Let's Move! Museums & Gardens Monthly Report
August 2011

Each month, the Institute of Museum and Library Services (IMLS) provides a status report of the *Let's Move! Museums & Gardens* initiative. This update is sent to the White House, partners and participants. The report highlights success stories and recent announcements and provides an up-to-date listing of participating institutions and a sampling of social media mentions.

If you wish to submit success stories, please email a 150 word article with photos to letsmovemuseumsandgardens@imls.gov.

Success Stories

Let's Move! Museums and Gardens

Montpelier Mansion

Family Fun Days

Montpelier Mansion in Laurel, Maryland launched "Family Fun Days," a series of events to thank the community for their support. At these events, visitors are invited to enjoy all Montpelier has to offer, including 70 acres of beautiful grounds, a 200 year old boxwood maze, and formal gardens. "Family Fun Days" teaches kids and adults how to play with old-fashioned, outdoor toys, and some of the fun outdoor games older generations played. The mansion also offers kite making and flying workshops, guided nature walks, and encourage people to picnic on the grounds. History museums are in a unique position to promote fitness, since Montpelier teaches about a time before electronics, when playing MEANT being outside, playing games, exploring nature, etc. With 69 history sites participating in Let's Move!, it's clear that history can get you moving and having fun!

Photos:

Heinz History Center
SmartSteps

The Senator John Heinz History Center and UPMC Health Plan recently launched a new exhibit and partnership that encourages museum visitors to climb the stairs and blend health and history as part of a new fun and fit exhibit called SmartSteps.

Visitors who forego the elevator and take the steps to explore the History Center's six floors are inspired by this unique stairwell exhibit that blends artifacts and fun history facts related to local people, places, and events that tie into History Center exhibits. Key numbers from Pittsburgh's history such as step #3 for the three rivers, step #21 denotes Roberto Clemente, and step #57 for Heinz, will help visitors track their progress.

Also featured in the exhibit are UPMC Health Plan health and wellness tips, such as how many calories participants have burned, that will help guide and encourage visitors toward a healthier lifestyle.

Photos:
(Left): SmartSteps ticket stamp.
(Right): Pittsburgh Steelers Quarterback Charlie Batch walking up SmartSteps with participants in Tutor Time.

The Fort Worth Museum of Science and History
Children's Museum

The Fort Worth Museum of Science and History is an advocate for feeding children's minds with knowledge and educational adventures as well as feeding their bodies with healthy food. The Museum's simulated grocery store, within the Children's Museum gallery, teaches young guests to make healthy food choices and learn why those decisions are important to their growth and development. In collaboration with the initiative of *Let's Move! Museums & Gardens* the Museum of Science and History has adorned every grocery cart with a visual reminder of the portion of each type of healthy food that should be on our plates every day. The USDA's MyPlate, represented as a pie chart diagram in both English and Spanish, visually lets little shoppers *see* the amount of food that *should*, and shouldn't, fill our plates. Also offered are interactive videos in the gallery's Children's Trolley area that encourage children to exercise while using props, musical instruments and their imagination.

Photos:

Let's Move! Institutions

- As of 3:00 pm on Wednesday, August 3, 425 institutions had signed up in 48 states. Click here to view the list of the institutions on the IMLS Web site.

- Participating institutions by type:

1	Aquarium
3	Anthropology Museum
80	Arboretum/Botanic Garden/Public Garden
39	Art Museum/Center/Sculpture Garden
118	**Children's or Youth Museum**
12	Ethnically/Culturally/Tribally Specific Museum
13	General or Multi-disciplinary Museum (several subjects)
2	Hall of Fame (e.g., music, sports, entertainment, media)
13	Historic House

16	Historic Site/Landscape
44	History Museum
6	Historical Society
1	Military Museum/Battlefield
7	Nature Center
12	Natural History Museum
18	Science/Technology Center/Museum
30	Specialized Museum (single topic/individual)
1	Transportation Museum (air & space, auto, maritime, train)
1	Visitor Center/Interpretive Center
8	Zoo/Animal Park
425	**Total**

- Participating institutions by priority
-

Priority	Will Do	Currently Do	Not Applicable	Total
Priority #1: Eat healthy, get active exhibits	150	224	28	402
Priority #2: Learning about healthy food choices and physical activity through afterschool, summer and other programs	138	220	28	386
Priority #3: Healthy food service	51	119	195	365
Priority #4: Learning about healthy food choices and physical activity using food service operation	74	42	221	337

Media and Social Media Mentions

Newspapers

Attached is a PDF with an assortment of newspaper articles printed and posted online this past month.

