium
Grandma Bone

Water

Drink Your Water
What Do Kidneys Do?
Grapes Need Water, Too!
Water Safety

Breakfast

Upside Down Breakfast
Pirates Invade Breakfast
Don't Skip Breakfast
Hardy Spells "Breakfast"

Handwashing

Wash Your Hands Before You Eat
Wash Your Hands After Using the Bathroom
Germ Killers

Healthy Snacks & Portions

Pirates of the Carrot & Bean -- Healthy Snacking
Game Show -- Healthy Snacking w/ Calci M. Bone
Pirates of the Carrot & Bean Invade Dinner

Test Taking & Homework

Test Taking Poem
Test Taking is Like Baseball
Do Your Homework
Home Work - Home Play

Limiting TV

Tame Your TV
Limit Your TV

Gardening

Green Thumb
I Love My Garden
Plant a Garden

Fresh Air

Ode to Fresh Air
Ode to Fresh Air -- Smoke

Character Development

Disabilities
Caring for Animals
Worrying
Perseverance -- Basketball
Attitude -- Baseball
Nightmare -- Talking About Your Fears
Talk to a Friend
Standing Up For P.E.
Stress-O-Meter
Friendship
Honesty
Afraid of the Storm

Food Safety

Keep It Cool Song
When Can I Eat the Cookie Dough?

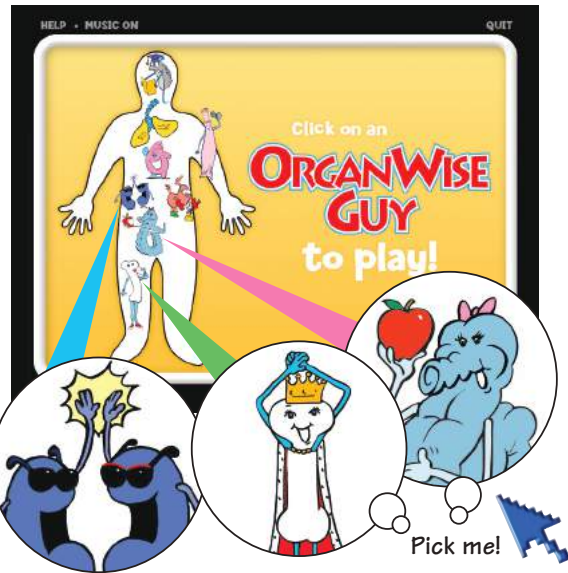
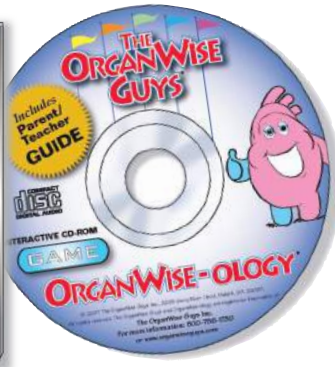
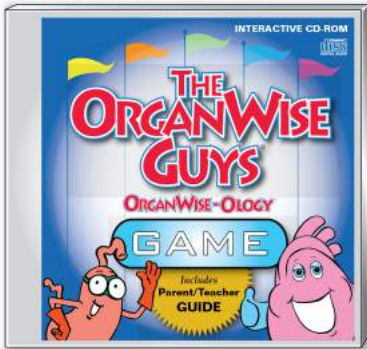
WISERCISE!

WISERCISE! -- Monday
WISERCISE! -- Tuesday
WISERCISE! -- Wednesday
WISERCISE! -- Thursday
WISERCISE! -- Friday

The OrganWise Guys interstitials are available free of charge to most public television stations nationwide. They are not listed on a program guide, so check with your local station to make sure they are airing them regularly!

Multimedia

ORGANWISE-OLOGY®



- Eight distinctive, dynamic games designed to be played repeatedly!



Water Challenge



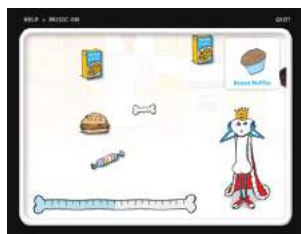
Hardy's Healthy Bowling Bonanza



Pepto's Pyramid



Peri's Pairs



Quest for Calcium



Windy's Wacky Journey



Madame Muscle Breaks a Move



Who Wants to be a Brain?

*Two levels of play . . .
Heart to Start - PreK/K/1st
Brainy - 2nd/3rd*



OrganWise-ology Interactive CD-ROM

This CD-ROM contains super-fun games where kids learn all about making life enhancing healthy choices. Each game can be played over and over again and a multitude of rewards can be found at *Healthy World*. A great way to incorporate computer labs and technology with wellness education.

#2222 \$24.95 ea



Hardy Heart®

#2016 \$5.95 ea



Calci M. Bone®

#2026 \$5.95 ea



Windy®, the lungs

#2036 \$5.95 ea



Sir Rebrum®

#2046 \$5.95 ea



Madame Muscle®

#2056 \$5.95 ea



The Kidney Brothers®

#2066 \$5.95 ea



Peri Stolic®

#2076 \$5.95 ea



Peter Pancreas®

#2086 \$5.95 ea



Pepto, the stomach

#2096 \$5.95 ea



Luigi Liver®

#2106 \$5.95 ea

The OrganWise Guys

These friendly beanies help bring the messages of The OrganWise Guys to life and can be used to complement a multitude of health lessons in any setting. Let children use their imagination in healthy play with these colorful organ characters!

Order the full set and save!

All 10 OrganWise Guys

#2107 \$57.50 each set



**ORGANWISE
GAL**



OrganWise GAL and OrganWise GUY

These unique teaching tools reinforce "why" healthy behaviors are so important! Children will see that no matter how we look on the outside, we are all the same on the inside. In no time, they'll understand why The OrganWise Guys say, "We love who we live in, so please take care of us!" These items come in three different ethnicities and two different sizes: a large (30") educator's edition and a smaller (20") edition. All dolls come with a full set of removable beanies!



**ORGANWISE
GUY**



Large Educator's Editions (30")

- #2300A OrganWise GAL/African-American
- #2300C OrganWise GAL/Caucasian
- #2300H OrganWise GAL/Hispanic

- #2302A OrganWise GUY/African-American
- #2302C OrganWise GUY/Caucasian
- #2302H OrganWise GUY/Hispanic

\$199.00 ea

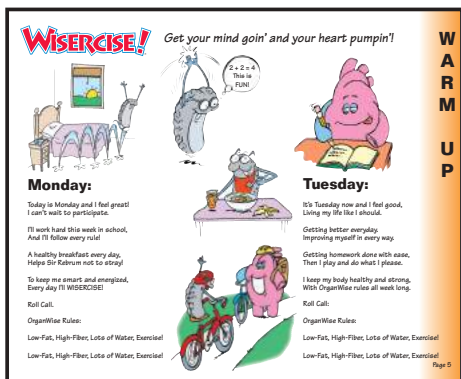
Smaller Editions (20")

- #2301A OrganWise GAL/African-American
- #2301C OrganWise GAL/Caucasian
- #2301H OrganWise GAL/Hispanic

- #2303A OrganWise GUY/African-American
- #2303C OrganWise GUY/Caucasian
- #2303H OrganWise GUY/Hispanic

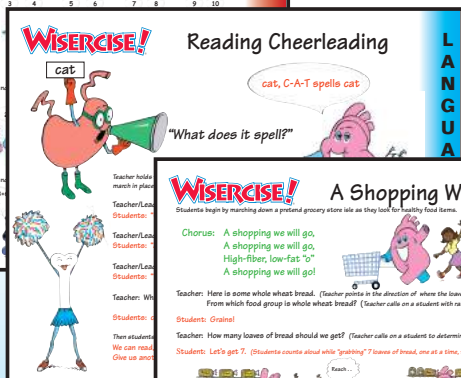
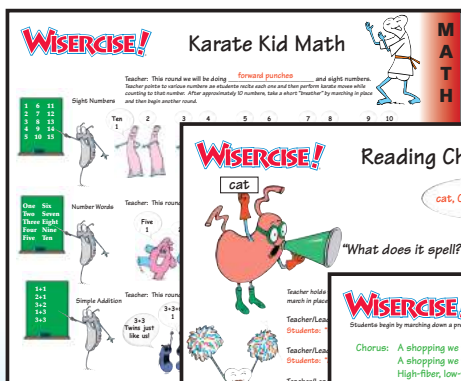
\$79.00 ea

WISERCISE! is a classroom-based supplemental lesson designed to get children moving while remaining on task with academic core curriculum objectives. WISERCISE! is developed, packaged and priced so that, ideally, each individual classroom would have one for year-round use. This active teaching method addresses the different learning styles, making lessons easy for children to comprehend and, of course, keeping it FUN!

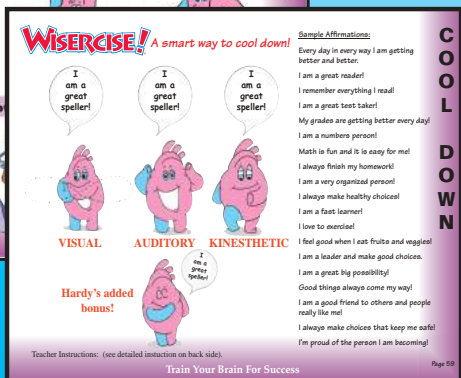
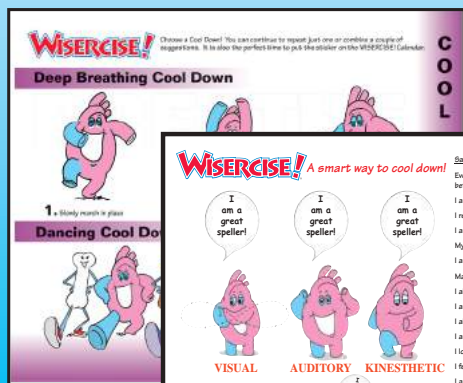


When it's time to WISERCISE!, warm up with the cadence specific to the day of the week.

(sample pages)



After the warm-up, perform one of the WISERCISE! lessons from the Math, Language Arts or Nutrition & Health Sections. This portion of the lesson is designed to keep the children exercising at moderate to vigorous levels for 8-10 minutes while learning an academic objective. Students can even lead WISERCISE! - It's that easy to follow!



