



What Rocky Balboa Can Teach Us About Living the Active Life

Presented to the Participants of the Second Annual

Active Healthy Kids Seminar

on

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by

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Celebrating his 30th anniversary in the fall of 2006, Sylvester Stallone's legendary character, Rocky Balboa has much to teach us about *Living the Active Life*. Gleaned from memorable scenes from the original 1976 academy award winning movie, anecdotes capturing the essence of Rocky Balboa's sage and strength will be presented along with contemporary fitness and health related data and a discussion of related trends and issues. Rocky intends to inspire and enlighten participants with his 7 guidelines for *Living the Active Life*. Questions and answers will conclude the session.

1. *You Want to Play, You Gotta Pay*
2. *You Should'a Planned Ahead*
3. *You Hang Around Nice People, You Get Nice Friends*
4. *Take Your Best Shot*
5. *It Ain't So Bad*
6. *Go the Distance*
7. *For the Rest of Your Life*