



FIRST & GOAL

HOW TO SCORE A TOUCHDOWN FOR A HEALTHY LIFE


The Chicago Bears are proud to present the most informative, hands-on, educational school health show in the NFL and Chicagoland! The First and Goal was created by Staley Da Bear, the team's official mascot, to educate today's youth about the benefits of living a healthy life. Staley and his emcee will jumpstart your child's desire to begin living a smarter and healthier life by combining education and comedy into a 45-minute high energy show!


THE FIRST AND GOAL MESSAGE CONSISTS OF FOUR "DOWNS":

Eating Healthy • Drinking Water • Rest • Physical Activity

Staley and his emcee combine comedy with physical education to create an engaging assembly highlighting these four downs. Student volunteers assist throughout the assembly as Staley learns the importance of making healthy choices.

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