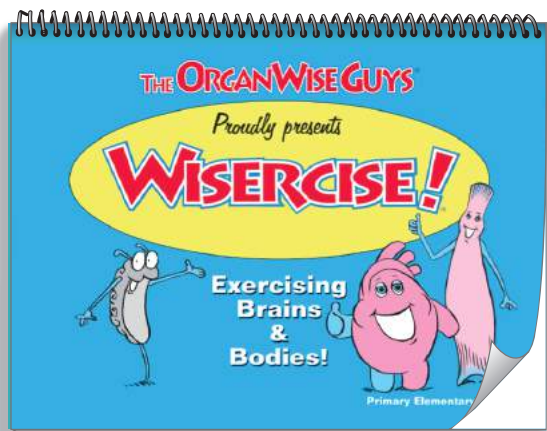
For the Cool Down, there are two options available, *Stretching/Breathing* or *Train Your Brain for Success*.

The *Stretching/Breathing Cool Down* brings the students' heart rate down. Easy to follow stretches and slow, deep breathing also helps transition students to their next classroom activity.

The *Train Your Brain for Success Cool Down* has students recite a life-enhancing affirmation as they stimulate the visual, auditory and kinesthetic senses while they cool down.

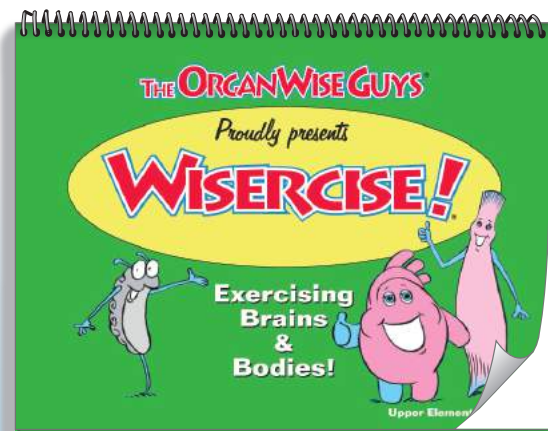


The monthly tracking calendar and stickers are used to motivate and record students' progress using WISERCISE! Upon completion of each daily session, a sticker is used to reward the class for a job well done! Can your class perform at least one WISERCISE! activity each day? Sir Rebrum and the rest of The OrganWise Guys are counting on it!



WISERCISE! PreK-2nd Edition
(Includes calendar/stickers)

#6000 \$29.95 ea



WISERCISE! 3rd-5th Edition
(Includes calendar/stickers)

#6001 \$29.95 ea



WISERCISE! Calendar/Sticker Set
Calendars can be ordered separately.

#6003 \$11.95 ea

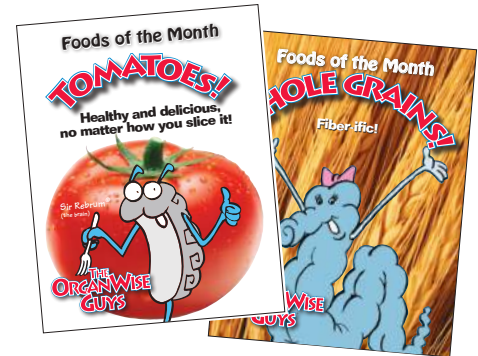
Foods of the Month Kit items are also sold separately . . .

(Note: All of the items below come in the full Foods of the Month Kit on page 7.)



Set of 25
Foods of the Month Posters

Item #7501 \$ 59.95



Set of 24 Laminated
Foods of the Month Cards

Item #7502 \$ 39.95



Set of 24 Foods of the Month
Buttons (3-inch round)

Item #7503 \$ 49.95



Set of Window Clings

Item #7504 \$ 24.95

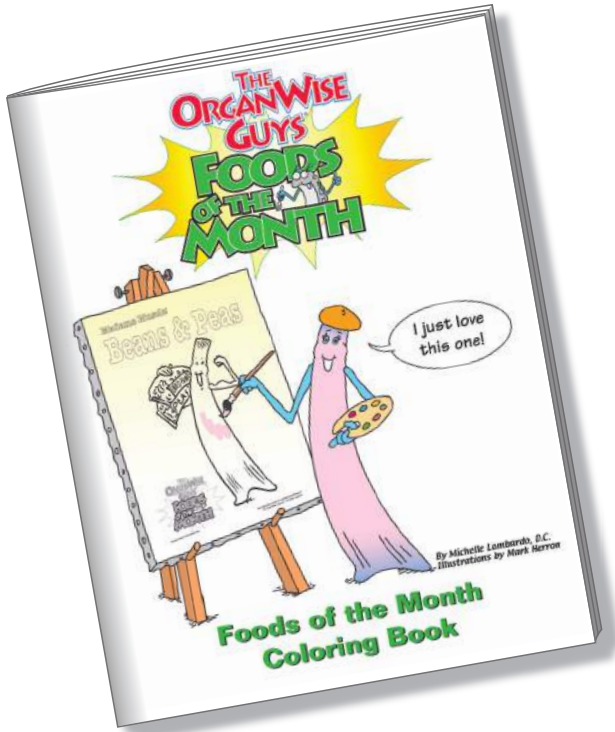


MyPlate "OrganWise" Style School Assembly
(see page 32 for more details)

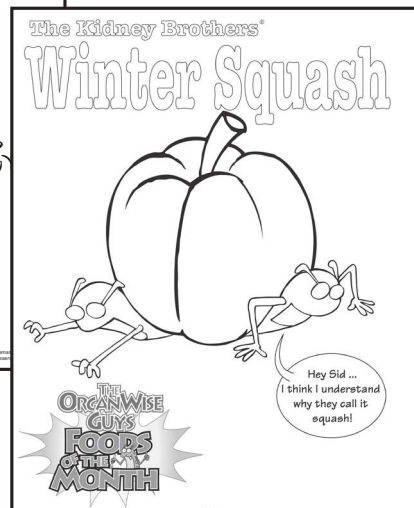
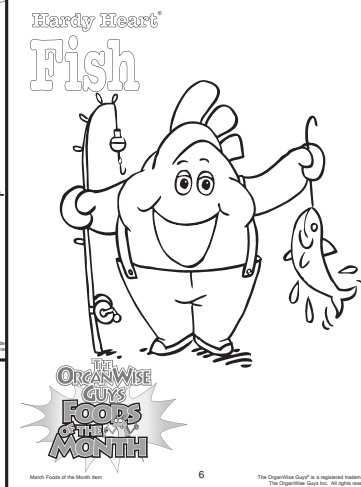
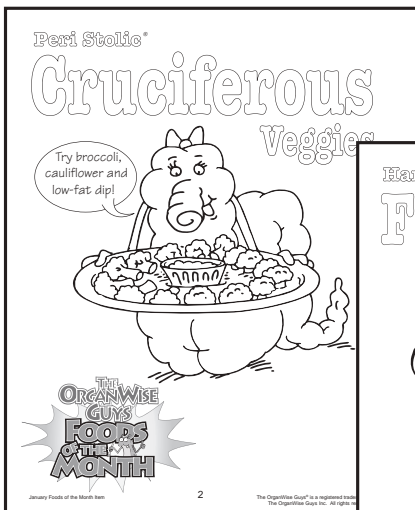
Item #3105 \$ 75.00

This coloring book is ideal to use as a companion with the Foods of the Month (FoM) Kit or as a stand-alone educational tool to introduce and encourage kids of all ages to want to make nutritious selections for their own OrganWise Guys!

Below is a calendar of the highlighted foods/food groups for each month. This is meant to be a guide for year-round programming where possible. The goal is variety!



THE ORGANWISE GUYS® FOODS OF THE MONTH			
JANUARY	Cruciferous Vegetables cauliflower, broccoli, cabbage	Legumes lentils, black beans, kidney beans	
FEBRUARY	<i>National Heart Month</i> Good Fats avocado, olive oil	Low-Fat Dairy milk, cheese, yogurt	
MARCH	<i>National Nutrition Month</i> Stems celery, asparagus	<i>National School Breakfast Week (1st week in March)</i> Fish tuna, salmon, cod, halibut	
APRIL	Nuts pecans, peanuts, walnuts, pistachios	Fresh Beans green beans, wax beans, edamame	
MAY	<i>National Physical Fitness and Sports Month</i> Eggs scrambled, hard boiled, poached	<i>National Egg Month</i> Spinach	
JUNE	 Berries strawberries, blueberries	Peppers bell, jalapeño, banana	
JULY	 Tropical Fruit mangos, kiwi, pineapple, bananas	Corn	
AUGUST	Stone Fruits peaches, plums	 Summer Squash zucchini, crooknecks, pattypan	
SEPTEMBER	Whole Grains whole grain bread, flour, brown rice	<i>National Fruit/Veggie Month</i> Tomatoes cherry, heirloom, Roma	
OCTOBER	<i>National School Lunch Month</i> Apples Granny Smith, Red Delicious	<i>National Apple Month</i> Winter Squash pumpkins, acorn, butternut	
NOVEMBER	Lean Meats	Sweet Potatoes	
DECEMBER	Citrus oranges, grapefruit, lemons, limes	 Root Vegetables beets, onions, turnips	



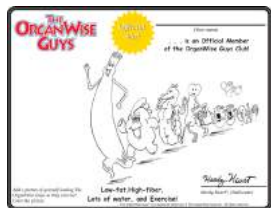
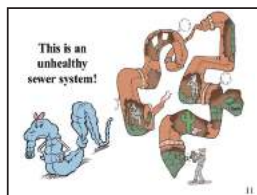
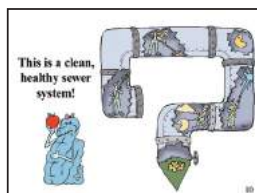
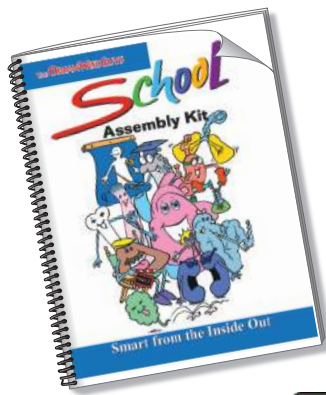
Foods of the Month
Coloring Book

#7512

\$4.95

These speaker's kits contain everything a presenter needs to conduct a fun, interactive and effective health lesson for elementary age children. Each kit provides an in-depth script, a PowerPoint, master activity sheets, an evaluation tool, tips for a successful presentation and more! These presentations can be delivered in a group setting (ranging from an individual classroom to a school-wide assembly) and are a great way to kick off an OrganWise initiative. They are all ideal for after school and summer programs, too!

(Note: Several of these assembly programs have a companion hardback book - see pages 19-20.)

