



Creating Happy & Healthy Bodies

Corporate And Organization Fundraising Event
Organizer's Guide



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Disclaimer: **Clap4Health!**SM does not guarantee any specific results as a result of the procedures mentioned here and the results may vary from person to person. The topics in these pages including text, graphics, videos and other material contained in this program are for informational purposes only and not to be substituted for professional medical advice.



What is **Clap4Health!**SM?

Clap4Health!SM is an innovative solution that brings wellness and physical education back into your corporations/organizations and into peoples lives. The benefits of clapping are directly based on the Acupressure Theory, because “Our body has 340 known pressure points, 28 of which are in our hands.” This is why many children and adults love to clap—it makes you happy! We are actively implementing this program in organizations across the nation to teach the benefits of keeping fit, active, healthy and happy. Let’s have some **FUN GETTING HEALTHY!**

Created by *Shape Up US*, a 501c3 non-profit organization — **Clap4Health!**SM is an activity in which anyone can participate. We clap our hands to show happiness and appreciation. Clapping makes us feel good! But did you know, in conjunction with other types of movement like dance and sports, it can improve motor and spatial skills and enhance emotional, sociological, physiological and cognitive benefits?

4 goals

Clap4Health!SM is a corporate and organization based fundraising event that educates everyone on:

- The benefits of **keeping fit, active, healthy and happy**
- The wonderful healing benefits of Clapping

What is *Clap4Health!SM* Fundraising?

It is a campaign that allows corporations and organizations to fundraise for their institution/ company. Your group will gather pledges for each clap they make during ***Clap4Health!SM*** Events. For example, if someone pledges \$.50 cents for each clap, if your participant claps 200 times during the ***Clap4Health!SM*** Event, you will receive \$100 dollars as a donation from that person. Your organization will receive 20% earned from the ***Clap4Health!SM*** Event. You may donate to your charity of choice or use for your “Wellness Center” and the organization. You will also receive The ***Hip Hop Healthy Heart Program for Children™*** Curriculum (Appendix A) which can be donated to a school, Boys and Girls Club, YMCA, etc. of your choice (from the amount raised).

The Hip Hop Healthy Heart Program for Children™

COST OF MODULES PER TEACHER / PROGRAM

Two Programs: K - 3 and 4 - 6 Grades

8 Modules — K - 3 and 4 - 6 grades: \$400 per teacher / per program

8 Modules — K - 6 grades = \$800 per teacher

Because of this fundraising program, millions of people will learn the basics of: ***Clapping*** and the many benefits of being active, healthy and happy — a fun program that is simple to plan, exciting to have in your organization, and beneficial to generate funds and “wellness” everywhere. Your organization is the ideal setting to host such a program, to teach everyone to adopt healthy eating and physical activity behaviors (mind, body, and emotions). We have compiled a rich list of research, data, and resources in this guide to be used in educating your participants, staff, and community on the power of clapping. Incorporating this information into your organization, website, social media, and ***Clap4Health!SM*** event is the optimal way to educate your organization and make a difference in so many peoples lives.

Why We Created This Program

The benefits of clapping are based on the Acupressure Theory, “Our body has 340 known pressure points, 28 of which are in our hands.” These acupressure points are activated by “Clapping” our hands and this action improves Your Health. Clapping daily for 10-20 minutes keeps you fit and active.

Clapping stimulates blood circulation; this blood circulation removes all obstructions in the veins and arteries, including bad cholesterol.¹

Facts about Acupressure²

History—More than 5000 years back, the Chinese found that putting weight on specific areas of the body helped relieve the pain, and assisted with elements of the inner body. From that point forward, the Chinese have utilized pressure point massage as a method for wellbeing and it has spread throughout the world.