Blogs

Let's Move! Museums & Gardens was the topic of the following blog posts this past month:

- *AAM Center for the Future of Museums:* The Dirt on the Stearns Museum's Children's Garden
- *SMAC-AAM:* Let's Move Museums

- *Archaeology, Museums and Outreach*: Museums and the Great Outdoors
- *Obama Foodorama*: Michelle Obama's "Better Homes and Gardens" Issue Available
- *Children's Museum Easton*: Hide Your Vegetables! Get More Veggies Into Your Child's Diet
- *The Phillips Collection*: Let's Move…in a Museum?
- *AAM Center for the Future of Museums*: Museums Can Save the World: Tackling Food Deserts

Twitter

A sampling of tweets from the month of July:

@GeoPalz: The National Museum of Play at The Strong partners with the Let's Move! Museums and Gardens Initiative http://ow.ly/5uZuz #letsmove

@ScienceCenters: Over 2/3 of US states have obesity rates over 25%: http://bit.ly/njHOLM (expand ----) Museums can help! http://1.usa.gov/nCBx3q @letsmove #tuesdaytrends

@azsciencecenter: Arizona Science Center
Thanks to @TheLadyLa and @KristinFox10 for supporting National Dance Day and the Let's Move! Museums initiative! See you on July 30th!

@PlayLSI: Landscape Structures
Denver Botanic Gardens joins **Let's Move**! **Museums** and Gardens http://dlvr.it/c3Cv3

@steppingstones: We're all about healthy kids! Stepping Stones is a Let's **Move**! **Museums** & Gardens institution to fight childhood obesity http://t.co/HfuZnK8

Facebook

A sampling of mentions from the month of July:

Cornell Plantations Let's Move! Family Hike in the F. R. Newman Arboretum

Zumba with Aimee and Darlene YMCA and Tacoma's Museum of Glass have been inspired by

Michelle Obama's "Let's Move" campaign. The Museum will be hosting a Zumba class for all ages and fitness levels. Zumba and admission to The Museum of Glass are free on this evening! Thursday July 21 @ 5:30pm (Zumba starts at 6pm)

Other

Interview: Idaho Botanical Garden/Boise State Public Radio: Let's Move in the Garden

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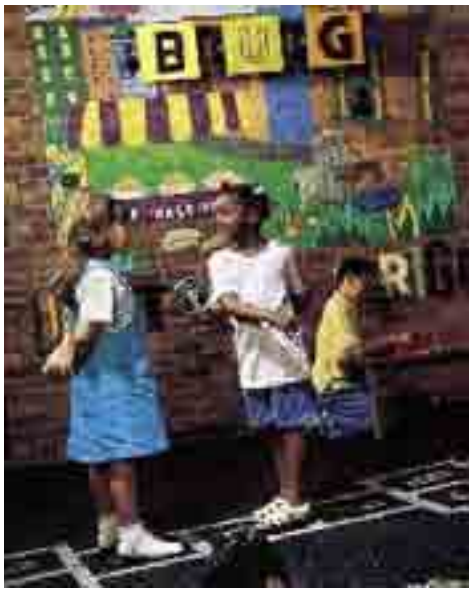
Strong museum joins anti-obesity initiative

4:58 AM, Jul. 5, 2011 | 1Comments



Kids can practice counting skills by playing hopscotch at The Strong museum. / Provided by Strong National Museum of Play

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A A A

The Strong museum has joined the Let's Move Museums and Gardens Initiative launched by First Lady Michelle Obama and the Institute of Museum and Library Services. Member museums join the national effort to fight childhood obesity by promoting healthy food choices and physical activity through their exhibits and programs.

Strong will be sending out healthy lifestyle tips weekly through social media. It also will add signs pointing out healthy activities and nutrition.

Some examples of activities at the museum that will be promoted by exhibit:

Field of Play: Scale the climbing wall or burn calories playing

Unleash your artistic potential
Start by earning a Degree from Full Sail
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Can You Tell Me How to Get to Sesame Street?: Reinforce counting skills by hopscotching on the indoor playground.

Reading Adventureland: Skip down the Yellow Brick Road or ascend the beanstalk to the Giant's play room.

eGameRevolution: Step lively as you play one of the many games and activities on the LED Light floor or Nintendo Wii.