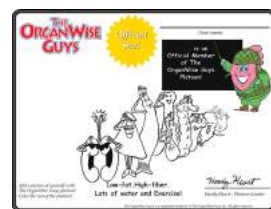
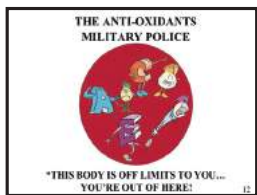
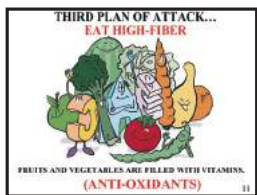
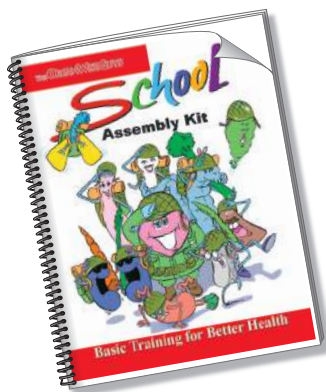


Smart From the Inside Out Assembly (K-2nd Grade)

Students will learn:

- simple physiology
- four easy health rules
- how to keep arteries healthy
- how to make healthy food selections
- moderation as the key to good health
- the importance of fruits and vegetables
- to identify responsible health behaviors

#3100 \$75.00 ea

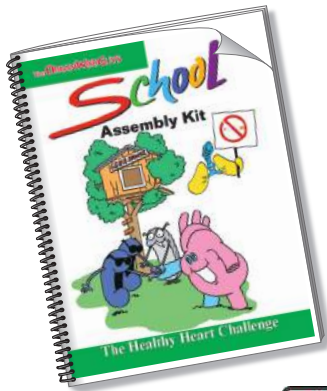


Basic Training for Better Health Assembly (3rd-5th Grade)

Students will learn:

- simple physiology
- basic food label reading
- the importance of produce in their diet
- the workings of their immune system
- how to make healthy food selections
- the importance of regular physical activity
- the role a healthy, high-fiber diet plays in disease prevention

#3101 \$75.00 ea

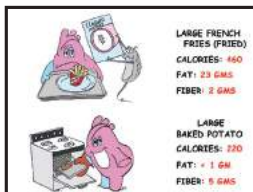
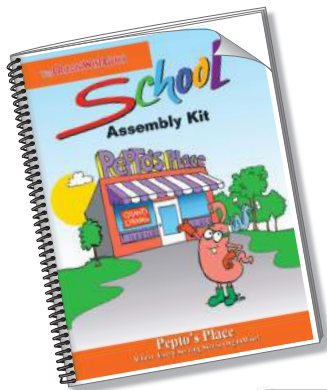


The Healthy Heart Challenge Assembly (3rd-5th Grade)

Students will learn:

- decision making
- complex physiology
- personal responsibility for good health choices
- how smoking contributes to cardiovascular disease
- prevention of cardiovascular disease and stroke through healthy lifestyle behaviors

#3102 \$75.00 ea

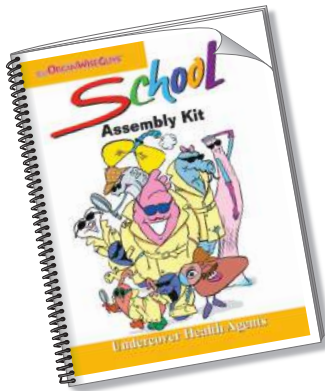


Pepto's Place Assembly (3rd-5th Grade)

Students will learn:

- decision-making in food choices while dining out
- personal responsibility for good health choices
- moderation as the key to good health
- the importance of portion sizes in weight management

#3103 \$75.00 ea

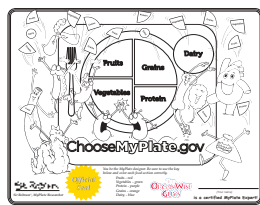
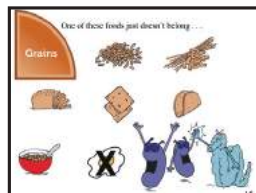
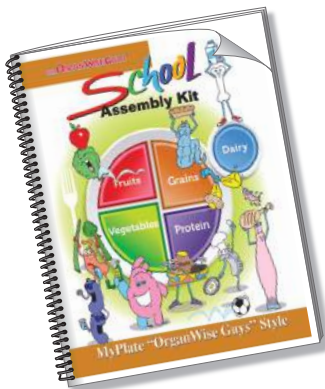


Undercover Health Agents Assembly
(3rd-5th Grade)

Students will learn:

- decision making
- complex physiology
- personal responsibility for good health choices
- the basic workings of the digestive system
- the role physical activity plays in disease prevention
- the role a healthy, high-fiber diet plays in the prevention of diabetes

#3104 \$75.00 ea



MyPlate "OrganWise" Style Assembly
(PreK-5th Grade)

Students will learn:

- the importance of using MyPlate as a guide to healthy eating
- decision-making about which foods to increase and which ones to decrease
- how to include a wide variety of healthy foods in daily meals
- how to choose healthy, high-fiber foods

#3105 \$75.00 ea

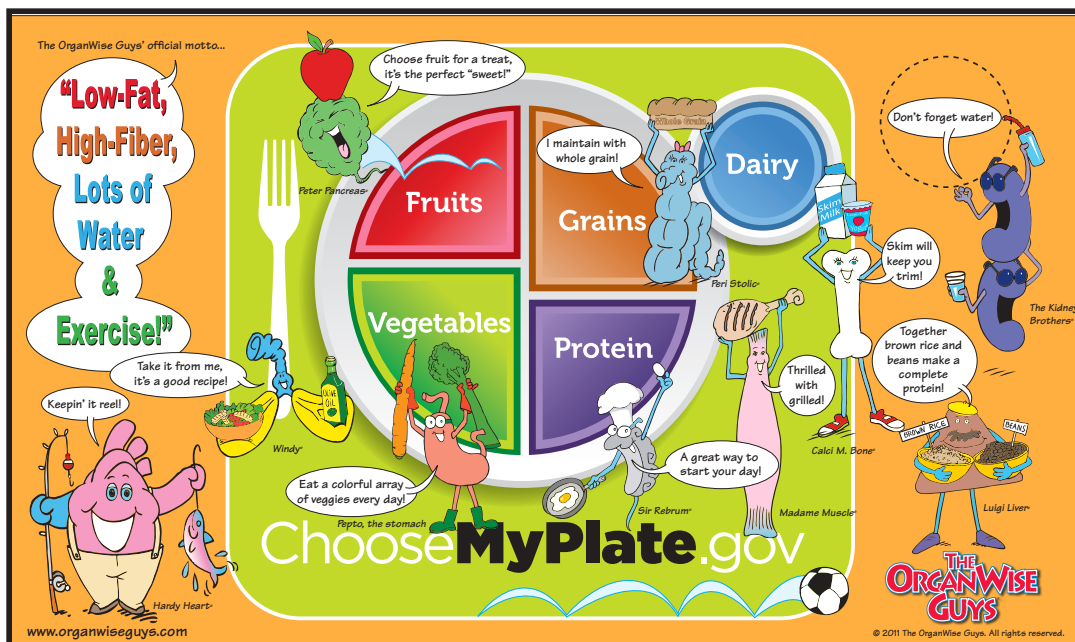


The OrganWise Guys Poster Set

Make your school's environment one that promotes wellness. These posters provide healthy reminders to eat well and to exercise and can be displayed in the classroom, cafeteria, gym or hallways. Colorful, fun, life-enhancing messages ... What a great way to decorate for children!
Note: Posters (24" X 18") are shipped UNFOLDED so that, if desired, they can be laminated for durability.



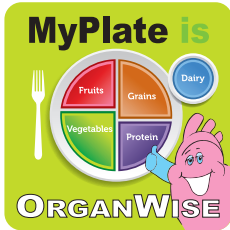
#2242 Set of 10 posters \$39.90



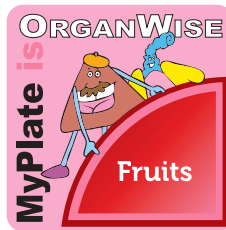
The OrganWise Guys MyPlate Cafeteria Banner

This large, sturdy cafeteria banner is a daily reminder for students to choose healthy MyPlate foods! The OrganWise Guys characters are incorporated throughout to show how their rules reinforce the MyPlate message. The banner comes ready to hang. (6 feet x 3.5 feet)

#2310 \$125.00



Roll of 200 Item #3301
Roll of 500 Item #3311



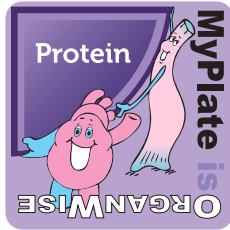
Roll of 200 Item #3302
Roll of 500 Item #3312



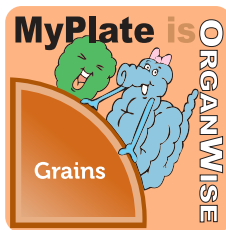
Roll of 200 Item #3303
Roll of 500 Item #3313

“MyPlate is OrganWise” Stickers

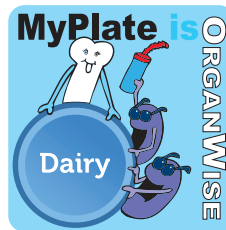
Stickers come in rolls of 200 and 500 (6 different sticker versions) and are 2.5” x 2.5” each. Use these colorful stickers to help children learn about and try healthy foods as well as to promote MyPlate food choices. The stickers are designed to complement the full MyPlate lesson or can be used to target the MyPlate food categories. For the child that needs an incentive to try a new menu item, these inexpensive tools can be just the ticket!



Roll of 200 Item #3304
Roll of 500 Item #3314



Roll of 200 Item #3305
Roll of 500 Item #3315



Roll of 200 Item #3306
Roll of 500 Item #3316

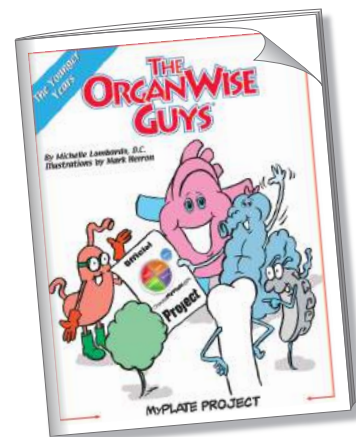


Roll of 200	\$12.50
Roll of 500	\$25.00



The OrganWise Guys MyPlate Placemat (2-sided, laminated)

This MyPlate placemat is designed for multiple uses. Have a set of them in your educator kit for use in group settings as you focus on various sections of MyPlate. Students will love finding the hidden food items for each MyPlate section. Ideally, and budget permitting, each child can bring their placemat home to use at mealtime as their personal eating guide as well as a tool for them to share their MyPlate knowledge with their family. And be sure to learn the story behind the creation of this item using the MyPlate Project Book (to the right).

