



**palaeoquest.com**  
Learning from the past  
Chief Instructor: Gary Bonn: 69 High St: Sanquhar: DG4 6DT: 01659 58185



## **A Stone-Age day of health and fitness**

**An energetic day focussing on diet, fluid intake, fitness levels, social well-being, inclusion and self esteem.**

Why do hunter-gatherers eat the healthiest diet, what **do** they eat?

Why are they so fit – without even trying, can we be like that?

How do hunter-gatherers fill all their spare time, what do they do for **fun**?

How do they handle being in such close groups all the time, how do they sort out conflict so well?

Why did Neanderthals care for a man all his life though he wasn't ever able to walk, use his hands or help with anything?

Why are some hunter-gatherers so much more relaxed, friendly, confident and happy than us?

**A day of activities drawn from anthropological and archaeological research designed to help people of all ages to see themselves and others in a unique way. By looking at uncomplicated ways of life the basic essentials of healthy living are more easily understood and applied.**

Suitable for all primary and secondary levels. Can be experienced indoors or out and at any time of year. Call 01659 58185 to book or receive further information.

**"The sense of responsibility instilled in participants is invaluable. The Palaeoquest experience encourages team work through essential, practical activities in a unique way. "**

**"I have rarely seen a group bond so quickly, young people use their initiative so readily and so enthusiastically adapt to the demands made of them. Transferable skills by the ton."**

Jim Peem: Teacher: Dumfries High School

**"The children decided that it was the best school trip ever."**

Mrs. P Slattery St Theresa's Primary