DanceLab: Gyrate to dances through the eras as you watch your shadows morph into

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Wednesday, July 6, 2011

Arts and crafts fest honors Michelle Obama's 'Let's Move!'

by Earl Calloway

The DuSable Museum of African American History continues its celebration of its 50th anniversary by requesting participation in the special Flash Mob First Lady Michelle Obama's "Let's Move! Museums and Gardens campaign.

The festival will be held Saturday at the museum, 740 E. 56th Place.

The "movers and shakers" event will be led by Najwa Dance Corps and hopes to encourage children, youth and adults to live healthy in an effort to solve the problem of obesity.

"Everyday, in museums, public gardens, zoos and so many other places, we expose our children to new ideas and inspire them to stretch their imaginations.

"This national initiative, coordinated by millions of museums and garden visitors with teach healthy food choices and physical activity through interactive exhibits and programs," Mrs. Obama said.

BROTHER NASH E. SHAFFER JR. will be honored in a birthday appreciation musical Friday at 7 p.m. at the Christian Tabernacle Church, 4712 S. Prairie. Elder DeAndre Patterson will serve as guest emcee, with performances by the Christian Tabernacle Concert Choir, Destiny

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DENVER BOTANIC GARDENS FIGHTS CHILDHOOD OBESITY

For Immediate Release
July 12, 2011

Source URL: http://www.botanicgardens.org/press/denver-botanic-gardens-fights-childhood-obesity

The Gardens Participates In

"Let's Move! Museums and Gardens"

National Initiative

DENVER – Denver Botanic Gardens is pleased to join the American Public Gardens Association in supporting First Lady Michelle Obama's *Let's Move! Museums and Gardens* program. This national initiative is part of the First Lady's broader push to raise a healthier generation of kids.

Over the past three decades, childhood obesity rates in America have tripled. Today, nearly one in three children in America is overweight or obese. Many children are facing chronic obesity-related health problems like heart disease, high blood pressure, diabetes and asthma. The program provides opportunities for millions of museum and garden visitors to learn about healthy food choices and promotes physical activity through interactive exhibits and programs.

"As a public garden, we are already making a difference," said Brian Vogt, CEO of Denver Botanic Gardens. "In addition to offering healthy food options for our guests, the Gardens provides indoor and outdoor spaces where children and adults can participate in physical activity, interact with nature and learn about the important role of plants in a healthy lifestyle."

Developed in coordination with national museum and garden leaders, *Let's Move Museums & Gardens* will reach 200 million museums and gardens visitors in the next year.

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About Denver Botanic Gardens:
Green inside and out, the Gardens is considered one of the top botanical gardens in the United States and a pioneer in water conservation. Accredited by the American Association of Museums, the Gardens' living collections encompass specimens from the tropics to the tundra, showcasing a plant palette chosen to thrive in Colorado's semi-arid climate. The Gardens' dynamic, 23-acre urban oasis in the heart of the city is now in its 52nd year, offering unforgettable opportunities to flourish with unique garden experiences for the whole family – as well as world-class education and plant conservation research programs. Additional

sites at Denver Botanic Gardens at Chatfield, a 750-acre wildlife and native plant refuge in Jefferson County; and Mount Goliath, a high-altitude trail and interpretive site on the Mount Evans Scenic Byway, extend this experience throughout the Front Range. For more information, visit us online at www.botanicgardens.org or call 720-865-3500.

Contacts:

Will Jones, 720-865-3552
Jonesw@botanicgardens.org

David Rubin, 720-865-3545
David.Rubin@botanicgardens.org

Brass Ring ringside tables go quickly and to get yours booked visit www.childrensdiabetesfoundation.org or call 303-863-1200.

Shelley Lucas, Justin Klomp and Judy Chiodo

Let's Move!

The Denver Botanic Gardens is supporting First Lady **Michelle Obama**'s *Let's Move! Museums and Gardens* program.

"As a public garden, we are already making a difference," said **Brian Vogt**, CEO of Denver Botanic Gardens. "In addition to offering healthy food options for our guests, the Gardens provides indoor and outdoor spaces where children and adults can participate in physical activity, interact with nature and learn about the important role of plants in a healthy lifestyle."

This brings to mind **Jamie Oliver**'s *Food Revolution,* as he tries to eliminate the traditionally greasy and unhealthy school lunchroom hot meals and show kids and teenagers how to make fresh fruits and vegetables taste good and cost schools less than the often government surplus menus. The Cherry Creek Schools already offer this healthier option on campus. Tell us what you think of the local situation regarding healthier foods for today's fast food families.