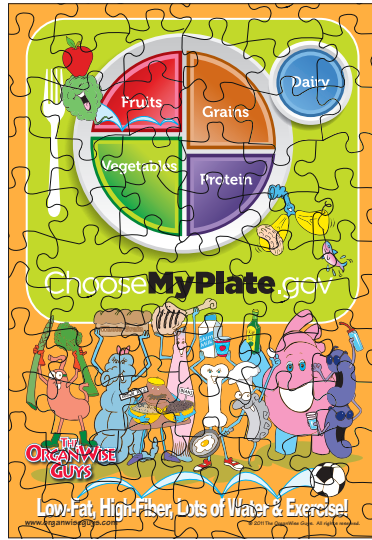


MyPlate Project

In this book, Sir Rebrum and the guys describe how they developed the MyPlate Placemat (to the left) to help bring this important message to the world! An entrepreneurial story kids will remember for years!

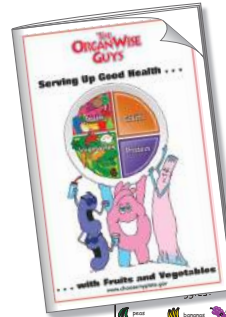
Item #3201 (English)	\$ 2.19
Item #3201SP (Spanish)	\$ 2.19

Item #2062 (English)	\$ 9.95
Item #2062SP (Spanish)	\$ 9.95



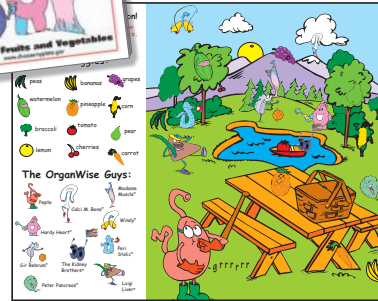
The OrganWise Guys MyPlate Puzzle
There is no need for children to be puzzled about healthy choices with MyPlate as a guide! This colorful puzzle makes fun time a nutrition education event.

Item #2055 \$12.95

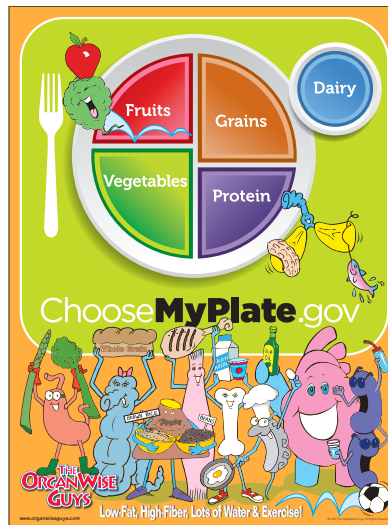


Serving Up Good Health with Fruits and Vegetables Booklet

This 8-page booklet encourages MyPlate choices to increase fruit and veggie consumption and includes a healthy behavior-tracking activity. This is a great way for child and parent to open up a dialogue on healthy behaviors and work together to set family health goals.



#2206 89¢ ea



MyPlate Poster

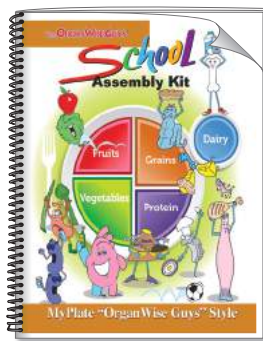
Turn any location into a nutrition education showcase with this colorful, informative OrganWise Guys MyPlate Poster!

Item #3200 \$ 4.95



The OrganWise Guys MyPlate Apron
Let this apron serve as a teaching tool as you serve up MyPlate foods! Ideal for use in cafeteria settings, cooking demonstrations and food tasting events.

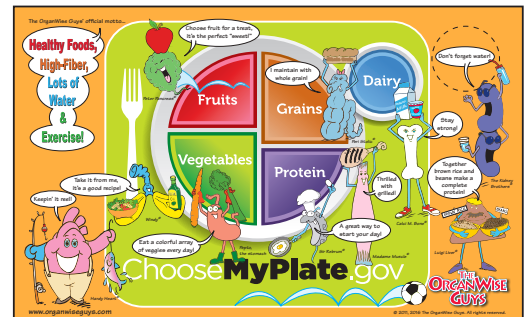
Item #3400 \$21.95



MyPlate "OrganWise" Style School Assembly

(See details page 32)

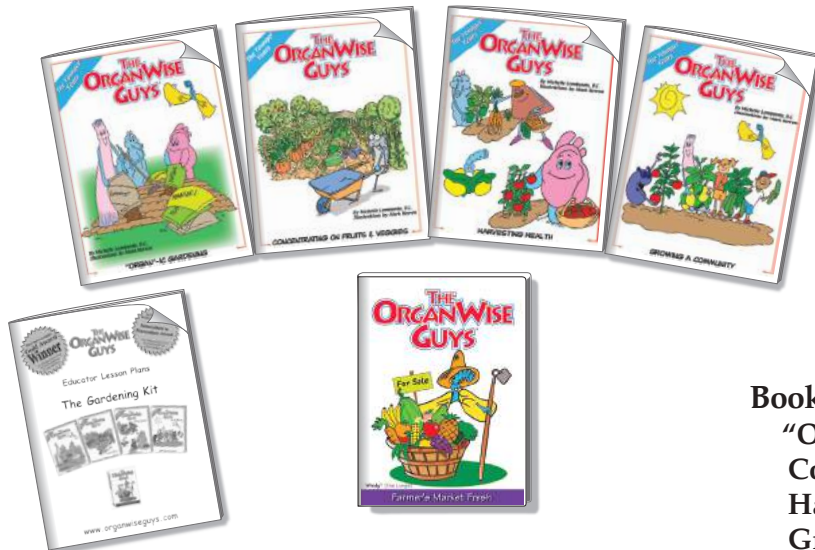
Item #3105 \$75.00



The OrganWise Guys MyPlate Cafeteria Banner

(See details page 33)

Item #2310 \$125.00



Gardening Kit

Kit comes in easy-to-store zipper pouch and includes all items shown.

#2080 **\$49.95**

Books also sold separately

- "Organ"-ic Gardening #2081
- Concentrating on Fruits & Veggies #2044
- Harvesting Health #2082
- Growing a Community #2083

\$9.95 ea

Kit includes:

• **4 Fun-filled Books**

"Organ"-ic Gardening

The OrganWise Guys learn the important steps of planting and growing a fruit and vegetable garden. They show how this fun project can be done almost anywhere with the right plan and plenty of teamwork!

Concentrating on Fruits & Veggies

Eating a wide variety of fruits and vegetables is a great way to give your OrganWise Guys the vitamins and nutrients they need to keep your body healthy. Leave it to Sir Rebrum to think of a fun and colorful way to remember this lesson!

Harvesting Health

The OrganWise Guys were delighted to see the bountiful harvest from their own "Organ"-ic garden. To celebrate their successful crop, they had a Harvesting Health party using the delicious home grown fruits and vegetables!

Growing a Community

See what happens when a neighborhood gets together to grow not only delicious fruits and vegetables, but new friendships and a sense of community as well. Now that's one healthy harvest!

• **Farmers Market Fresh DVD**

Windy discovers the importance of eating a variety of fresh produce. She then opens a Farmer's Market to raise money for this year's field trip. Find out if the business venture was a success!

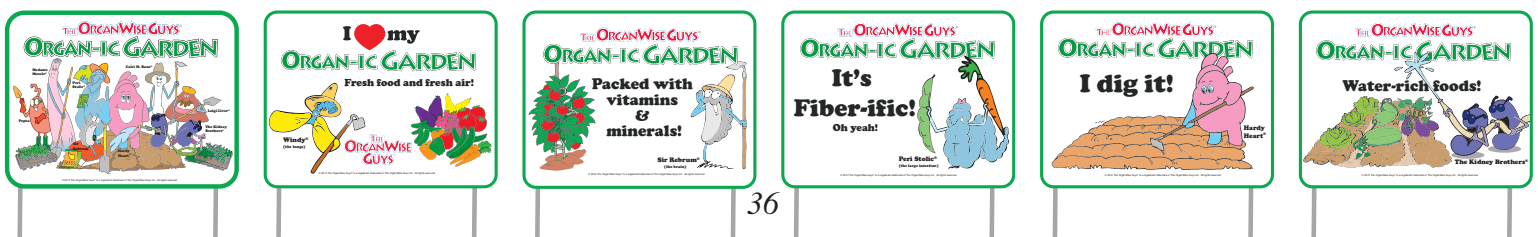
• **Educator Lesson Plan Book**

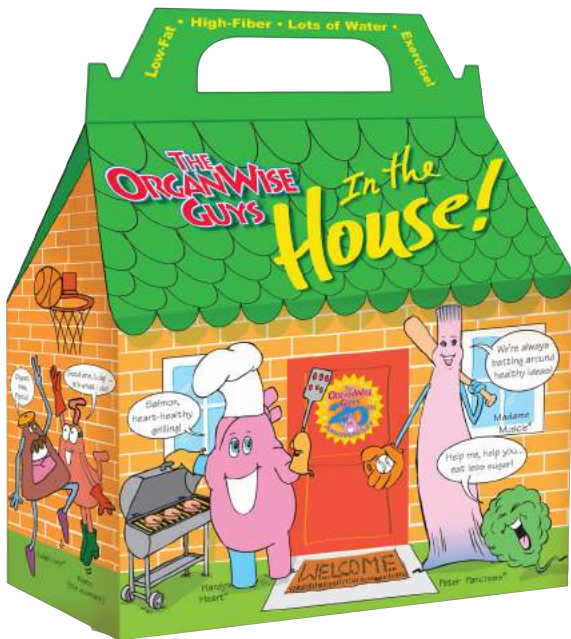
Garden Signs

Liven up your garden by incorporating this set of six colorful signs designed by The OrganWise Guys! Signs are 8.5" X 11" each and are made for outdoor use. Stands included.

