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FAMILY HEALTH FAIR



Staff photos by Andi Stempniak

Willow Brugge, 4, of Eau Claire didn't like the sound of the buzzer as her father, Matt Brugge, and Dylan Cain, 7, left, of Eau Claire tried the Operation game at the Sacred Heart Hospital booth during the Family Health Fair Saturday at the Eau Claire Indoor Sports Center. To view more photos go to leadertelegramphotos.com.

Fitness can be fun

Kids, adults alike escaped the cold to learn how best to stay healthy, happy

By Blythe Wachter
Leader-Telegram staff

As other kids jumped on inflatable rides, shot hoops and bounced balls nearby, 7-year-old Kyli Lancette of Menomonie placed pictures of veggies, meats and grains on corresponding items in the Food Pyramid.

With her blond head bent over Sacred Heart Hospital's display teaching about the food groups, Kyli said she liked "games like this."

"She likes puzzles and things that challenge her," said Kim Greenwood of Elk Mound, who brought Kyli, a family friend, and grandchildren and nieces to the 2011 Family Health Fair.

More than 50 health, fitness, nutrition,

wellness and home improvement vendors had booths Saturday at the Eau Claire Indoor Sports Center, 3456 Craig Road.

Greenwood received a neck scan at a chiropractor's booth. She wanted information "to make it better for me health wise."

Kids could play games or make crafts at several booths. For example, at the Noodles & Company booth, they made beaded jewelry while adults received nutritional information about the menu.

The family-oriented fair drew "a pretty steady traffic flow," said Ryan Bucki, Indoor Sports Center marketing director.

"There's so much to know about health. Coming here and learning about it is an accomplishment in itself," he said.

Amber Scheel of Medford came with her husband, Isaac, and 2-year-old son, Alan. "It sounded like something fun to do on a weekend. You can't do anything outside. It's too cold," Scheel said.

As she watched Alan jump on an inflatable ride, she said, "He's having a blast."



Kaden Gruber, 9, of Eau Claire tried to help his sister, Stella, 3, with the adult Hula-Hoop at the Evolve Wellness booth during the fair.

Fair/Hospital looks to reach young people

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Scheel wanted to check out the vendors after Alan played. "I'm kind of looking to join a gym," she said.

At the Group Health Cooperative of Eau Claire booth, Tammy Sauk watched as her daughter Greta, 3, tossed a beanbag through a hole and won a tube of hand sanitizer.

"It's just a fun thing for the family to do and learn what's available in the community," said Sauk, of Eau Claire, who brought her four daughters to the fair.

"It's a good chance to share some healthful lifestyle tips with people in the community. We're trying to reach the younger population," said Shannon Portell, communication specialist with Sacred Heart Hospital, one of the sponsors.

Along with teaching about good nutrition, the Sacred Heart booth promoted getting active.

"We also give out pedometers to help instill in kids that it's a good healthy thing to walk around," Portell said.

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