Also, go check out the Gardens with your children and let them explore the thousands of varieties of plants.

SNA performer announcement Aug. 4

Who's going to headline the 2012 Denver Center Saturday Night Alive? We'll all find out Aug. 4 when the event kicks off in the evening. **Ryta Sondergard** chairs the 2012 mega-benefit for the Denver Center for the Performing Arts.

Lie to be honored

The Colorado Dragon Boat Festival is honoring Dr. **Rudolph Lie** at the festival, July 30-31 at Sloan's Lake Park. He was nominated by the public and candidates were reviewed and chosen by the CDFB board. For info visit cdbf.org.

Summer Fest July 24

Greenwood Village at The Landmark is presenting the first annual Summer Festival to benefit the Denver Children's Advocacy Center, Crutches4Africa and the Landmark Scholarship Fund, July 24, 11 a.m.-6 p.m. at 7600 Landmark Way. The DCAC has its major benefit, Super Ball Oct. 14. for info email Andrew.macintosh@denver cac.org.

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Let's Move In The Garden

Reported by Samantha Wright on July 21st, 2011 in In-depth Local News | 0 comments

Forward To A Friend

The Idaho Botanical Garden has just joined the "Let's Move" initiative. That's First Lady Michelle Obama's project to fight childhood obesity through exercise and better nutrition. As Boise State Public Radio's Samantha Wright reports, the Garden gets kids "Moving" through a Botany Camp.

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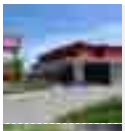
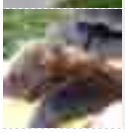

Too Close for Comfort for In-N-Out
Posted on Jul 25, 2011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National Museum of Play Partners with First Lady Michelle Obama's Let's Move! Museum and Gardens Initiative

July 19th, 2011

The Strong's National Museum of Play is pleased to announce a partnership with the "Let's Move! Museums and Gardens Initiative launched by First Lady Michelle Obama and the Institute of Museum and Library Services (IMLS) to fight childhood obesity. The national initiative helps children learn about healthy food choices and promotes physical activity through interactive exhibits and programs. the program aims to sign up 2,000 museums and gardens and reach 200 million visitors in the coming year.

According to the IMLS, "Today, nearly one in three children in America are overweight or obese. The numbers are even higher in African American and Hispanic communities, where nearly 40% of the children are overweight or obese. If we don't solve this problem, one third of all children born in 2000 or later will suffer from diabetes at some point in their lives. Many others will face chronic obesity-related health problems like heart disease, high blood pressure, cancer, and asthma.

"We are delighted to join in this important initiative and help to make a difference," says Joan Hoffman, vice president for education at The Strong. "At the National Museum of Play, families can enjoy more than 150,000 square feet of highly dynamic, interactive exhibits where kids learn by active play. Each exhibit is created to engage and delight kids physically and mentally while meeting well-rounded educational objectives."

While at the museum, parents are encouraged to help their kids, hop, jump, skip, climb, and move through the activities found in the following exhibitions:

-Field of Play: Scale the climbing wall, burn calories playing Dance Dance Revolution, move a ball across the ceiling with pulleys, or jump into a variety of active sports competitions with Kinect for Xbox360.

-Can You Tell Me How to Get to Sesame Street? : Reinforce counting skills as you hopscotch your way through the Sesame Street indoor playground.

-Kid to Kid: Pirouette across the kid-sized stage, crawl the toddler maze, or challenge a friend to a Sony Play Station Move video game

-American Comic Books Heroes: The Battle of Good vs. Evil: Balance on a beam as you totter high above the city, chase villians through the (virtual) streets of the metropolis, and climb a skyscraper.

- Berenstain Bears: Down a Sunny Dirt Road: Try a round or two of heart-pounding jump rope, serve up a healthy meal in the Bear Family Restaurant, climb the clubhouse stairs, and hand crank a spinning airplane.

-Reading Adventureland: Skip down the Yellow Brick Road, ascend the beanstalk to the Giant's play room, and cross over the Troll Bridge (but watch out for the troll!)

-National Toy Hall of Fame: Climb up the big spiral staircase to the famous hall where you can pick up a hula hoop and swivel those hips!

-eGameRevolution: Step lively as you play one of the many games and activities on the LED Light floor or Nintendo Wii.