Garden Signs

#2085 **\$99.00 for set of 6**





Hardy Heart®



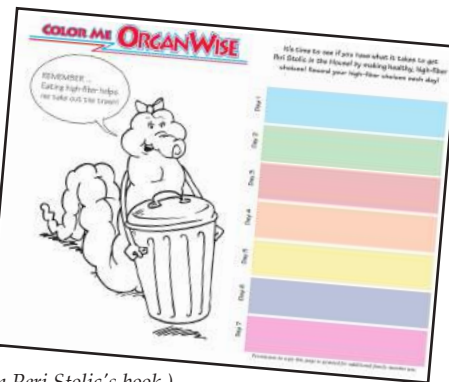
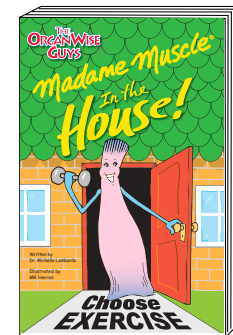
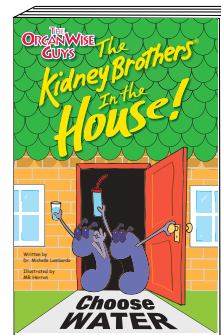
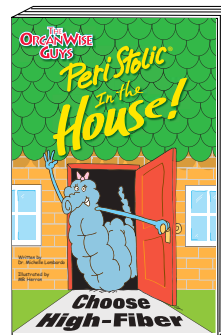
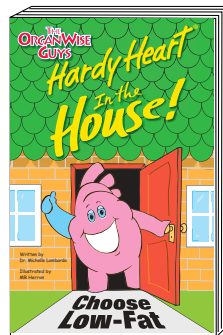
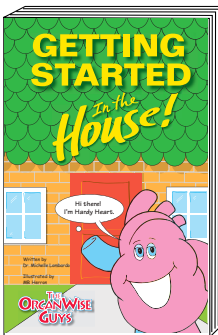
Peri Stolic®



The Kidney Brothers®



Madame Muscle®



(Sample pages from Peri Stolic's book.)

Kit includes:

- **Colorful OWG In the House! Carry Case**
- **5 fun-filled books (with healthy behavior tracking tools)**
 Getting Started with In the House!
 Hardy Heart In the House! - Choose Low-Fat
 Peri Stolic In the House! - Choose High-Fiber
 The Kidney Brothers In the House! - Choose Water
 Madame Muscle In the House! - Choose Exercise
- **4 OrganWise Guys beanies (rewards for healthy behaviors)**

The OrganWise Guys In the House! Kit

This home-based, healthy behavior tracking program helps families in their quest to become "OrganWise" by gradually adding healthy habits to the daily routine.

Kids will engage in a different OrganWise "Rule" for seven days while tracking their progress. At the end of the week, they will report their success and then await their reward that will appear the next morning.

The OrganWise Guys can't wait to be *In Your House!*

#4500

\$34.95



- January:** Begin a year of exercise.
- February:** Make healthy food choices that are wise.
- March:** A good breakfast gives you energy to play.
- April:** Showers bring the water you should drink every day.
- May:** Work to strengthen bones.
- June:** Protect yourselves from those harmful unknowns.
- July:** Food safety begins with washing your hands.
- August:** Add fiber to all your meal plans.
- September:** Make sure you eat fruits and veggies each day.
- October:** Take care of your teeth, so they won't go away!
- November:** Give thanks for good health and such.
- December:** Beware that you don't eat too much.

Monthly Healthy Behavior Tracking Calendar

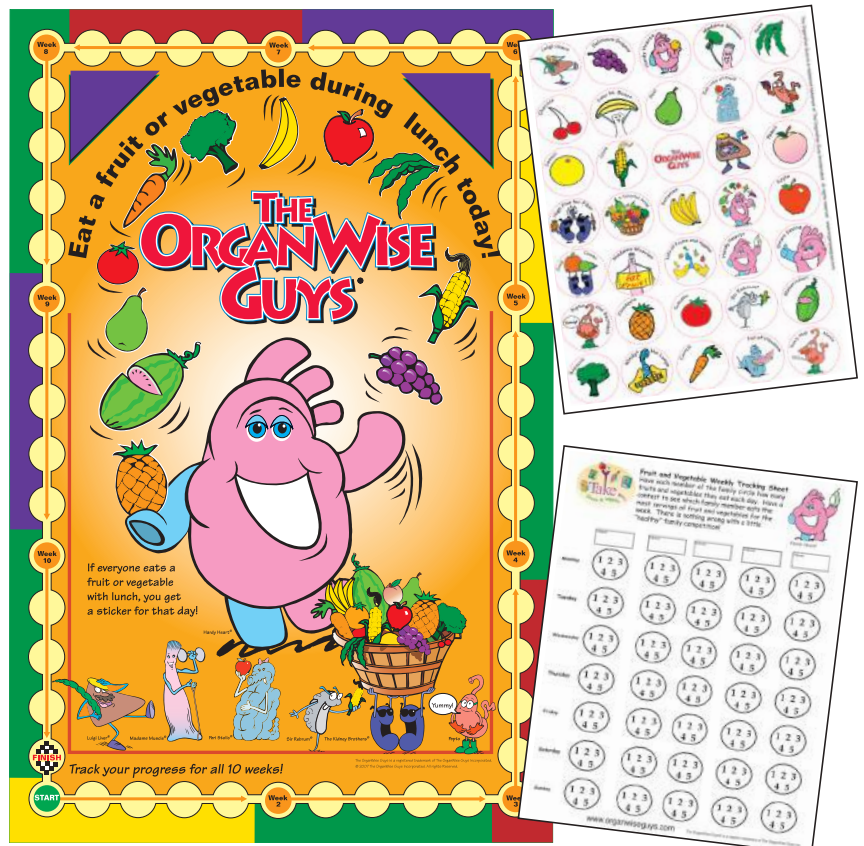
Take on a new healthy behavior each month! The calendar is designed for use beginning any month of any year. There are no actual dates on the calendar which makes it possible to implement at any time of the year and avoid having to discard outdated calendars.

#2306 \$4.95

Fruit and Vegetable Tracking Poster/Stickers Kit

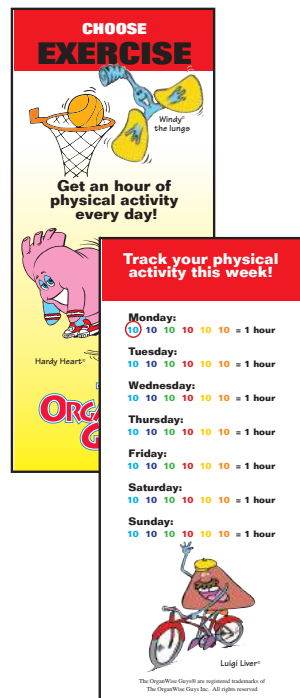
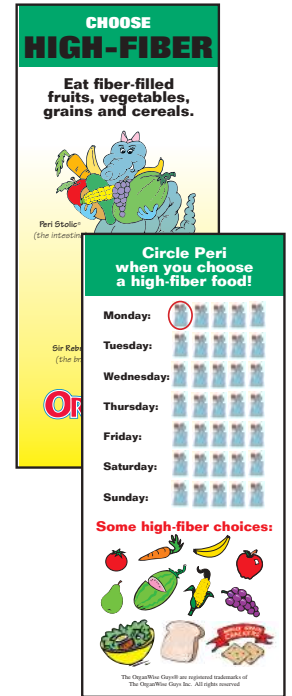
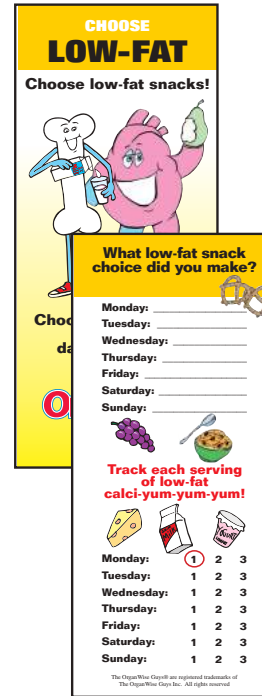
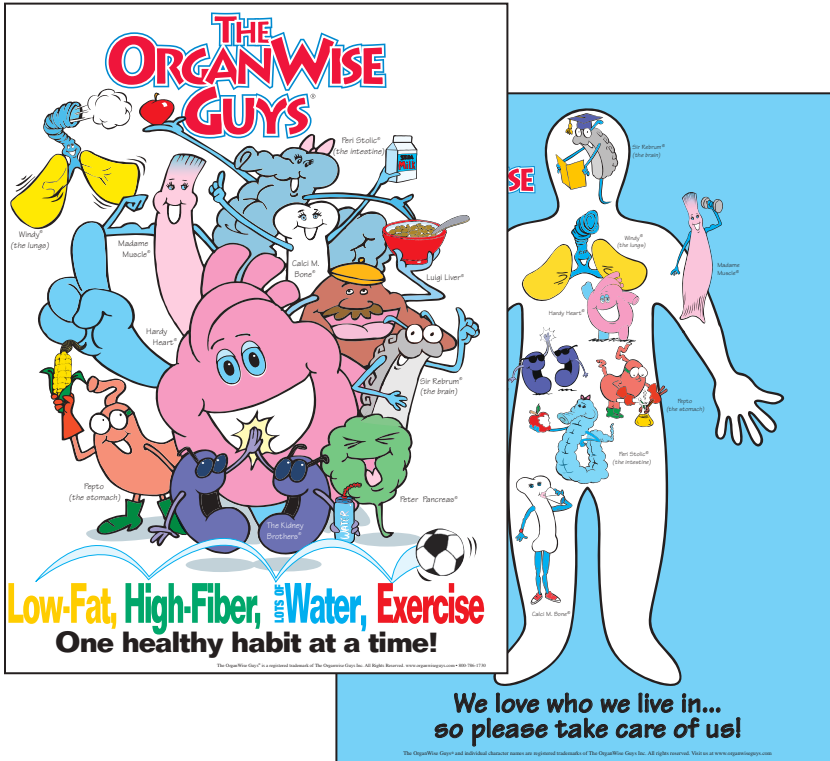
This is a 10-week Tracking Poster to record the consumption of fruits and vegetables eaten. This poster can be used in a classroom setting, at home for a family, or for an individual child. It's designed to be used to motivate children and families to eat more produce.

#4010 \$9.95



The OrganWise Guys Healthy Habits Kit

These posters and companion tracking cards can be used in a variety of settings. They are great for doctor's offices, WIC clinics, summer camps, health fairs or any event where a short health lesson can be given. Let the child decide which healthy habit they would like to work on for the upcoming week. The OrganWise Guys wouldn't mind if they wanted to work on more than one habit at a time!



The OrganWise Guys Healthy Habits Kit
Kit includes both posters plus 100 tracking tools for each health habit.

#6500 \$77.90

Items sold separately:

#6501 Healthy Habits Poster
#6506 OWG Body Poster

\$3.95 ea

#6502 Low-Fat Tracking Tool (100 pack)
#6503 High-Fiber Tracking Tool (100 pack)
#6504 Water Tracking Tool (100 pack)
#6505 Exercise Tracking Tool (100 pack)

\$17.50 ea

To order online visit www.organwiseguys.com



Healthy Habits Sticker Variety Page

All children love stickers! Each sheet contains 34 stickers with a variety of health messages. There are numerous opportunities for use as rewards, incentives, health promotions and more.