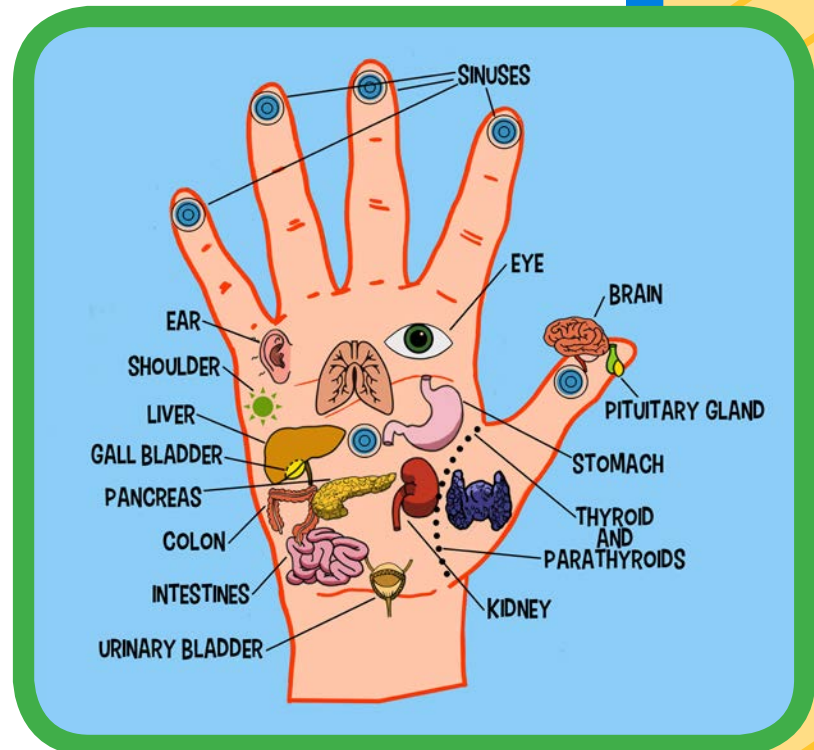
What is Acupressure?

According to Acupressure.com, “Acupressure is an ancient healing art using the fingers to gradually press key healing points, which stimulate the body’s natural self-curative abilities”. Acupressure is used to relieve a variety of stress induced symptoms that have been relieved through effectively applying pressure.

Acupressure has been known to relieve:

- Tension
- Reduce stress
- Improve blood circulation
- Decrease pain
- Enhance spirituality
- According to Acupressure.com

How Does it Work? - Acupressure points are regions on the body that are exceptionally responsive to our bioelectrical impulses. At the point when these points are impacted with pressure, endorphins are discharged. Endorphins are natural opiates released under stress. Research indicates that endorphin release increases during exercise (ex: clapping) which has been shown to produce a sense of greater well-being, relieve pain, and promote blood flow.³



Picture Created by Ryan Quackenbush

The following health benefits are associated with clapping: ¹

- 1** Clapping plays an important role in curing heart and lungs related problems like asthma.
- 2** Provides relief from back, neck, and joint pain.
- 3** You can also get relief from gout
- 4** Helpful for patients of low blood pressure
- 5** Clapping is an effective therapy for digestive disorders.
- 6** Clapping benefits adults. When adults engage in clapping they feel less tense and their mood improves. They also become more focused and alert.
- 7** Clapping sharpens the brain.
- 8** Clapping increases immunity and thus keeps diseases at bay.
- 9** Half an hour of daily clapping helps those suffering from the following:
 - Diabetes
 - Arthritis
 - Hypertension
 - Depression
 - Chronic Headaches
 - Common Cold
 - Insomnia
 - Eye problems and hair loss
- 10** People living in air-conditioned houses and working in offices who do not sweat at all should practice clapping therapy as it would help blood circulation in the body and cleanse it fully.