-DanceLab: Gyrate to dances through the eras as you watch your shadows morph into fantastic shapes and patterns on the screen in front of you

-Summer Farewell Parade: Kick up those heels and march in a high-spirited end-of-day musical parade throughout the galleries

Over the coming year, the National Museum of Play will post weekly tips about healthy eating and exercise on Facebook and Twitter. In addition, the museum's food court will post signage about healthy food choices.

For more information visit the museum's website: http://www.museumofplay.org/see-do/events/lets-move or http://www.imls.gov/about/letsmove.shtm.

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Let's Move in Seward's Garden

in History and Health/Physical Fitness

Dates: Sat, 08/06/2011

Time: 1-3 pm

Ages: 6-8 years
9-12 years

Victorian Games in the Seward House Garden

As part of the national initiative *Let's Move! Museums and Gardens* program, launched by First Lady Michelle Obama, the Seward House Museum will be hosting *Let's Move in Seward's Garden* on August 6, 2011 from 1pm to 3pm for children between the ages of 8 to 10. There is no fee to participate.

The Seward House Museum is very excited to be part of this national initiative. It has developed a program to provide outdoor opportunities for children to enjoy Victorian games in the garden. Some of the games played during *Let's Move in Seward's Garden* include: a graces tournament, hoops relay, and frog in the middle. All the games encourage children to move and maintain a connection with the Sewards by doing games the family might have played in the Victorian age.

The *Let's Move! Museums and Gardens* initiative encourages museums and gardens to join the fight of childhood obesity. The program challenges museums and gardens to "launch community efforts to fight childhood obesity using interactive exhibits, outdoor spaces, gardens and programs that encourage families to eat healthy foods and increase physical activity" (http://www.imls.gov/about/letsmove.shtm).

Seward House Museum
33 South St
Auburn, NY, 13021
United States
(315) 252-1283
(315) 253-5235
www.sewardhouse.org
assistant@sewardhouse.org
Alexis Parsons

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Children's Day -

Entertainment by the Richmond Indigenous Gourd Orchestra

(Performances at 12noon and 2pm)

This year our Children's Day special event is a proud participant in *Let's Move! Museums & Gardens, a n*ational initiative launched by First Lady, Michelle Obama to provide opportunities for museum and garden visitors to learn about healthy food choices and promote physical activity. Children will move and groove throughout the day keeping fit while they enjoy activities like a "down on the farm" relay race, a scavenger hunt, a garden fitness activity walk, face painting and more! Learn where your food comes from, plant a vegetable, play games and have lots of fun! Back by popular demand, Rocklands Farm Market will have their kids farmer's market open with fresh produce from the farm and easy-to-make recipes.

Then groove to the music of the *Richmond Indigenous Gourd Orchestra* who members use only home grown gourd instruments! They will even bring their "gourd petting zoo" for everyone to enjoy. Please bring a can or non-perishable food item to donate to our local food bank. For more information call 301-962-1400 or visit us online at www.brooksidegardens.org. Brookside Gardens, 1800 Glenallan Avenue, Wheaton, MD 20902.

Saturday, 17 September, 2011
11:00 AM - 04:00 PM

Cost:

Free

Categories:

Children
Community

Location: Map Weather

Brookside Gardens
1800 Glenallan Ave
Wheaton, MD 20902 USA

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Billboard Events

Upcoming Events

Wednesday, 27 July, 2011

'Candy and Dorothy' - ***All Day Event***

Colors of Frederick and Beyond - ***All Day Event***

DC Emerging: New Urban and Domestic Interpretations - ***All Day Event***

Phil Hanson - ***All Day Event***

Salty Still Lifes at Chloe's Coffee - 06:30 AM

BNI Upcounty Entrepeuners - 07:30 AM

Art Summer Camps - 09:00 AM

Brentwood Arts Exchange Camp Update: Creative Expressions Camp 5 JULY 25-29 Is Now Open for Ages 6-12 - 09:00 AM