#2304 \$2.00 per sheet



(sample back view of customized bookmarks)

The OrganWise Guys Bookmarks

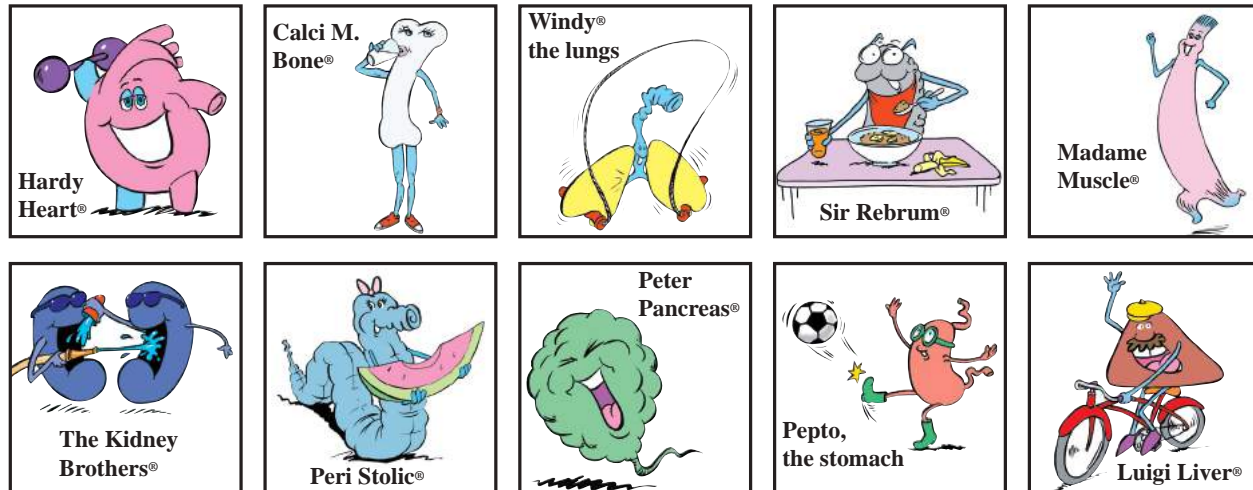
Here's another great incentive that combines nutrition, physical activity and other healthy lifestyle behaviors with reading! There are 5 different bookmarks that are collated in packs of 100. You determine the quantity you wish, from as few as 100 bookmarks to several thousand.

Note: Bookmarks come collated in variety sets. For custom orders, a single version can be ordered if the quantity is large enough.

#2305 \$59.00 per 100 pack

The OrganWise Guys Healthy Tattoos

Children love tattoos! These temporary tattoos are applied with water, last for 5-10 days (even while kids are swimming in chlorine, salt and fresh water) and are easily removed with baby oil or common household rubbing alcohol. The tattoos come in packs of 100 each. Actual sizes and designs are shown below.



The OrganWise Guys Tattoos

Each tattoo comes in packs of 100

- #2500 Variety Pack (10 of each character)
- #2501 Hardy Heart Tattoo
- #2502 Calci M. Bone Tattoo
- #2503 Windy, the Lungs Tattoo
- #2504 Sir Rebrum Tattoo
- #2505 Madame Muscle Tattoo
- #2506 The Kidney Brothers Tattoo
- #2507 Peri Stolic Tattoo
- #2508 Peter Pancreas Tattoo
- #2509 Pepto, the Stomach Tattoo
- #2510 Luigi Liver Tattoo

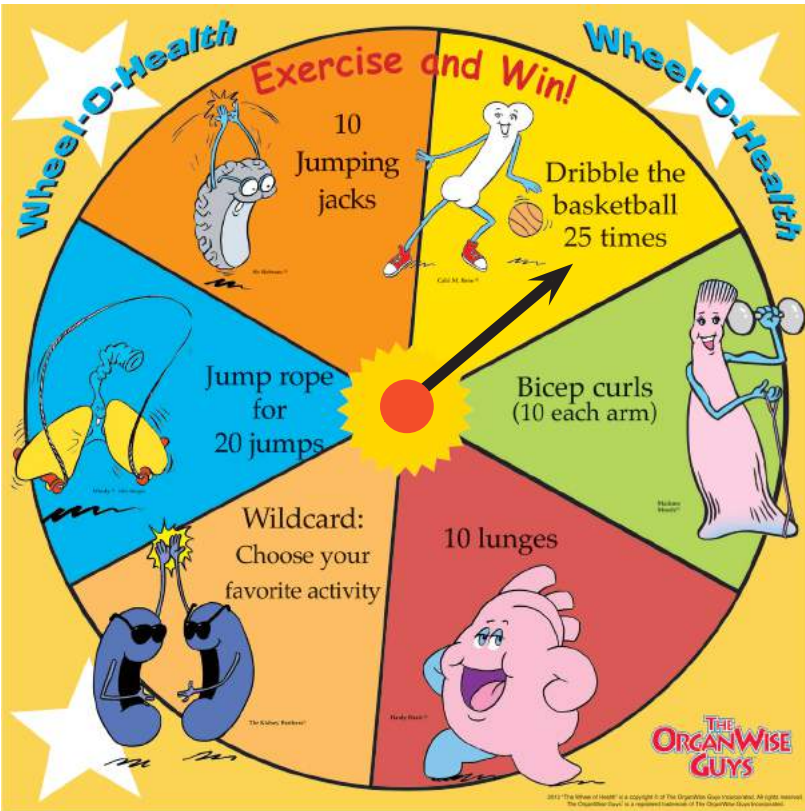
\$20.00 ea

The OrganWise Guys T-Shirts

- #9200 Youth Small
- #9201 Youth Medium
- #9202 Youth Large
- #9203 Adult Small
- #9204 Adult Medium
- #9205 Adult Large
- #9206 Adult XL
- #9207 Adult XXL

\$14.95 ea





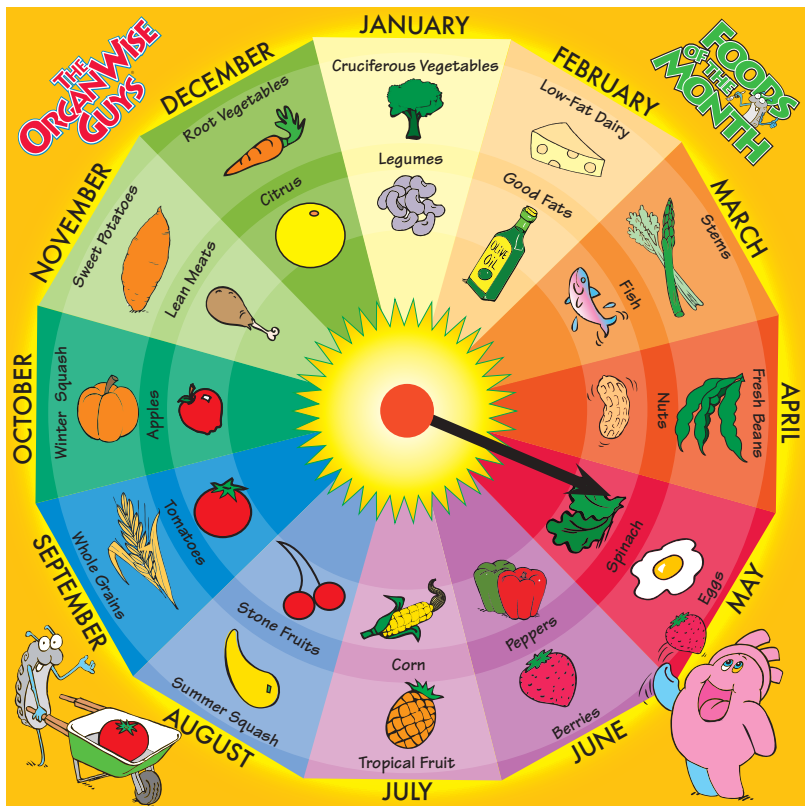
Dimensions 23" X 23" X 1/2"

The Wheel of Health

The participants spin the "Wheel of Health" to determine which exercise they must do to win a prize. This colorful interactive display is educational as well as entertaining. The "Wheel of Health" will make your exhibit the most talked about one at health fairs or meetings. Items on the previous two pages are great to use as "rewards" for completing the wheel activity.

Note: You will need to purchase a jump rope, basketball and hand weight/elastic band for use with display.

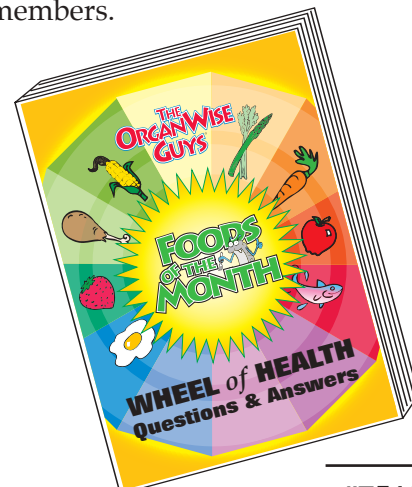
#4000 \$179.00



Dimensions 23" X 23" X 1/2"

Foods of the Month Wheel

It's time to test nutrition knowledge with the Foods of the Month Wheel. This wheel comes with a question/answer guide for the educator to use as participants spin the wheel to determine which food(s) they will be quizzed on! It is a perfect complement to schools/organizations that are Foods of the Month members.



