

..... **Want More then Just a Show?**

..... **Our Higher Purpose**

The Tweaksters: We are astounded by the current health trend spreading throughout the United States. Much of childhood and adulthood has been moved indoors centered around virtual fun rather than physical fun. Unfortunately, kids are paying for this change in their bellies as the percentage of American children who are obese has more then tripled in the last 4 decades. In fact, if childhood obesity continues to grow at its current levels, some health officials contend that this generation of youngsters may actually have a shorter life span their parents, a first time in history.

We would like to join forces with you to help educate and profoundly motivate students to make healthier lifestyle choices. The benefits of those choices will not only show up on their waistlines, energy-levels, and self-esteem, but also in the classroom. Physically fit kids perform better academically. Studies conducted by the California Department of Education showed that higher fitness levels were associated with higher levels of achievement. (National Association of Sport and Physical Education 2002)

We agree that motivating students is no easy task, yet it is one of the most important goals of education. The Tweaksters feel called to do this since being physically fit is not only the backbone of our show, but is the backbone of our lives. Regan and I both, fell in love with sports, dance and movement in our childhood. We grew up being supported to make healthy food choices, to exercise, to think positively, to challenge ourselves, to set goals, and to believe in our abilities. Decades later we continue to embrace and benefit from these healthful habits that were planted when we were young. Our show, study guide and workshops are not only a celebration of our learning's, but are a testimony to the benefits of making healthy lifestyle choices: ***BEING IN SHAPE IS A LOT OF FUN!!!!***

..... **Our Unique Position!**

Regan and I love performing the show. It is heartwarming for us to hear audience members express that they feel renewed inspiration to get up and to be active, after seeing it! Not just kids, but adults too! To our surprise and delight, we are in a unique position to serve as health and fitness role models.

We consider this an honor and are motivated to serve in this way. Regan, a successful artist for over 20 years, has a wealth of wisdom to offer. Julia has vested years of her life studying health and fitness. She is a certified personal trainer, yoga teacher and licensed Wellness coach, with a master's degree in Psychology. For week long camps, we also may bring in Jennifer Snyder, a gifted physical comedian, voice-over artist and actress who loves kids.

..... **Our Medium!**

1. School Assemblies:

Costumes get simplified, but the props keep flying, as we visit schools to add physical fun to the day. We pull routines from our zany 60 minute show that can be done in a gym setting, to create an exciting, energizing, athletic assembly. After the performance the Tweaksters engage the students in a 10-20 minute discussion about living a healthy lifestyle. Motivations tips and personal stories are shared. Kids are encouraged to stay active.

REQUIREMENTS:

Age: Students K- 12th grade.

Location: Spacious room with high ceilings. Gymnasium / Cafeteria / Theatre

Equipment: Sound system to be provided by school.

Length: Flexible: 35--45--60 minutes.

Frequency: up to 2 assemblies per day, at same location.



2. P.E. Workshops:

Physical fun is a proven way to booster a kid's immune system, instill self-confidence, and promote school spirit! The Tweaksters enjoy conducting "Fabulous Feats of Physical Fun" classes during regularly scheduled P.E. classes in the school gym or out on a grassy playing field. Props from the Tweaksters' show are brought in, to challenge the students' physical prowess and creative imaginations. Conditioning exercises, yoga, flying-yoga, martial arts, acrobatic skills, improv, and physical comedy skills are included in the mix. Kids love it!

REQUIREMENTS:

Age: Students 2nd grade -- 12th grade.

Size: Up to 40 students per workshop.

Location: Large outdoor grass area, weather permitting or an indoor spacious room.

Length: Flexible: 35--45--60 minutes.

Ideal Frequency: 4 workshops per day, Maximum: up to 6 workshops per day.

Breaks: Due to the physical nature of these workshops breaks are needed every two hours.

Supplies: If done indoors, tumbling or exercise mats to be provided by school or organization.

3. Week Long Residency/Camp: The Tweaksters consider themselves to be “Explorers of Creative Play”. They are often asked to define how they create their material. The simplest way to answer that question is to respond: we become like explorers, on a mission of self-discovery. We open up our minds and bodies, by erasing any tendency to judge or have opinions. Curiosity and wonder fuel our journey. We continually ask ourselves, each other and our props: “what is there to discover now? and now? and now?”

As we “Tweak” our “inner environment” we move into a highly receptive mode, that gives birth to novel ideas!...like the Tweaksters show! Sharing the Tweakster’s creative process, is at the heart of this workshop. Each day time is spent, inspiring students to become like Explorers. Fabulously fun exercises which support creative play are performed in a group and partner setting, as well as solo.

Time is also spent exploring health and wellness. Each day a fabulously fun physical warm-up takes place, followed by conditioning exercises and tips about living a healthy lifestyle. The importance of staying active is stressed. A different prop from the Tweaksters show is brought in, to use to challenge the students’ physical prowess. Conditioning exercises, yoga, flying yoga, martial arts, acrobatic skills, improv, and physical comedy skills are included in the mix. This is a hands-on-heart-pumping-high-energy-creative-week, designed to inspire students to befriend themselves, their bodies and their creative-selves.

4. Family Workshop at Theatre: Get ready to laugh and giggle, as you dash and wiggle!!!! For 60 minutes, families take part in a fabulously fun mix of creative movement, dexterity games, and wacky races, using some of the props from the Tweaksters show. We have found that it does not matter if you are a child or an adult---BEING IN SHAPE IS A LOT OF FUN!!!!. The more shapes you can make with your body the more fun you will have, so let’s get up and start moving!”