REGISTER TODAY FOR SUMMER ART CAMPS @ the Brentwood Arts Exchange - 09:00 AM

Swallowtails, Skippers & Summer Azures - 09:30 AM

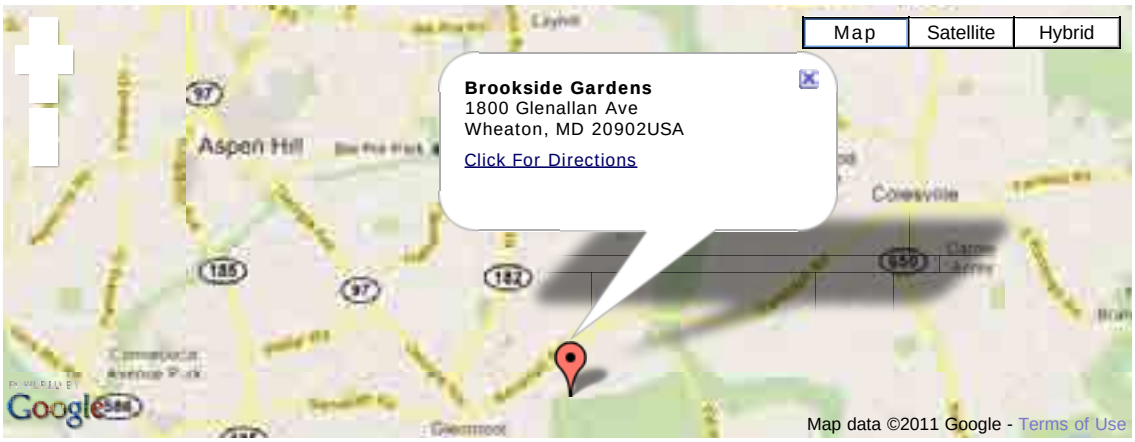
Most Popular Events

Thursday, 01 December, 2011

Clustered Spires Quilt Guild - 06:30

Event Contact Info

Leslie McDermott
Email: leslie.mcdermott@montgomeryparks.org
leslie.mcdermott@montgomeryparks.org
Phone: 301-962-1400
Website: Click to Visit



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PM

Thursday, 01 September, 2011

Clustered Spires Quilt Guild - 06:30 PM

Thursday, 03 November, 2011

Clustered Spires Quilt Guild - 06:30 PM

Saturday, 06 August, 2011

kensington farmers market - 08:00 AM

Thursday, 06 October, 2011

Clustered Spires Quilt Guild - 06:30 PM

Sunday, 06 November, 2011

Olney Farmers and Artists Market opening day 2011 - 09:00 AM

Saturday, 27 August, 2011

ANNUAL COMMUNITY HEALTH FAIR & GIVEAWAY - 02:00 PM

Tuesday, 31 January, 2012

TOPS -Take Off Pounds Sensibly - 06:30 PM

Saturday, 03 September, 2011

Summer Concert Series At Washingtonian Center - 03:00 PM

Germantown Community Flea Market - 08:00 AM

Newest Events

Saturday, 27 August, 2011

Kensington Summer Concert - 10:00 AM

Saturday, 30 July, 2011

Open Mic Night - 07:00 PM

Tuesday, 23 August, 2011

Running Clinic - 05:00 PM

Friday, 12 August, 2011

Diva and Dude Night - 07:30 PM

Sunday, 07 August, 2011

IronGirl and other End of Season Triathlon Open House - 10:00 AM

Saturday, 06 August, 2011

MARYLAND ZOO IN BALTIMORE @ The Long Branch Library - 02:00 PM

Wednesday, 03 August, 2011

Montgomery County Agricultural Fair - See a Farm Animal @ Your Library! - 11:00 AM

Saturday, 17 September, 2011

Children's Day - 'Adventures with Food - Let's Move and Groove!' - 11:00 AM

Monday, 08 August, 2011

Flower Buds - Children's Program - 10:30 AM

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ARTSDESK

Ditch Your Gym Membership, Work Out at the Museum: An Arts Desk Guide

Posted by Jonathan L. Fischer on Jul. 27, 2011 at 3:13 pm

We're not sure what to make of this video, posted yesterday on the Phillips Collection's Experiment Station blog, in which the museum reps for first lady Michelle Obama's "Let's Move!" exercise campaign. Apparently physical and cultural health can go hand in hand, hence a gang of small children frolicking (but not running!) through the museum's halls, eating fresh fruit in its cafe, and pausing to consider a Renoir. And taking the stairs, not the elevator. Mousercise, this is not.

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Archives

The museum (one of 407 institutions nationwide participating in the "Let's Move!" Museums & Gardens initative) would have you take advantage of its new "90 Minutes @ the Phillips" guide, which involves 1,250 steps, 200 paintings, and presumably a few burned calories. Sounds—ahem—like a bit of a stretch.

