



The Woodlands Children's Museum | 4775 W. Panther Creek Drive, Suite 280 | The Woodlands, Texas 77381
woodlandschildrensmuseum.org

Fitness Frenzy at The Woodlands Children's Museum

Sharing ideas for healthy living with families

THE WOODLANDS, Texas – Feb. 14, 2019 – Saturday, Feb. 23, will be a day devoted to health, nutrition, exercise—and of course, fun—at The Woodlands Children's Museum.

The museum's Fitness Frenzy is set for 10 a.m.-2 p.m. and will be packed with informative and entertaining activities, from fitness demonstrations to visits at 10:30 and 11:30 a.m. by "Chef Plate," a colorful character devoted to teaching children about healthy living.

"We can't overstate the value of instilling healthy habits in children at an early age," Executive Director Angela Colton said. "Exercise in the form of free play, for example, promotes optimum growth and development, improves balance and flexibility, and even helps children improve their concentration. We host Fitness Frenzy each year to give families tools and information that can help them incorporate exercise, along with nutritious eating habits, into their routines."

Fitness Frenzy is very compatible with the museum's Playing for Keeps and Good to Grow! initiatives. Playing for Keeps, adopted by the Association of Children's Museums (ACM), promotes and protects the role of free play in today's society.

The Woodlands Children's Museum, at 4775 W. Panther Creek Drive, Suite 280, The Woodlands, Texas, 77381, is also proud to be a community venue for Good to Grow!, a leadership initiative guided by the Association of Children's Museums to support healthy choices and activities for children and families.

Fitness Frenzy presenters include The Woodlands Lions Club, providing vision screenings, and Master Hong Tae Kwon Do, showcasing a demonstration beginning promptly at 1 p.m.

Also participating are Texas A&M AgriLife Extension Service in Montgomery County and Junior League of The Woodlands, which will present "Kids in the Kitchen" 10 a.m.-1 p.m.

During their visit, children will have the opportunity to create art with a health and fitness theme.

Fitness Frenzy is included in the museum's regular \$7 admission for visitors age 1 and older. Children must be accompanied by an adult at all times.

To ensure a fun, safe experience for visitors, museum admissions will be limited.

For more information, visit woodlandschildrensmuseum.org or call 281-465-0955.

About The Woodlands Children's Museum

The Woodlands Children's Museum, a 501(c)3 nonprofit organization, was founded out of a desire to meet the community's proven need for a positive environment where children and their families can learn, play and make special memories throughout the year. At the museum, fun and learning go hand in hand, whether children are creating art, singing along to a musical performance or conducting a science experiment. The museum also has made it a priority to bring children multi-ethnic and multicultural experiences

that celebrate cultural and global differences and strengthen common bonds. Programs frequently are delivered in partnership with other nonprofit organizations, always with the goal of making a positive difference in the life of a child. woodlandschildrensmuseum.org. are delivered in partnership with other nonprofit organizations, always with the goal of making a positive difference in the life of a child. woodlandschildrensmuseum.org.



Families can get ideas for incorporating healthy habits into their routines during Fitness Fr frenzy at The Woodlands Children's Museum Saturday, Feb. 23.

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