



makes you think

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***TVOKids* province-wide "Don't Sit Still Tour" leaps to life February 21-22 2009**

Free live stage show motivating kids to get fit and have fun premieres in Oshawa and Peterborough (February 21), and Brampton and Newmarket (February 22)

TORONTO, January 30, 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 are happy to announce a new season, a new show and two new sponsors: EatRight Ontario and Egg Farmers of Ontario. The tour opens in Oshawa and Peterborough on Saturday February 21 2009.

The *TVOKids* Don't Sit Still Tour continues with shows in Brampton and Newmarket on Sunday February 22. Many firsts are part of this year's tour, including an exciting new contest offering kids the chance to make a guest appearance on stage.

Presented for the first time by EatRight Ontario, with sponsorship in part by Egg Farmers of Ontario, the *TVOKids* Don't Sit Still Tour travels to communities across Ontario and features the beloved *TVOKids* hosts (Mark, Jackie and Ryan) in a free high-energy 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.

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 when the Don't Sit Still show comes to their city. Winners also receive *TVOKids* merchandise prize packs. Kids can register online for a chance to win, or 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.

Following is the schedule for the *TVOKids* 2009 Don't Sit Still Tour's opening weekend. Each show is approximately 40 minutes.

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Saturday February 21 2009 (morning): Oshawa

Performance at 11 am

Oshawa Centre
419 King Street West
Oshawa, Ontario

Saturday February 21 2009 (afternoon): Peterborough

Performance at 4 pm

Lansdowne Place
645 Lansdowne Street West
Peterborough, Ontario

Sunday February 22 2009 (morning): Brampton

Performance at 11 am

Bramalea City Centre
Bay Court, Lower Level
25 Peel Centre Drive
Brampton, Ontario

Sunday February 22 2009 (afternoon): Newmarket

Performance at 4 pm

Upper Canada Mall
17600 Yonge Street
Newmarket, Ontario

Other stops ahead on the 2009 TVOKids Don't Sit Still tour will include London, Kitchener, Ottawa and Sault Ste. Marie.

For further information: please click on tvokids.com. Or contact:

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Or, for more information:

Oshawa Centre, Maria Bevacqua, Tel: 905-686-6408, ext. 227
Lansdowne Place, visit: lansdowneplace.com
Bramalea City Centre, Customer Service: 905-793-9417
Upper Canada Mall, Lucia Connor: 905-895-1961, ext. 222