#7510 \$189.00

These 8-page, colorful booklets use lots of pictures, fun cartoons, games and healthy behavior-tracking activities and are ideal for bringing The OrganWise Guys health messages into the family unit. This is a great way for child and parent to open up a dialogue on healthy behaviors and work together to set family health goals. *Note: Call when ordering large quantities as we may be able to customize with your logo.*



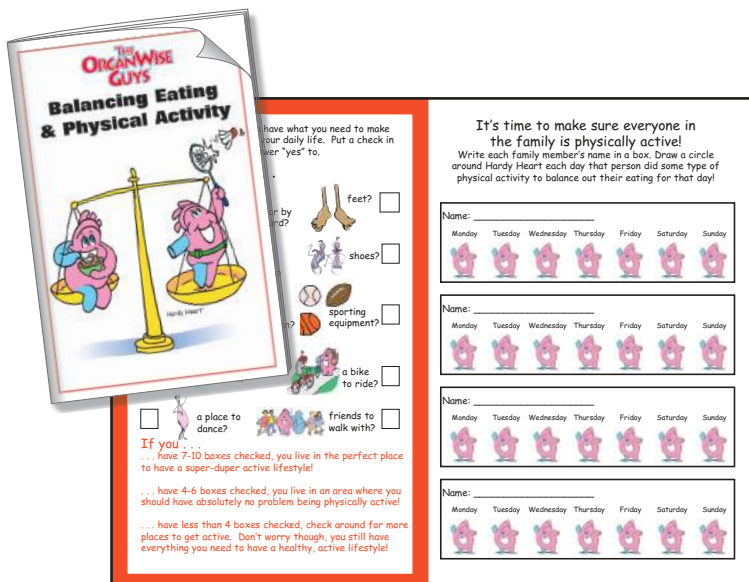
Your Family's Guide to Bone Health Booklet

#2205 89¢ ea



Serving Up Good Health with Fruits and Vegetables Booklet

#2206 89¢ ea



Balancing Eating and Physical Activity Booklet

#2207 89¢ ea

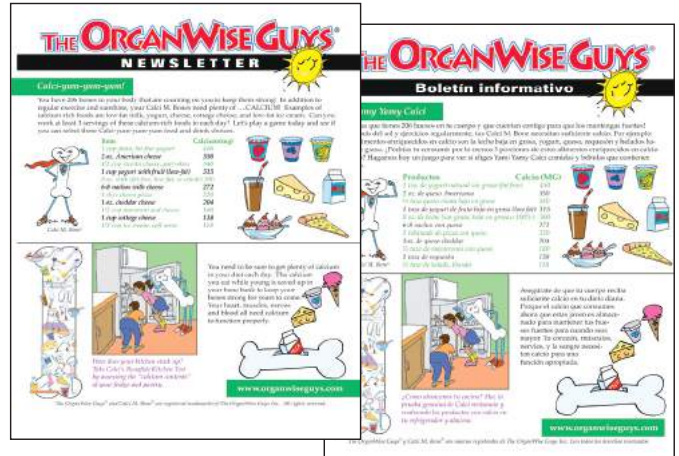


Be Smart ... Eat Breakfast Every Day Booklet

#2208 89¢ ea

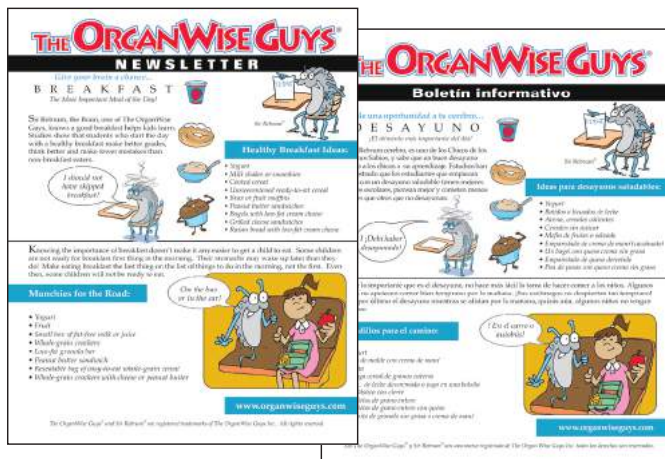
These colorful, thematic newsletters contain practical information that helps both adults and children understand important health topics. Each edition has one side in English and one side in Spanish and comes in packs of 100, ready for distribution.

Note: Newsletters can also be customized with organization's logo when produced in large quantities. Call for specifics on quantities and pricing.



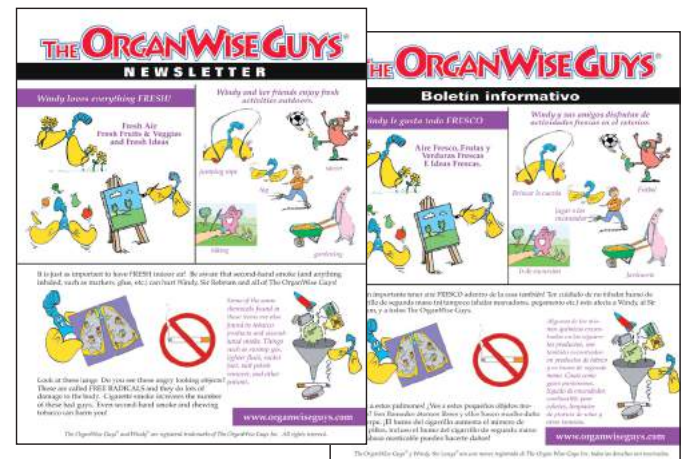
Bone Health Newsletter English/Spanish

#2601 \$20.00 per 100 pack



Breakfast Newsletter English/Spanish

#2602 \$20.00 per 100 pack



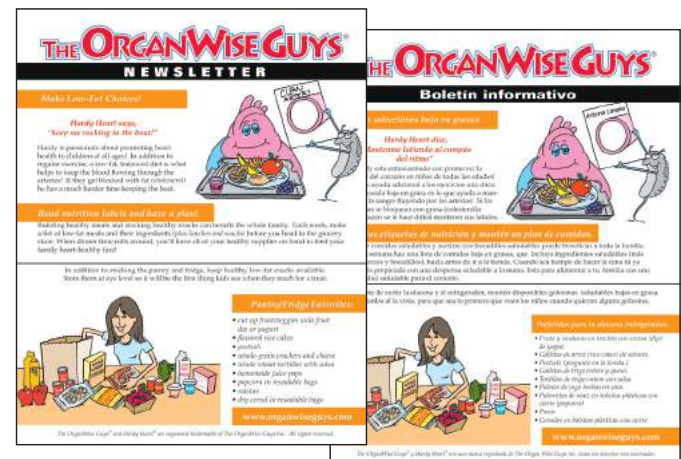
Fresh Air Newsletter English/Spanish

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Low-Fat Newsletter English/Spanish

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Physical Activity Newsletter English/Spanish

Portions Newsletter English/Spanish

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Water Newsletter English/Spanish

Dental Health Newsletter English/Spanish

#2608 \$20.00 per 100 pack

#2609 \$20.00 per 100 pack

Diabetes Newsletter English/Spanish

Feelings/Emotions Newsletter Eng./Span.

#2610 \$20.00 per 100 pack

#2611 \$20.00 per 100 pack



Kit includes:

- 4 Colorful Books

Helping You Feel Safe

In addition to feeling healthy and happy, The OrganWise Guys want children to feel SAFE - even if they find themselves in a homeless shelter or a new living situation. Read along and learn the "calming" secrets of the guys!

Helping You Talk About Feelings

Hardy is determined to find out why his friend, and baseball teammate, is just not her usual happy self. Is she afraid of something that is prompting her unusual actions? Find out who might provide the answer for her!

"Acting Out" Our Feelings

The OrganWise Guys are trying out for their school's play. They are honing their skills by "acting out" (learning to express) different emotions. These life skills will come in handy for more than just the play!

The Heart of a Winner

Two new students have joined Miss Goodhealth's class after a storm forces them to relocate. Find out how Hardy and the guys help them feel welcome AND reveal an inner strength they didn't know they had.

The Younger Years Emotions Kit

Kit comes in easy-to-store zipper pouch and includes all items shown. *(To extend lessons, see student activity book on page 47.)*

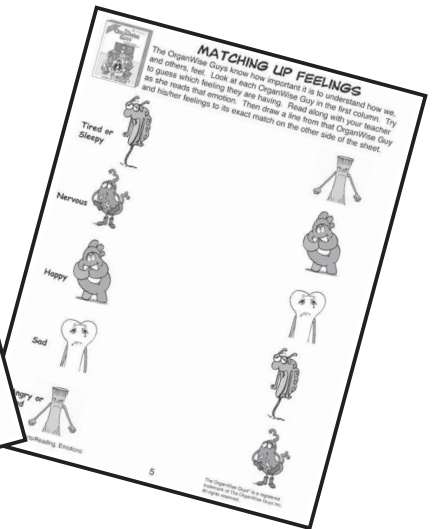
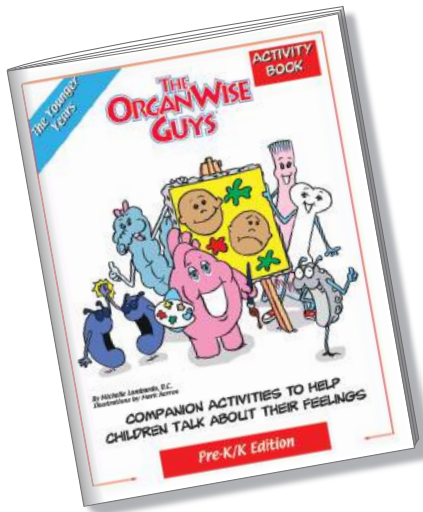
#2070 \$49.95 ea

Books also sold separately

- Helping You Feel Safe #2071
- Helping You Talk About Feelings #2072
- "Acting Out" Our Feelings #2073
- The Heart of a Winner #2074

\$9.95 ea

- Concentrating on Feelings Card Game
- Hardy Heart/Sir Rebrum Educational Beanies
- Educator Lesson Plan Book

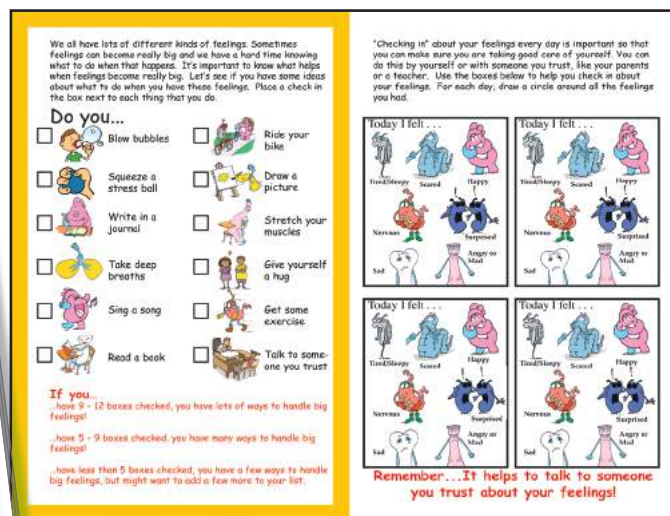
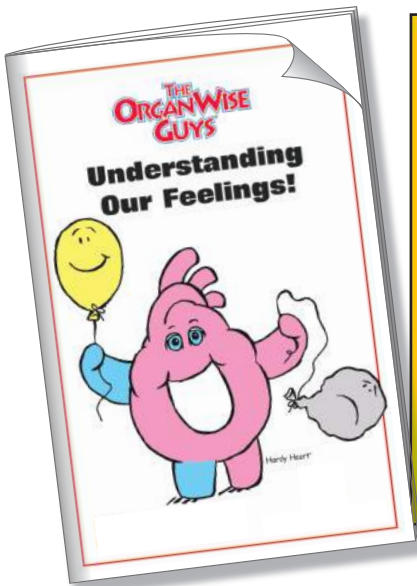


Companion Activities to Help Children Talk about their Feelings
 This activity book contains 12 activities that were developed to supplement and expand on lessons learned in the Emotions Kit as children learn how to talk about their feelings. This can be used in a group setting or in individual counseling sessions.