Benefits of Clapping Your Hands

It is found by scientists that clapping each day has improved cognitive abilities, social integration and were more hard working. It sharpens the brain, their hand writing is neater and better, and they have fewer spelling errors. What research shows: **Clap Your Hands for Brain Power..**

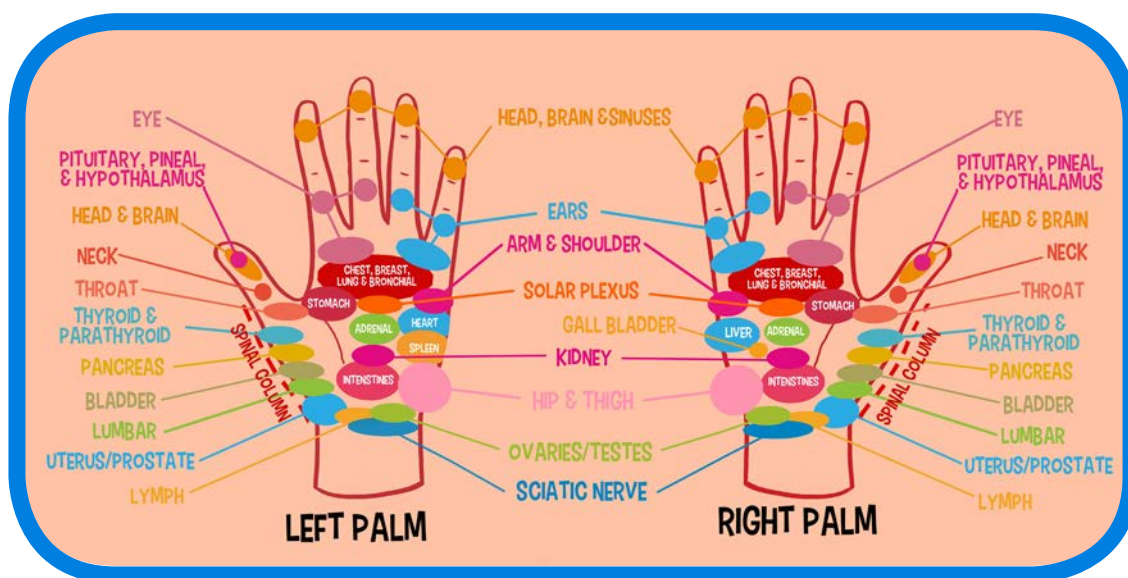
Clapping your hands can also have significant health benefits such as improving your immune system. Clapping stimulates the 28 acupuncture points in your hands and it also removes obstacles from the main and collateral channels.

A researcher in Israel conducted the first study of hand-clapping songs, revealing a direct link between those activities and the development of important skills in children of all ages.

“Clapping” a Simple Striking of Hands but it’s much more than you think. Normally people clap to appreciate others for their good works and achievements or when they are in mood of joy. People also clap while singing songs. It is scientifically proven that clapping is a very effective exercise to cure many human diseases. Clapping activates the receptors in the palms of the hands and causes activation of the large area of the brain which can lead to improvement in health.⁶

Clapping Hands Can Change Your LIFE!

Research indicates that the receptors in our hands are connected to sensory fields in the brain. “Clapping activates these hand receptors, which in turn activate a fair portion of the brain, which itself leads to the activation of various body systems and their associated healing response in ways that are experientially evident but that we still need to better understand.” (Laughter Online University) Check out the article, Clapping hands can change your life: Science, Testimonial, Video found in Appendix.⁷



Picture Created by Ryan Quackenbush

All these things show how Clapping Hands can be so Beneficial for Health. So Keep Clapping and Stay Healthy!

Health Benefits of Clapping Hands⁸

People may think this is funny when we say that “Clapping hands can make you healthy,” but the good thing is it is absolutely true! We clap our hands when we cheer or encourage someone. We also clap when we are happy and excited. Many people also clap while singing. Clapping hands is fun and it is why so many adults like clapping. Clapping 1,500 times per day can help to keep you fit!



Why is this program needed for adults?⁹

Obesity: More than one-third (35.7 percent) of adults are considered to be obese. More than 1 in 20 (6.3 percent) have extreme obesity. Almost 3 in 4 men (74 percent) are considered to be overweight or obese. The prevalence of obesity is similar for both men and women (about 36 percent).

Cardiovascular Disease: The leading global cause of death, accounting for 17.3 million deaths per year, a number that is expected to grow to more than 23.6 million by 2030. Nearly 787,000 people in the U.S. died from heart disease, stroke and other cardiovascular diseases in 2011. That's about one in every three deaths in America.

