



Yavapai County Community Health Services
(YCCHS)
Body Expedition 2025
25th Anniversary of Body Walk
Sponsorship Package





About Body Expedition

The Centers for Disease Control and Prevention measures various health indicators and trends among youth. These trends point to the fact that children need more exercise and sleep, more fruits and vegetables in their diet, to learn about the risks of tobacco use, less screen time, and to practice good hygiene. Youth want to know the “why” behind many of the health behaviors adults ask of them. Children in rural areas are more at risk for various health problems and benefit from messaging around positive healthy behaviors. We teach about taking care of our health in a fun, positive, and interactive setting. This helps children make a positive connection between healthy behaviors and their health.

Body Expedition (formerly Body Walk) is a YCCHS program designed to address these health trends among youth and engage children in positive healthy behaviors. Health education at an early age is important for forming healthy habits that will follow children into adulthood. Body Expedition is a field trip for third graders across Yavapai County, occurring once a year in Prescott and Cottonwood. In two-hours, the students learn about the body, how it works, and healthy habits. Each student receives a bag of health-related items (i.e. toothbrushes, healthy foods coloring book, etc.) to take home with them to reinforce the messages they learned.

This beloved community event has been running every year for 25+ years. This field trip is free for schools to attend. Approximately, 900-1,000 third graders attend each year. That means that at least 22,500 third graders in Yavapai County have been to a Body Walk!

Quotes from teachers whose students attended Body Walk:

- “Great information for the kids to have and to learn about their bodies!” (2023)
- “I have been bringing students for a long time and I think you all do a great job!” (2023)
- “I love, love, love the Body Walk, please keep it up.” (2022)

Body Walk has not received a significant update since its inception. The Health Education section of YCCHS operates entirely on grant funding of which there is a lack of grant funding that supports health education on the entire body for young children. We’ve also learned a lot about how children learn and trauma-informed practices in the last twenty-five years! By sponsoring updates, you will be contributing to a long-standing, educational field trip that is more interactive, fun, and informative for third graders.

For questions or to express interest in sponsoring, please email che@yavapaiaz.gov.

Sponsorship Options

In order of Importance

Lungs - \$340

A park ranger character will teach the kids about how the lungs work and how exercise keeps the lungs strong and healthy. There will be an emphasis on all the fun activities that having healthy lungs helps us do. The kids will learn about how tobacco and vaping products can damage the lungs and prevent them from doing their favorite activities.

This sponsorship will pay for: For an artist to paint 4 murals that line the walls inside the booth for an immersive experience for the kids and to reenforce key messages from the lesson. An additional, 1 mural that is outside of the Lungs tent that will represent the “exit” from the Body. Students enter the body through the mouth and exit through the nose.

Brain - \$340

This booth will be brand new to Body Expedition! A wizard character will teach the kids about the different functions of the brain like memory, dreams, emotions, intelligence, and movement. They will talk about how to keep the brain healthy including challenging activities like puzzles, reading, and creativity as well as healthy foods and getting plenty of sleep. The wizard’s “magic library” will have illustrations that help to explain abstract concepts like memory, dreams, and emotions in a fun and engaging way.

This sponsorship will pay for: A life-sized brain model, and 4 murals that line the walls inside the booth for an immersive experience for the kids and to reenforce key messages from the lesson.

Bones - \$210

A construction worker character will teach the kids about how the body uses nutrients (especially calcium) from healthy foods to “build” strong bones and how physical activity helps keep bones strong.

This sponsorship will pay for: An artist to paint 4 murals that line the walls inside the booth for an immersive experience for the kids and to reenforce key messages from the lesson.

Stomach - \$210

A farmer character teaches kids about the types of nutrients in food and how those nutrients help the body to grow and be healthy. There is a focus on meeting the daily recommendations of 5-9 serving of fruits and vegetables.

This sponsorship will pay for: An artist to paint 4 murals that line the walls inside the booth for an immersive experience for the kids and to reenforce key messages from the lesson.

Small Intestines - \$210

A superhero character (“Super-Villi”) in the small intestines talks to kids about digestion and how the small intestines break up food into nutrients and send those nutrients to other parts of the body via the bloodstream.

