National Health Education Standards addressed in SNEAKERS™

• Health Promotion and Disease Prevention
• Health Influences
• Health Information, Products and Services
• Using Communication Skills to Promote Health
• Reducing Health Risks
• Setting Goals for Good Health
• Health Advocacy
SNEAKERS explores the basic anatomy and physiology of several body systems. Each lesson introduces students to approaches for maintaining the health of body systems, including the role of physical activity. The four interactive sessions were developed and are taught by Registered Dietitian Nutritionists.

Students in grades 4-6 are introduced to the body systems through visual demonstrations and hands-on activities to reinforce the information.

This program includes a pre- and post-test with the following topics:

- **Respiratory System**
  Identify the function and parts of this system.

- **Circulatory System**
  Recognize the function and parts of this system.

- **Muscular System**
  Learn the names and locations of major muscle groups.

- **Skeletal System**
  Discover the function of the skeletal system and locate bones in the body.

For more information, call the BJC School Outreach and Youth Development program line at **314-286-0460** or go to [bjcschooloutreach.org](http://bjcschooloutreach.org).

BJC School Outreach and Youth Development’s mission is to empower K-12th grade youth to make the best possible decisions regarding personal health, safety and health care career exploration.