Diabetes: 29 million people in the United States (9.3 percent) have diabetes. 1.7 million people aged 20 years or older were newly diagnosed with diabetes in 2012. Non-Hispanic black, Hispanic and American Indian/Alaska Native adults are about twice as likely to have diagnosed diabetes as a non-Hispanic, white adult.

***The source for the health statistics is the association's 2015 Heart Disease and Stroke Statistics Update, which is compiled annually by the American Heart Association, The Centers for Disease Control and Prevention, The National Institutes of Health and other government sources.*



Staggering Statistics and Helpful Resources⁹

Adult Obesity

Nearly two-thirds of U.S. adults are overweight

Research shows that the condition of obesity increases with age. Around 28% of men and 27% of women aged 16-24 are obese in the world. But, about 76% of men and 68% of women between 55 and 64 of ages are obese.

<http://ezinearticles.com/?Obesity-Statistics&id=405478>

Obesity Medical Costs

The estimated annual health care costs of obesity-related illness are a staggering \$190.2 billion or nearly 21% of annual medical spending in the United States. Childhood obesity alone is responsible for \$14 billion in direct medical costs. (Economic Costs of Obesity/Healthy Communities for Healthy Future)

www.healthycommunitieshealthyfuture.org/learn-the-facts/economic-costs-of-obesity/

Adult Cardiovascular Disease:

- About 800,000 people die of heart disease in the US every year.
- That is 1 in every 4 deaths
- Heart disease is the leading cause of death for both men and women
- More than half of the deaths due to heart disease were in men cdc.gov

Cardiovascular Disease Medical Costs:

Annually, about one in every six U.S. healthcare dollars is spent on cardiovascular disease. By 2030, annual direct medical costs associated with cardiovascular diseases are projected to rise to more than \$818 billion, while lost productivity costs could exceed \$275 billion.

<https://www.cdcfoundation.org/pr/2015/heart-disease-and-stroke-cost-america-nearly-1-billion-day-medical-costs-lost-productivity>

Adult Diabetes:

- Diabetes is the 5th deadliest disease in the US
- Nearly 21 million children and adults in the U.S., or 7% of the population, have diabetes. Another 54 million Americans have pre-diabetes, a condition that puts them at serious risk for developing type 2 diabetes.

http://www.lsuagcenter.com/portals/communications/news/news_archive/2006/october/news_you_can_use/diabetes--fifth-deadliest-disease-in-us

Diabetes Medical Costs:

The total estimated cost of diagnosed diabetes in 2012 is \$245 billion, including \$176 billion in direct medical costs and \$69 billion in reduced productivity

The Cost of Diabetes: American Diabetes Association®

www.diabetes.org/advocacy/news-events/cost-of-diabetes.html

What is my role as the Organizer for *Clap4HealthSM* ?

- Share the vision of the program by being an active voice and by encouraging participation and getting your corporation/organization involved.
- Involve your organization, employees, and the community in this program.
- Explain how the employees will be rewarded for participating.
- Launch this fundraising program at your organization so that everyone will have fun while clapping and learning about healthy habits that last a lifetime!

Shape Up US is a 501c3 non-profit corporation is dedicated to preventing obesity and empowering children and families to lead healthier, happier lives. Shape Up US provides teachers, children, parents and communities at large with educational tools to create healthy, lifelong habits to improve their overall wellness. With a focus on cardiovascular health, physical exercise, nutrition, and mental and emotional well-being, we accomplish our mission of building healthy futures for our children through a three- pronged approach of: **AWARENESS! EDUCATION! ACTION!**



Our Mission

Building A Healthy Future For Children, Families and The Community.

Our Vision

All children gain the knowledge they need to become healthy, happy adults.

Our Goal

To build a “Circle Of Wellness” that integrates comprehensive health education into existing curriculum and flows from teacher, to student, to family, to community and back to the classroom. *Shape Up US* hopes to energize and encourage individuals and groups to inspire others to seek similar goals.