This sponsorship will pay for: An artist to paint 4 murals that line the walls inside the booth for an immersive experience for the kids and to reenforce key messages from the lesson.

Heart - \$210

A marathon runner character will teach the kids about how the heart works and how exercise keeps the heart strong so it can pump blood throughout the body.

This sponsorship will pay for: An artist to paint 4 murals that line the walls inside the booth for an immersive experience for the kids and to reenforce key messages from the lesson.

Mouth - \$210

Sparkling Clean Fairy character teaches kids about how to take care of their teeth and gums by brushing, flossing, and avoiding sugary foods.

This sponsorship will pay for: An artist to paint 4 murals that line the walls inside the booth for an immersive experience for the kids and to reenforce key messages from the lesson.

Giant Mouth Refurbishment - \$460

The artist who is painting our murals, will also be sanding, repainting, and adding teeth to the giant wooden mouth that the children walk through to enter the mouth tent.

Skin (Sun Safety) - \$645

Zookeeper character teaches kids about how animals protect themselves from the sun and how the children can use sunscreen, protective clothing, and shade to protect themselves from the sun.

This sponsorship will pay for: A zookeeper costume, a printed backdrop, 2 printed poster boards with graphics and information, and easels for the poster boards.

Pedestrian Safety - \$785

A skateboarder character will teach the kids about how to be safe on skateboards, bikes, and walking around cars and streets. They will learn about helmets, knee/elbow pads, looking both ways when crossing streets, and walking/riding facing traffic.

This sponsorship will pay for: A skateboarder costume, a skateboard, a backdrop with graphics and information, mock street rugs to connect the station to the other stations and mock street signs.

General Event Supplies 1 - \$340

2 blue-tooth speakers that will play a sound that indicates to the health educators and volunteers that it's time for the students to rotate to the next booth. Currently, a whistle is blown to indicate the start of a rotation. However, the sound is jarring to the kids and playing music would be a more trauma-informed approach. An additional small Bluetooth speaker will play music for the students to play a short "freeze dance" game in the muscles to enforce key messages about how exercise is beneficial for the muscles and to give the students a quick movement break.

Germs (Hand-washing) - \$825

Scientist character teaches kids about what germs are, how they can cause illness, and how handwashing helps reduce the spread of germs. The kids do an interactive activity with UV disclosing lotion. Each student receives a pump of the lotion on their hands, a health educator uses a UV light to show students the invisible "germs" on their hands, the students will then wash their hands with soap until all the UV lotion is gone from their hands and no "germs" appear on the hands under the light.

This sponsorship will pay for: 2 scientist costumes (this activity will require two adults to run), 2 printed poster boards with graphics and information, 2 easels for the poster boards, 12 (8 oz) bottles of GlitterBug Potion Pump Bottle, UV light flashlight, and 3 free-standing portable sinks that kids can use for the hand-washing activity and paper towels to dry their hands.

Educational Tools for Kids 1 - \$300

Teachers can read the Magic School Bus Book to their class before or after the field trip to increase their exposure to information about the body. This sponsorship pays for 1 book per a classroom.

[Magic School Bus: Inside the Human Body](#)

General Event Supplies 2 - \$600

Nine 6x4 foot colored mats for the floors inside the booths. This is a trauma-informed practice because it adds consistency to the booths and let's students know where to sit.

Educational Tools for Kids 2 - \$780

Each student receives some educational tools to take home with them. This is for one year of supplies.

[Why animals don't smoke](#)

[What To Do In An Emergency Parent-Child Learning Activities Book](#)

Educational Tools for Kids 3 - \$685

Each student receives some educational tools to take home with them. This is for one year of supplies.

[Kids In The Kitchen Cookbook](#)

All Sponsors:

Sponsorship includes the following:

- Logo on Event Page and recognition on Body Expedition webpage - www.healthyyavapai.com
- Logo on Body Expedition 20' W x 7' 3" H banner (\$60 included in each sponsorship to cover cost of the tension backdrop and stand).
- Social media mentions.
- Exclusive sneak peek at Body Expedition updates.
- Allowed to provide "goodies" to the children with their logo/information about their services.

Donations of above \$500

- Larger logo on Body Expedition banner.
- Recognition in press release and media.

*Sponsorships from donors capped at \$1,000