



PRESS RELEASE –

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OUR SEEDS TOMORROW TELEVISION SHOW

ATLANTA, Georgia – Jan. 12, 2014 Our Seeds Tomorrow TV launches its inaugural episode this Thursday January 23, at 6:00pm on AIB TV – initiating an innovative discussion about a society with healthy children.

We are all aware of the studies showing the health of our children. However, this show will go beyond the statistics with practical and tangible tools they can use to kick start healthy habits. The biggest advantage of the show is that it is child-centered with a novel perspective – what kids think is a healthy diet and exercise in their unedited words. How will this be achieved you ask?

Fifty percent of the show will allow children to ask their most pressing questions regarding diet and exercise, addressing concerns they feel go not only unheard but worse unanswered. Because of this format, restaurant owners have joined the ranks of the problem solvers in making sure the collective sentiment of all parties involved is driven by a get it done attitude. They have signed on to have a “healthy meal day” for families to come in and sample recipes that anyone can prepare on a tight budget.

Arguably this is a lifestyle change the show is really talking about – one that includes the entire family and not just the children. Because of this lifestyle change, we’ve integrated a holistic approach by folding in the necessary subject matter experts this important issue warrants. These experts have the gravitas and experience to cut to the heart of the issue so kindergartners to high school seniors can take charge of their health using skill sets and tools they can apply right away and throughout their lifetime.

Some examples of these practical options include – brain breaks, which are not only cognitive vitamins but physical bursts of energy packed exercise that any child can create wherever they are and whenever they want. No adults needed for supervision or boundary keepers. You’ll also see children from different cultures share what a healthy meal is for them by actually preparing it on air.

Our TV delivers a transformative approach to addressing healthier kids today and into the future.

For more information, please visit www.ourseedstomorrow.org

We look forward to seeing you then!