

## Cowboy Ted's Foundation for Kids

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The mission of the foundation is...

**"To introduce young people to positive role models, who encourage youngsters to choose a healthy lifestyle for themselves, including the choice to refuse to use tobacco products."**

This comprehensive Healthy Choices program consists of the following programs:

1. Healthy Choices School Assembly Program
2. Cowboy Fitness Programs for Kids
3. Cowboy Day Camp and After-School Programs
4. Billy the Bull - Healthy Choices On-line Book Series
5. Summer Reading & Fitness Programs
6. Healthy Tips for Kids with 52-topics - in print and audio format
7. Recreation Guide for kids to *get outside-get active-get healthy*
8. FREE Healthy Choices Resources for Kids, Teachers and Parents



"Cowboy Ted" Hallisey started this IRS 501(c)(3) organization with a goal of personally touching the lives of one million children in a positive and healthy way. To date - he has visited with 200,000 kids across the country to share his Healthy Choices program.

### Cowboy Ted's Healthy Choices Program 8-Steps to Good Health

#### 1. Respect Parents

Respect has to be earned and a good place to start is with your parents and others.

#### 2. Lead a Healthy Lifestyle

Kids need good nutrition, proper portion sizes, lots of water and 60 minutes of exercise.

#### 3. Work Hard in School

Read 30 minutes a day, practice computer skills and as remember "As Many as it Takes"

#### 4. Be Nice to Others

Being nice to others makes you feel good about yourself. Bullying is always wrong.

#### 5. Be Kind to Animals

Spending time with animals and treating them with kindness can make you healthier.

#### 6. Set Goals for Yourself

A goal is anything you want to accomplish in life. Never give up. "As Many as it Takes"

#### 7. No Drugs, Tobacco or Alcohol

Be Smart Cowboys/Cowgirls - Just Walk Away from Drugs, Tobacco and Alcohol.

#### 8. Do One Nice Thing for Another Person Everyday

Helping others makes you feel good (positive mental health) and makes you healthier.

## **Cowboy Ted Hallisey Background Information**

Cowboy Ted Hallisey has been involved with the sport of rodeo for over 25 years as a radio and print journalist and rodeo announcer. He has covered the National Finals Rodeo and several Regional & National Rodeos.

He has spent most of his life as an educator and started the Cowboy Ted Foundation for Kids in 1999 with **the goal of touching the lives of one million kids in a positive way.** **He has visited with nearly 200,000 kids** to teach them about Healthy Choices.

CT has worked for 10 radio stations in California and Utah including RADIO DISNEY in Salt Lake City. His voice has been heard on radio stations all over the United States. He has written and published 10 books for kids and 4 coloring books.

Cowboy Ted has been a college instructor in California, Missouri and Utah. He holds a Master of Education degree.

CT has presented at several National Health Education conferences and is a member of the Chronic Disease and Tobacco Prevention advisory committee for the National Association of Local Board's of Health. He also served two terms on the Board of Directors for the Southwest Utah Public Health Department.



**“Cowboy” Ted Hallisey**

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# COWBOY TED'S FOUNDATION FOR KIDS



## MEDIA RELEASE

Contact: "Cowboy" Ted Hallisey – 435-899-1102  
For Immediate Release: January 2010

### **Cowboy Ted announces new on-line resources for kids**

Healthy Lifestyles advocate, "Cowboy" Ted Hallisey has announced a host of new healthy lifestyles program additions to his web site designed with healthy kids in mind.

The new FREE features for kids, including a host of tobacco-education activities for kids and are now online at [www.cowboyted.com](http://www.cowboyted.com)

Cowboy Ted has visited nearly 200,000 kids during school assemblies that showcase his healthy lifestyles programs for kids. The program consists of 8-steps for good health, which are symbolic of the 8-second ride in rodeo.

The new programs are available to kids and parents across the country. A series of 8-Healthy Choices books for kids that can be read on-line or as a downloadable book from the web site and can be printed at home or school by kids, parents and teachers.

The web site also features a Healthy Tip of the Day for Kids in print and audio versions that are designed to be used as radio announcements and daily school announcements over the PA system. There are currently 52-Healthy Tips available.

Topics for the Healthy Tips for Kids include; hand washing, tobacco awareness, nutrition, portion sizes, importance of drinking water, benefits of exercise, reading and literacy skills, dental care, techniques for developing healthy bones and teeth. Radio stations and newspapers are encouraged to make the tips part of weekly features for kids.

CT has developed a Cowboy Day Camp and Cowboy Fitness program for kids. Cowboy Day Camp is a half-day activity of four sessions; healthy choices, reading, fitness and community service. Cowboy Fitness Program Kit includes all equipment for kids to enjoy a 45-60 minute "cowboy-style" physical education experience.

"The Cowboy Fitness program is a comprehensive physical activity program that has 8-cowboy type activities. The program is designed with a balance of both fine and gross motor skill development activities for kids," reported Hallisey. The program is designed for basic school fitness and doesn't require a teacher with a background in PE.

Cowboy Ted holds a Master of Education degree in Health, Physical Education & Recreation from Utah State University. He has taught collegiate and youth level PE courses. He is a current member of the National Association of Local Boards of Health's Chronic Disease and Tobacco Prevention and a past board member of Southwest Utah Public Health Department.

For more information on Cowboy Ted's programs visit his web site at [www.cowboyted.com](http://www.cowboyted.com)