But for the cost-conscious, culturally literate exercise freak, museums aren't a terrible gym stand-in. Consider: An individual membership at the Phillips is $60 a year, while the basic rate at the closest sports club is $69 a month, plus fees.

Screw that. D.C. has plenty of venues for simultaneously losing weight and feeding the soul, and plenty of them are free. We may be on the schlubby side, but here are our recommendations.

National Gallery of Art Treadmill

The NGA's underground moving walkway is the quickest way to shuttle between the museum's east and west wings, but if you enter it facing the wrong way, it easily doubles as a treadmill. Bonus! Avoid tedium by looking at the pretty ceiling and tripping the light fantastic.—Jonathan L. Fischer

Spelunking at the Corcoran

Walking? Taking the stairs? That's beginners' stuff. Want a real workout worthy of Michelle Obama's chiseled biceps? Get yourself some climbing rope and a grappling hook and head down to the Corcoran. Walk up to the lobby, hurl that anchor over the second-floor railing, and start climbing. Better yet, shimmy your way up one of the lobby's 40 Doric columns. You'll be part of the first lady's gun show in no time. Need to get down? Chris Martin's "Painting Big" exhibit is the perfect rappelling surface.—Benjamin R. Freed

Kid-Dodging at the Air and Space Museum

Stand in the main lobby, otherwise known as the "Milestones of Flight" hall. Plant your feet firmly and face the door. When a large group of children enters the hall, do not give up your position or move your feet. Work your core as you twist and turn while waves of tykes push past you. ADVANCED LEVEL: Jump vertically over every fifth child who comes at you. EXPERT LEVEL: Perform the advanced-level technique while blocking the McDonald's line in the cafeteria at lunch time.—Joe Warminsky

Richard Serra Iron Man

Intrepid visitors to the National Gallery's East Wing may want to try moving Richard Serra's "Five Plates Two Poles." One warning: It could be a killer of an exercise, literally. Without a few hundred friends to spot you, one false move and your desire for a slender frame will be realized in no time flat. That's because, weighing in at several bajillion tons, Serra's work can kill you.—John Anderson

Planking at Natural History

You've heard all about the body-stiffening fad, but did you know it's great for your abs? You can really up the adrenaline rush and burn more fat knowing you're planking atop a plesiosaur. You'll score loads more Facebook friends once they see you lying on a pterodactyl or flattening out betwixt T-rex teeth. Just be sure and bring a photographer, as they won't be provided.—Ryan Little

Work Out Like a Journalist!

Put yourself in peak physical condition by following the exercise tips of the Fourth Estate. Go to the Newseum. Find an old, beaten-up chair. Slouch in it for several hours. At around 4 p.m., begin to get stressed out that the work you

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had all day to finish is due soon, but you haven't actually started it. Walk—slowly—to the nearest vending machine, and purchase something bad for you. Complain a bit, then go back to slouching.—Mike Madden

Copy a Toddler in the National Building Museum's Play Area
Stack the blocks. Run into the little house. Run out of the little house. Fight over some blocks. Run into the little house. Run out of the little house. Go make pee-pee. Stack the blocks again. Run into the little house. Run out of the little house. Say, "I'm hungry!" Forget you are hungry. Throw something. Repeat. Repeat. Repeat. CALORIES BURNED: Infinite.—Joe Warminsky

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Fri, Jul 29, 2011 | **Updated: 11:23 AM**

Beck column: Woodson Art museum Family Fest prepares fun for all

July 29, 2011

If you'd like to sweeten the last month of summer, mark your calendar for Family Fest from Aug. 9 to 16 at the Woodson Art Museum.

This new week-long art-making festival encourages families to practice healthy habits together: movement, sun safety and, of course, art. You'll find no finger-wagging admonition to "eat your peas," however. Although good nutrition, exercise, family interaction and creativity certainly are on the label, fun is the main ingredient.

Each day, you can try making something different: a sun print, a garden sculpture, a kite. Then check out an audio tour headset or a map to begin a tour, Let Art Move You, of the garden, where you can experiment with different exercise moves at each sculpture. Bring a camera and make some memories.

Family Fest culminates with a Family Concert, featuring toe-tapping, sing-along songs by Glen Everhart, 6 p.m. to 7 p.m.

Aug. 16. Come early and bring a blanket for Family Yoga, an interactive class for all ages and skill levels led by River Flow Yoga in the museum's sculpture garden,

5 p.m. to 6 p.m.