Planning Your Event Made Easy:

Experience what being healthy means and having fun!



Kickoff date:

Event date:

Step #1: The Basics

Your **Clap4Health!SM** Organization-wide fundraiser will bring together your entire organization: staff, employees, and the surrounding community.

Ask yourself:

Q. How can your fundraising efforts make the greatest positive difference in empowering the health and well-being of the “Whole Person” and the education of your organization?

Consider: The money raised through your **Clap4Health!SM** Fundraiser can make an impact on our families, schools and community by donating 20% of monies you raise to a non-profit of your choice or add something fun to your ‘Wellness Center’ as well as you will be providing the Hip Hop Healthy Heart Program for Children to a teacher or school of your choice.

Where do the dollars raised go?

20% of all funds raised will go directly to a charity of your choice. The remaining 80% will provide the Hip Hop Healthy Heart Program at a teacher or school of your choice for as many teachers as possible with the funds raised.

Q. What’s your organization’s story with regard to building healthy habits for everyone?

1. How have you promoted physical fitness, nutrition, and wellness in the past?
2. What worked? What did not work?
3. Is this the first time your organization is doing something of this nature?

Discuss these things with your support team (employees, administration, volunteers, community, group leaders, etc.). Determine how you want this program to impact the lives of everyone your organization touches, the lives of your staff and community. Create your story and share it.

Step #2: Set Dates

The primary goal is to have a **Clap4Health!SM** event that is fun to plan and takes place at a time that works for you and your organization. We encourage you to allow at least one month for planning, with your Kick Off event occurring 3–4 weeks before the actual event.

Take a look at your calendar and determine the best time for your organization. Select dates for each of the following:

- Event date
- Event Kickoff date
- Fundraising cut off and fund collection date
- Post-event recognition and celebration!

Use a **Save the date/mark your calendar** promo plan by sending out emails, text messages, blogging, newsletters, flyers, etc.

Step #3: Plan your *Clap4Health!*SM Event

You have selected your event date and the important dates surrounding it. Now it's time to spread the word, build your support team, and truly make this stand out for your organization—a wellness wide initiative.

Reach out to:

- Employees
- Affiliate Organizations
- All groups that you are involved with
- Kids Sports Teams

Building enthusiasm with key people and organizations will yield support and promote involvement. Create a circle of support and identify who will assist in the planning, kickoff event, promotion, and the event itself. It is a good idea to schedule some specific dates and times to meet as a group and work on your plan. Get these dates on a calendar and share with others. If you already have a “Wellness Committee” this is a perfect program to implement, if not it would be a wonderful time to create a “Wellness Committee” to execute *Clap4Health!*SM into your organization.

Step #4: Set Fundraising Goal

Depending on the size of your organization, the heart-healthy initiatives you wish to incorporate, and the collective ideas your planning team has discussed, set a fundraising goal that yields a result that has an impact on your organization. You can garner support by sharing your vision of what these fundraising dollars will be dedicated to and by promoting your participation incentive plans.

Remember:

20% of all funds raised will go directly to a non-profit of your choice to provide and enhance physical fitness, nutritional education, and foster healthy habits. The remaining 80% will provide the ***Hip Hop Healthy Heart Program For Children™*** at the school of your choice for as many teachers as possible with the funds raised.

Additional Ideas:

1. Outdoor adventure program opportunities/field trips/events focused on physical fitness, nutrition and well-being
2. Wellness workshops and material
3. Farmer's Market—event with nutritional workshops
4. Create/expand upon wellness education digital resources (website, eBooks/material, newsletters, social media)
5. *ShapeUp* for Parents
6. *ShapeUp* for Community
7. Fitness classes
8. Line dancing with “Clapping”

Encourage everyone to set a personal fundraising goal and motivate them using the incentives you decide upon.

