

# Health Team 4

Saving the future by making healthy choices today

A Kaiser Permanente  
Educational Theatre  
Program



**“The performance engaged students. It was a wonderful mixture of student interaction, fun and education. The students and staff were both very impressed. It provided a multi-curricular and educational experience, with effective health and science teaching points. Thank-you!”**

– Educator, Laredo Elementary

## AT A GLANCE

**Program Name**  
Health Team 4

**Target Group**  
Children in grades K-6

**Program Intent**  
To give children the tools to make responsible choices about nutrition and physical activity, and equip them to face the day-to-day influences that sway them from healthier behaviors.

**Program Description**  
Students from Metropolitan State College of Denver’s theatre department serve as Educational Theatre Programs interns. They present an interactive play for upper elementary students that creatively demonstrates how food and activity choices impact the future.

**Cost**  
Free to schools and youth groups along Colorado’s Front Range — from Longmont to Colorado Springs.

**Information**  
Call 303-344-7259

## We Are All Action Heroes in the Fight Against Obesity

It’s the year 2050 and the obesity crisis has gotten out of hand. The world is on the brink of destruction. People are so overweight that the collective mass has changed the Earth’s orbit, sending us on a crash course into the sun.

In a desperate measure, the President has called in **Health Team 4**. Their mission is to go back in time to elementary schools in the present day and teach young people to use the four steps to healthy eating and active living.

Can they save the planet? With your students help, they can!

Developed in partnership with health experts, schools and health organizations, **Health Team 4** presents age-appropriate health messages, including the need to:

- Eat five fruits and vegetables every day
- Be physically active 60 minutes a day
- Spend less than 2 hours a day in front of the TV or computer
- Drink more water

## College Students As Role Models

Kaiser Permanente’s Educational Theatre Programs has teamed up with the Theatre Department at Metropolitan State College of Denver, engaging theatre students as actor/interns to present

**Health Team 4**. This partnership allows Metro State Theatre students to serve as peer educators and role models for healthy behaviors. The college students also inspire elementary students to think about opportunities for higher education. Talk backs with the college students after the show can be arranged.



## FURTHERING KAISER PERMANENTE'S PREVENTION EFFORTS

Kaiser Permanente, a major nonprofit health plan, brings health education to our communities free of charge through our Educational Theatre Programs. What started as a single play for elementary school children in 1985 has become a series of award-winning theatrical productions, skill-building workshops, and youth engagement programs designed to meet the unique health needs of the communities we serve.

Kaiser Permanente has assembled an ethnically-diverse group of professional actors, who also serve as skilled workshop facilitators, health educators and role models to the people they meet every day. Through theatre, Kaiser Permanente seeks to measurably improve the health of our communities.

### Supporting Colorado Academic Standards

**Health Team 4** supports academic standards for lower elementary students, such as:

Physical Education: Physical and Personal Wellness

Recognize the importance of making the choice to participate in a wide variety of activities that involve locomotion, non-locomotion, and manipulation of objects outside of physical education class.

Identify good brain health habits.

Understand that physical activity increases the heart rate, making the heart stronger.

Reading, Writing, Communicating:

Oral Expression and Listening

Become aware that verbal and nonverbal language is used to express and receive information.

The performance also addresses the policies set forth in Senate Bill 05-081, ensuring that every student has access to instruction designed to teach lifelong healthy eating habits and a healthy level of physical activity.

### Scheduling Health Team 4

Kaiser Permanente's Educational Theatre Programs presents **Health Team 4** in elementary schools. The following criteria are required for hosting the performance:

- A minimum audience size of 100 and a maximum of 350 are recommended.
- A minimum ceiling height of 15 feet and a 30 by 30 foot flat floor are required for the performance space. (This does not include audience seating.) The program is not suited for an auditorium or a stage.
- 1 hour is needed for set-up; 1 hour is needed to take down the set.

Two performances can be presented at the same location in one day.

**“My kids were singing the songs they heard and were able to tell me healthy ways to live. They thoroughly enjoyed the program!”**

**– Educator, Johnson Elementary**

*To preview or to schedule a performance, call 303-344-7259.  
Visit us at our website [www.ETPColorado.org](http://www.ETPColorado.org)*