Family Fest is part of a national initiative, Let's Move! Museums & Gardens, that promotes healthy food choices and physical activity through interactive programs. As of late July, 407 institutions in 48 states, including the Woodson Art Museum, are participating.

Drop by to enjoy something different each day anytime during regular museum hours: 9 a.m. to 4 p.m. Tuesday through Friday; noon to 5 p.m. Saturday and Sunday. The museum is closed Mondays.

As weather permits, these drop-in art-making activities will be set up in the sculpture garden, where visitors of all ages can enjoy them at their leisure. If you're interested in volunteering a few hours during the week to assist visitors with these projects, call 715-845-7010.

Here's what you can expect:

Aug. 9: Garden Sculpture: Grace a flower or vegetable garden with a sculpture of your own making.

Aug. 10: Sun Prints: Harness the power of the sun's rays and use stencils to create images of summertime fun.

Aug. 11: Tie-dye: Twist and dip cloth in colorful dye to create wearable art. Bring a T-shirt; one item per person.

Aug. 12: Bubble-blowing: Play with iridescent orbs that delight and then disappear.

Aug. 13: Kite-making: Craft colorful kites to sail aloft or to display.

Aug. 14: Graffiti Wall: Contribute to a collaborative mural on a clear plastic wall.

Aug. 16: Let Art Move You: Exercise at various sculptures throughout the museum grounds. Check out an audio tour headset or use a map of the gardens for step-by-step instructions.

Woodson Art Museum admission is always free, and up-to-date information is available by calling 715-845-7010, visiting www.lywam.org and following us on Facebook and Twitter.

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Free Wine Tasting and Art Exhibition by Joseph C. Grant, Jr. at The Loft in Coconut Grove 7/29/11

UFC Fight Live at Duffy's Sports Grill 8/6/11

Bass Museum Family Yoga at IDEA@thebass to Support First Lady Michelle Obama's Let's Move 7/31/11

Tagged with: 7/31/11 — Add comments

Miami Beach institution to support First Lady Michelle Obama's "Let's Move" initiative
Sunday, July 31, 2011 and every last Sunday of the month
2:00 p.m. to 4:00 p.m.
Bass Museum of Art
2100 Collins Ave.
Miami Beach, FL 33139

The Bass Museum of Art, one of Miami Beach's key cultural landmarks, will introduce family yoga this Sunday, July 31, as part of its monthly IDEA@thebass program. In support of First Lady Michelle Obama's "Let's Move" initiative, which focuses on fighting childhood obesity and putting children on the path to a healthy future, IDEA@thebass's family yoga will offer an outlet to get kids moving with the support of their parents and community. Classes will be held at 2:15 p.m., 2:45 p.m. and 3:15 p.m. and will be tought by a kid-certified YOGI instructor; yoga-friendly clothing is encouraged.

IDEA@thebass is an interactive family event held at the museum on the last Sunday of every month from 2:00 p.m. to 4:00 p.m. The art-centered activities are designed to engage both children and parents in a fun and creative environment. Activities include "FUN in the Sun: Design Beach Toys," and other summer-themed arts and crafts. Admission to the museum and activities are free of charge. The initiative is generously supported by the John S. and James L. Knight Foundation.

Located in Miami Beach, the Bass Museum of Art offers a dynamic year-round calendar of exhibitions presenting contemporary art, works of art from its permanent collection of Renaissance and Baroque paintings, sculpture and textiles and newly opened Egyptian Gallery. Artist's projects, educational programs, lectures, concerts and free family days complement the works on view. Founded in 1963 when the City of Miami Beach accepted a collection of Renaissance and Baroque works of art from collectors John and Johanna Bass, the collection was housed in an Art Deco building designed in 1930 by Russell Pancoast. Architect Arata Isozaki designed an addition to the museum that doubled its size from 15,000 to 35,000 square feet between 1998 and 2002. Most recently, the museum selected internationally acclaimed Oppenheim Architecture + Design to lead its first phase of design and renovation tied to the 2010 completion of Miami Beach's highly anticipated Collins Park. Oppenheim redesigned and relocated the museum's arrival area to flow from and into the new park on Collins Avenue. For more information, please visit http://www.bassmuseum.org

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Kids Fun, Miami Beach

One Response to "Bass Museum Family Yoga at IDEA@thebass to Support First Lady Michelle Obama's Let's Move 7/31/11"

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