Ideas include:**Top fundraiser incentive**

- “Rock Star” for-the-Day
- Healthiest Organization
- Vacation pass for a day
- *Shape Up US* Health and Wellness Expo for your organization

Top Fundraiser Incentives:

- Organization-wide goal incentive
- Tickets for two to an aquarium, butterfly house, zoo, botanical garden, etc.
- Fun Healthy Lunch Provided
- Health Day Vacation
- Massage, Facial, Manicure or Pedicure
- Free Day
- Extra time just for you!

Collecting Donations:

You have several ways to collect your event donations leading up to, during, and following your event:

1. Send participants home with an overview of your **Clap4Health!™** Event, fundraising goals, and a pledge form with due date.
2. Go to www.Clap4Health.com website to set up your organization or corporation.



Here are some ways to spread the word about the **Clap4Health!SM** Fundraising Event:

1. Post flyers around your community (always ask first!), Wellness Center, and at places you frequent (clubs, organizations, social groups, gyms, recreation centers, etc.).
2. Ask your employees to hang flyers/email info to their contacts.
3. Hand out flyers to friends, relatives, neighbors that you know and post on your social media.
4. Send emails to friends and family.
5. Think “outside the box” and **be creative**

Your organization can post a customized *Clap4Health!SM* webpage to promote the event, collect donations, and provide event details. Add www.Clap4Health.com to your website.

#5: Kickoff Event

Building lots of excitement at your organization’s upcoming event will take creative ways to communicate what the event is, why you have decided to do it, and provide details leading up to the event day. Creating signs, posters and fun announcements are perfect ways to gather interest and even involve the entire organization in the process.

Key Tasks for a Strong Kickoff:

1. Introduce the **Clap4Health!SM** Event to everyone in your organization.
2. Have your organization create and hang signs/posters around the organization for Kickoff day.
3. Send info home with everyone on Kickoff day: Explain the purpose of the event and share why physical fitness is so important to healthy lives. Post info on your web site/social media too!
4. Clearly explain how everyone will gather donations and set individual fundraising goals. Give a deadline for all donations and specific instructions on where to donate.

Bringing everyone together
to build a lifetime of healthy habits!



Step #6: Promotion

Everyone is a key part of promoting your **Clap4Health!™** Program on your organization's campus and throughout the community. Employees all play a key role in the success of your program. Your website and social media sites offer timely and broad distribution of promotion.

Employees:

- Organization calendars, internal announcements, lounge/break room areas should all have information listed for the **Clap4Health!™** Event
- Create a spirit day for staff and employees to wear a particular color in promotion of the event
- Ask for volunteers to work at the event; promote the event on their Facebook page; and possibly send out email blasts.
- At your organization, hold a kickoff celebration and make announcements throughout the week
- Ask everyone to spend a few minutes throughout the day discussing the event, the purpose and details—if you're having a "Wellness Center," get them involved.
- Discuss incentives for participation and levels of fundraising
- Set up a bulletin board or wall to promote the event and have staff, wellness leaders and employees participate in creating it

There are a number of videos on our website to serve as examples of how **Clap4Health!™** comes to life with people, music, and fun! Check it out at: www.Clap4Health.com

Check out and use these resources provided in the appendix in your promotion of heart healthy educational programs.



Step #7: Event Day

The day you have been planning for is here! You have worked hard in promoting the event for the past 3-4 weeks, involved your employees and the community. **The most important things to remember on event day are:**

1. The purpose of the event is to get everyone moving!!
2. Music is an essential part of the day... select according to employee dynamics.
3. Everyone involved should have a blast!
4. Consider incorporating heart healthy games, challenges, test-your-knowledge, videos, and keep your students grooving with upbeat music to clap to!
5. Collect donations at the event as well as on your donation due date, as there will be people who want to contribute the day of the event.

Step #8: Wrap Up

Your event was one everyone will remember for a long time and proved to be a huge success! Now it's time to count your donations, celebrate and share your success, and facilitate the distribution of incentives publicized.

1. Publish and announce the total donation amount raised.
2. Post pictures, videos, testimonials, etc. on your website, newsletter, internal and external email/intranet, social media, **Clap4Health!SM** wall (dedicated and decorated prior to the event), in break rooms, and around the organization.
3. Set up a time for participants to create hand-written cards or notes to those who donated.
4. Follow through on all incentives promoted and capture with pictures, videos, articles, etc.