#2404 (PreK/K version)

#2405 (1st/2nd Grade version)

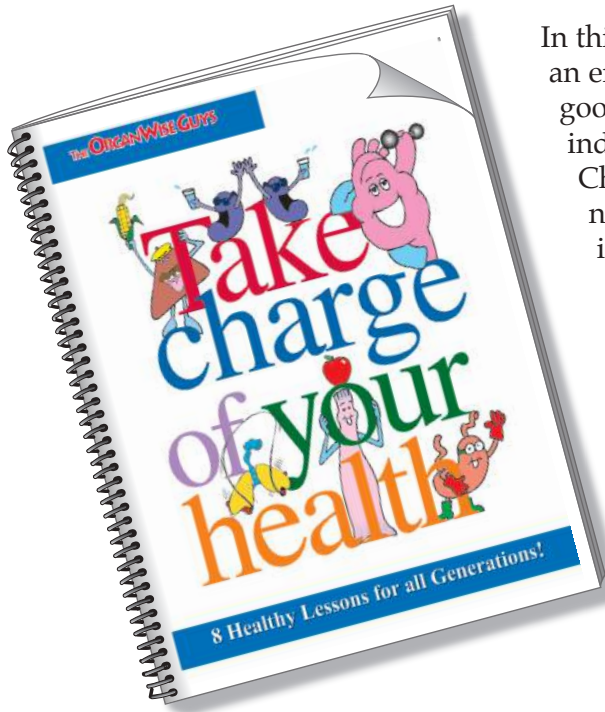
\$2.95 ea



Understanding Our Feelings Booklet

This 8-page, colorful booklet uses pictures, cartoons, games and an emotional health-tracking activity to help families with young children understand and talk about their feelings. This is a great way for child and parent to open up a dialogue on healthy emotional goals.

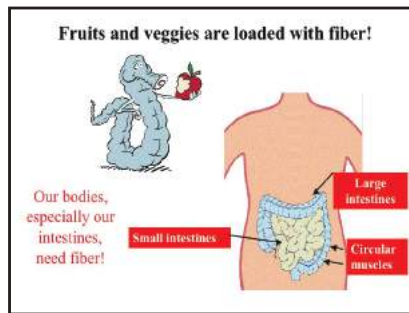
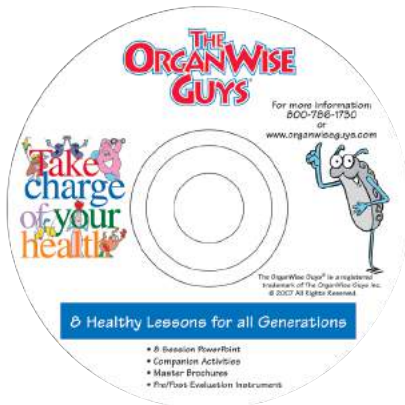
#2209 89¢ ea



In this *Take Charge of Your Health* Speaker's Kit, you will find an entertaining, informative program that will make teaching good health fun and interesting. This kit is designed to help individuals understand why it is important for them to Take Charge of Their Health. The presentations bring current nutrition science to life by emphasizing the importance of incorporating healthy habits into daily life.

This kit includes eight complete presentations on a PowerPoint CD, eight easy-to-follow presentation scripts, interactive activities with master activity hand-outs and master brochures on disc to be copied for participants.

#4020 \$125.00 ea



The National Cancer Institute suggests eating 25-30 grams of fiber each day.

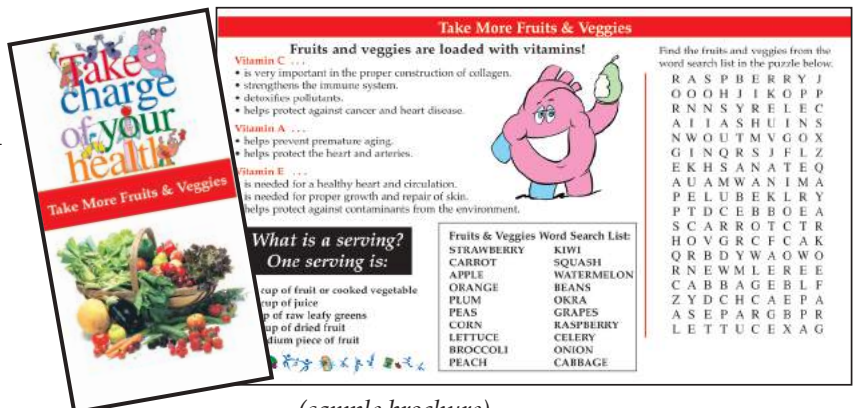
Item:	Grams of Fiber:
Whole-wheat bread (1 slice)	2
Instant oatmeal (1 slice)	3
1/2 cup raisins	3
3 cups popcorn	3
1 cup strawberries	3.4
1 medium apple	3.5
1/2 cup broccoli	4
1 cup corn	4
1 medium pear	6
1/2 cup baked beans	6-8
1/2 cup lima beans	7
1/2 cup lentils, boiled	7.8
1 cup Raisin Bran cereal	8
1 cup raspberries	8.4
1 cup peas, boiled	8.8
2/3 cup Kellogg Bran Buds® (psyllium)	26

Figures from The Complete Book of Food Counts by Corinne T. Nester

(sample PowerPoint slides)

Following are the presentation topics:

- Healthy Fats
- Take More Fruits and Vegetables
- Take Action
- Fiber and Water for Better Health
- Cardiovascular Health
- Diabetes Prevention
- Bone Health
- Dental Health and more!



(sample brochure)

THE ORGANWISE GUYS®

To get started with your OrganWise Guys programming right away, visit our Kids Club at

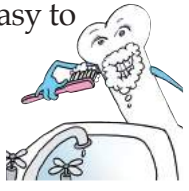
organwiseguys.com/kids

for a selection of OrganWise Guys videos, activity sheets, coloring books and more.
Also, be sure to join our social media community while on our site!



TOPIC INDEX

The OrganWise Guys programming is designed to be a holistic approach to healthy living with the primary focus of encouraging lifelong habits of good nutrition and regular physical activity. These habits encapsulate a host of behaviors that are often the singular focus of a class or session. To make it easy to find materials that fulfill your objective, we have created an index for your convenience.



Balancing Eating (Portions)/Exercise

Page	
20	Pepto's Place Book
20	Pepto's Place Activity Book
20	Balancing the Energy Equation Book
20	Step Counting Activity Book
21	Pepto's Party Portion DVD
22	Shorts DVD (Various PSAs)
24	Pepto Educational Beanie
31	Pepto's Place Assembly
37	In the House! Kit
43	Balancing Eating and Physical Activity Booklet

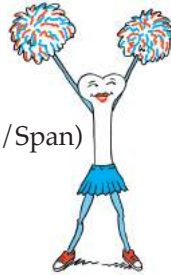


Dental Health

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10	It's a Teethday Party (Eng/Span)
13	A Teeth Changing Experience (Eng/Span)
38	Monthly Healthy Behavior Calendar (Oct)
45	Dental Health Newsletter (Eng/Span)
48	Take Charge of Your Health Speakers Kit (8)

Bone Health

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13	A Teeth Changing Experience (Eng/Span)
21	Calci's Big Race DVD
22	Shorts DVD (3 PSAs)
24	Calci M. Bone Educational Beanie
34/35	MyPlate Items (various)
38	Monthly Healthy Behavior Calendar (May)
41	Calci M. Bone Tattoo
43	Family Guide to Bone Health Booklet
44	Bone Health Newsletter (Eng/Span)
48	Take Charge of Your Health Speakers Kit (7)



Diabetes

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20	Undercover Diabetes Health Agent Activity Book
24	Peter Pancreas Educational Beanie
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45	Diabetes Newsletter (Eng/Span)
48	Take Charge of Your Health Speakers Kit (6)



Fiber

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17	A High-Fiber Movement (Eng/Span)
17	MyPlate Project (Eng/Span)
19	Smart from the Inside Out Book
19	Smart from the Inside Out Book Activity Book
21	Fiber Fandango DVD
22	Shorts DVD (7 PSAs)
24	Peri Stolic Educational Beanie
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39	High-Fiber Tracking Tool



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43	Be Smart-Eat Breakfast Every Day Booklet



Food Safety

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22	Shorts DVD (2 PSAs)



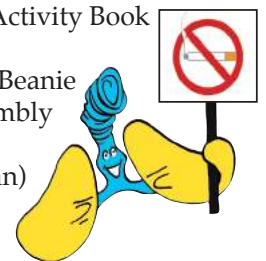
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14	Clean Air March (Eng/Span)
16	An Active Role Model (Eng/Span)
22	Shorts DVD (12 PSAs)
46	The Heart of a Winner



Fresh Air/Lung Health

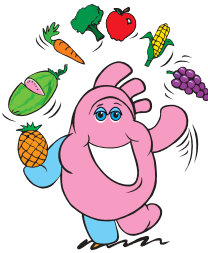
Page	
14	Windy the Lungs Kit (Eng/Span)
19	The Healthy Heart Challenge Book
19	The Healthy Heart Challenge Activity Book
22	Shorts DVD (2 PSAs)
24	Windy, the Lungs Educational Beanie
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11	FIBER-ific Fashion (Eng/ Span)
11	What's on Your Plate? (Eng/ Span)
14	Five a Day Reporter
15	Concentrating on Fruits & Veggies
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19	The Healthy Heart Challenge Activity Book
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22	Shorts DVD (11 Exercise PSAs)
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16	Keep Your Muscles Moving (Eng/ Span)
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20	Step Counting Activity Book
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37	In the House! Kit
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42	The Wheel of Health
43	Balancing Eating and Physical Activity Booklet
45	Physical Activity Newsletter (Eng/ Span)
48	Take Charge of Your Health Speakers Kit (3)



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"OrganWise" Your Programming!



EARLY
CHILDHOOD



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SUMMER CAMPS/
AFTER SCHOOL



FOODS OF
THE MONTH



HEALTH
EDUCATORS



IN THE
HOUSE

The OrganWise Guys are an engaging cast of characters proven to empower children to be healthy and smart from the inside out. Through entertaining stories, multi-media resources, dolls and more, children learn the physiology of their bodies and how good nutrition and regular physical activity keep their OrganWise Guys in superb health.

These dynamic, evidence-based, curriculum-linked materials are designed for use in a wide variety of settings - early childhood centers, elementary schools, cafeterias, clinics, summer/after school programming, and even at home!

Childhood is the best time to begin developing sound health practices, so let The OrganWise Guys inspire children to embrace these habits for a lifetime. Their mission is to share their motto with every child: **We love who we live in, so please take care of us!**



THE ORGANWISE GUYS INCORPORATED

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www.organwiseguys.com