



New Hands-On Exhibit Opens At Museum Of Natural Curiosity, Sponsored By Intermountain LiVe Well

Exhibit encourages Utah children to live a healthy lifestyle

SALT LAKE CITY, UTAH, USA, May 6, 2015 /EINPresswire.com/ -- --- Intermountain Healthcare's [LiVe Well campaign](#) has opened a fun, hands-on exhibit at the Museum of Natural Curiosity at Thanksgiving Point in Lehi, Utah, to help children learn about the importance of eating healthy and staying physically active.

Intermountain's LiVe Well exhibit features a two-story healthy home situated prominently in the Museum. Some of the fun things that can be explored at the exhibit:

- Take your picture. Select a sign that represents a healthy behavior you'd like to commit to, and take your picture in the Commit to LiVe Well photo booth. Photos can be emailed or shared to social media.
- Check your heart rate. Follow three video displays demonstrating low, medium, and high activity and measure how your activity level increases or decreases your heart rate.
- Cycle-off your calories. Hop on a stationary calorie-counting bike that offers a selection of foods to choose from. Learn the calories of your food choice and pedal to see the time and intensity required to burn off the calories.
- Build a healthy plate. Use an electronic tablet to drag and drop foods onto a plate and learn about the calories, sugar, and fat content of your food choices. Create your own version of a healthy meal, or follow a healthy menu.
- Access Intermountain's LiVe Well resources. A video kiosk gives you a visual tour of some online resources. You can text key words, or scan QR codes to receive links to the info you're interested in.

In addition to the new exhibit, the innovative LiVe Well public service campaign also includes advertising, school assembly presentations, educational materials for health providers, and a family-friendly website with many engaging features such as interactive games, healthy recipes, and links to community resources. Click here for more information: intermountainlivewell.org

The Museum of Natural Curiosity at Thanksgiving Point features hundreds interactive experiences that teach science, arts, history, and culture through a unique interdisciplinary approach to family learning. Between 2,000-3,000 people visit the Museum each day.

Intermountain Healthcare is a not-for-profit health system based in Salt Lake City. Recognized for its excellent clinical care and low costs, Intermountain strives to help people live the healthiest lives possible. For more information, visit intermountainhealthcare.org

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