We encourage you to keep notes on how your event went throughout every step of the plan.

How can *Shape Up US* help you create next years **Clap4Health!SM Fundraiser** and be an even greater success?

*Thank you for making a positive impact on the lives
of your employees, families, and community!!*

Contact Information:

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Websites: www.Clap4Health.com
www.ShapeUpUS.org



Shape Up US is a 501c3 nonprofit organization:
Tax ID: 26-0051941

Appendix A

WE ARE SHAPING THE FUTURE OF LEARNING

Studies Show: Healthy Students Get Better Grades, Attend School More Often and Behave Better In Class. The Missing Link and Easy Solution—A Healthy Literacy Curriculum for the “Whole Child”.

What is The Hip Hop Healthy Heart Program for Children™?

A K-6th grade comprehensive healthy literacy education curriculum (mind, body and emotion) that has been created to “Build A Culture of Health” through our educational system. This program provides an innovative approach to solve many of the greatest problems that face today’s youth, all of which affect academic performance. It provides our children with the tools to flourish and be resilient! To guide them to blossom into their full potential (mentally, physically and emotionally).

The Hip Hop Healthy Heart Program for Children™ has an emphasis on heart health that uses a unique mix of art, music, and positive thinking to motivate children to build a foundation of wellness. Using a multi-disciplinary approach, the program is an innovative solution for bringing wellness and physical education back into schools and into children’s households.

We are teaching through Personalized Learning by grouping our program K-3 and 4th-6th. This allows each child to learn at their “Own Pace” and in their own “Best” way. It flows from teacher, to student, to family, to community.

What does it provide? An on-line curriculum and resources that “Transforms Our Children” through a Train-The-Trainer model that will “Positively” affect ALL who engage in this program. It is the Solution To Lifestyle and Behavioral Changes!

Why is this program unique? Instead of focusing solely on exercise and nutrition, an approach that has been tried repeatedly, the eight modules integrate a full-spectrum of self-discovery and self-esteem techniques in addition to health and wellness information. The techniques include stress reduction, creativity building, positive group dynamics, critical thinking, character development and community involvement. The Hip Hop Healthy Heart Program for Children™ encompasses the “Whole Child”.

This program can be implemented five different ways: Classroom Teacher, PE and Wellness Coaches, After-School Programs, Camps and Train 8 Teachers - Teach the Parents

Professional Development (PD) Hours for Educators: Teachers can earn up to 200 hours of PD (25 Hours per Module) through Rio Salado College at \$3 a credit - which satisfies state and national curriculum standards

Take A Look- Click on any of the three links below for Sample Modules

<http://shapeupus.org/hip-hop-healthy-heart-program-for-children/take-a-look/>

Nutrition Module Sample * Money Module Sample * Healthy Planet Module Sample

The eight web-based modules, which are delivered on demand to teachers, are:

Each Module has 4-7 Units - Each Unit has 2-3 Lessons

Each Lesson has 2 to 3 Activities - 1 Core Lesson and 2 Enrichment Lessons

- **Module 1:** Meet Doctor Beat ... Your Fascinating Heart
- **Module 2:** Take Down the Pressure ... Mind/Body/Emotion Techniques
- **Module 3:** SUPERFOODS! ... Nutrition for Great Health
 - USDA MyPlate and
 - PLANT POWER! - Plant-Based Nutrition for Healthy Kids
- **Module 4:** Improve Your Groove ... The Many Benefits of Exercise
 - **CLAP4HEALTH!**SM & Kids Yoga
- **Module 5:** Grin It, Win It ... Dental Health Means Heart Health
- **Module 6:** Think Hip 'n Happy ... Positive Thinking for a Healthy Heart and "The Power of Your Word"
- **Module 7:** Money Matters ... First Steps to Financial Freedom
- **Module 8:** Join the Green Team ... Teamwork for a Healthy Planet

Partners and Resources: The Hip Hop Healthy Heart Program for Children™

- Partnered with BRAGG Live Foods and BRAGG Health Kids Foundation
- On the website for *Alliance For A Healthier Generation* under Resources
- Curriculum approved by: *Action For Healthy Kids* under Resource Clearinghouse
- <http://www.actionforhealthykids.org/tools-for-schools/resource-clearing-house/search/summary>
- Curriculum approved by: Healthy Schools Program
- Aligned with Common Core Standards: communication, collaboration, critical thinking, problem solving

KPNX-TV Channel 12 features The Hip Hop Healthy Heart Program!

