



makes you think

media release

TVOKIDS PROVINCE-WIDE 'DON'T SIT STILL TOUR' LEAPS INTO TORONTO FOR TWO SHOWS AT HARBOURFRONT CENTRE, SUNDAY JUNE 7

Free live stage show motivates kids to get active, eat right and have fun.

Toronto, May 15, 2009 — How do we get our kids to exercise their bodies as well as their mousepads, and discover as much about food groups as social media groups? As longtime champions of healthy minds and healthy bodies for children, *TVOKids* and the Don't Sit Still Tour bring their high-energy live stage show to Toronto's Harbourfront Centre on Sunday June 7.

Two performances, each featuring *TVOKids* hosts Jackie and Ryan, will take place in Harbourfront's Brigantine Room at 235 Queens Quay West. Show times are 11 am and 2 pm. Each show is approximately 40 minutes.

"We're hearing more and more about how key exercise and nutrition are to kids' success in school," says Lisa de Wilde, TVO's Chief Executive Officer. "That's why TVO is taking our inspiring Don't Sit Still message to communities across Ontario. Like everything *TVOKids* does, the DSS tour is all about empowering kids to get energized for learning."

The *TVOKids* Don't Sit Still Tour is presented by EatRight Ontario, with sponsorship in part by Egg Farmers of Ontario. The much loved *TVOKids* hosts Mark, Jackie and Ryan travel to communities across Ontario to perform in this free dynamic stage show that encourages a healthy, active lifestyle. Young audiences and their families can enjoy new songs, new dance moves and non-stop opportunities to join in and follow along. And as a memento of the show and its message of healthy living and eating, kids receive free Don't Sit Still gift bags.

"Encouraging children to be more active every day is vital to good health and wellbeing," says Margaret Best, Ontario's Minister of Health Promotion. "The *TVOKids* Don't Sit Still Tour is a great way to deliver this very important message to children and their parents in communities throughout Ontario."

Want to be part of the show? Kids can enter the *TVOKids* Healthy Hot Seat Contest for a chance to be on stage with the *TVOKids* hosts during the Don't Sit Still show. Winners also receive *TVOKids* merchandise prize packs. Kids can register online for a chance to win, or to find more information, at tvokids.com/dss.

"What's really cool about the Don't Sit Still Tour is we get kids excited about getting active," says *TVOKids* host Ryan Field. "You'll see kids having fun singing and dancing with us, and they don't even know that while they're moving they're actually learning about active lifestyles and healthy eating. Mark and Jackie and I have a blast travelling across Ontario because we get to connect with *TVOKids* fans face to face!"

Also new this year are nutrition booths set up near the stage, where kids and families can drop by to ask questions and pick up tips and information from Registered Dietitians and nutritionists from EatRight Ontario and Egg Farmers of Ontario.

"This sponsorship is a great opportunity for us to provide Ontario families with information about the nutritional importance of eggs, and offer fast and delicious recipes to prepare them," said Carolynne Griffith, Chair of the Egg Farmers of Ontario.

The Toronto shows are in the middle of a busy period for the *TVOKids Don't Sit Still* Tour. On May 23 Don't Sit Still heads to St. Catharines and Hamilton and May 24 to Kitchener and Milton. And after the Harbourfront shows on Sunday June 7, the tour will be in Richmond Hill for two special Canada Day performances at Richmond Green Park, 1300 Elgin Mills Road East on Wednesday July 1 at 11:45 am and 2:00 pm.

Following a summer hiatus, *TVOKids Don't Sit Still* Tour, now in its eighth season, resumes in the fall with shows in Ottawa and Cornwall on Saturday October 24, and a show in Kingston on Sunday October 25. The 2009 tour launched February 21–22 with shows in Oshawa, Peterborough, Brampton and Newmarket, followed by shows in Windsor, Sarnia and London; Timmins, Cochrane and Kirkland Lake. To keep updated on shows ahead, visit tvokids.com/dss.

About TVO

TVO is Ontario's public educational media organization and a trusted source of interactive educational content that informs, inspires and stimulates curiosity and thought. TVO's vision is to empower people to be engaged citizens of Ontario through educational media. For more information, visit tvo.org.

Where to find TVO

Cable channel 2 (channel may vary in some areas), Bell TV channel 265, Star Choice channel 353.

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