Enjoy the in-service video with 20 P.E. Teachers from Roosevelt School District; you will love the fabulous testimonials! (at the very end). Please click on the link:

KPNX-TV—www.ShapeUpUS.org 8 Segments

A message from the Executive Director:

My name is Jyl Steinback and I am the Executive Director of Shape Up US and 2011 Community Leadership Award winner for the President's Council on Fitness, Sports & Nutrition and Creator of The Hip Hop Healthy Heart Program for Children™ and **Clap4Health!™**. I am author of 15+ healthy lifestyle cookbooks selling over 2 million copies spreading the 'healthy' word. I have three amazing children and I am passionate about "Building A Healthier Future for Our Children" (mind, body and emotion- healing them from the inside-out). I love to hike in the mountains to ground myself and be around the beauty of the desert with my family, friends and beautiful white Siberian wolf—"Bear". <http://shapeupus.org/board-members/>

Numbered Appendices

1. The Benefits of Clapping Hands
<http://www.thehealthsite.com/diseases-conditions/health-benefits-of-clapping-bs0816/>
2. www.acupressure.com
3. Acupressure: What you need to know <http://www.stepin2mygreenworld.com/healthyliving/health/acupressure-what-you-need-to-know/>
4. Hand-Clapping Songs Improve Child's Cognitive Skills
<http://www.livescience.com/6423-hand-clapping-songs-improve-child-cognitive-skills.html>
5. Clapping has many Wonderful Benefits when doing Laughter Yoga <http://www.laughyourself-healthy.com/clapping-has-many-wonderful-benefits-when-doing-laughter-yoga/>
6. 7 Brilliant Benefits of Clapping <http://binscorner.com/pages/7/7-brilliant-benefits-of-clapping.html>
7. Clapping hands can change your life (diagram and video)
<http://www.laughteronlineuniversity.com/clapping-hands/>
8. Health Benefits of Clapping Hands
<http://rishihospital.blogspot.com/2014/02/health-benefits-of-clapping-hands.html>
9. Centers for Disease Control and Prevention (CDC)
<https://www.cdc.gov/healthyschools/obesity/facts.htm>
10. You will be surprised by the benefits of Clapping hands
<http://www.theayurveda.org/health-tips/you-will-be-surprised-by-the-benefits-of-clapping-hands/>
11. Clap your way to better health
<https://freshinspirations.wordpress.com/2010/11/21/clap-your-way-to-better-health/>
12. Acupressure Points in Hand <http://www.newhealthadvisor.com/Acupressure-points-in-hand>
13. Action for Healthy Kids www.actionforhealthykids.org

Additional Resources

1. <http://www.mindfulliving.in/7-amazing-benefits-of-clapping/>
2. <https://helix.northwestern.edu/blog/2010/05/clap-drills-are-good-you>
3. <https://www.ncbi.nlm.nih.gov/pubmed/21447906>
4. <https://drnatureyoga.com/2014/09/04/simple-but-most-effective-treatment/>
5. <http://www.theayurveda.org/health-tips/you-will-be-surprised-by-the-benefits-of-clapping-hands/>
6. <https://www.facebook.com/acupressureandacupunctureclinic/posts/435089009996519>
7. <https://youtu.be/2L88qEGanic>
8. <https://youtu.be/ONOWLxhDM7U>
9. <http://www.healthwisdom.org/clappinghands.htm>
10. <http://inzzor.in/2017/02/13/100/>
11. <http://medianp.net/clap-your-hands/>