



Fitness Is Just A Clap Away

Did you know that the simple act of clapping can help you lead a happier, healthier, more fit life? It's true. (Diseases, Conditions: Health Benefits Of Clapping, n.d.)

Just by clapping you can improve your mood, lower your blood pressure, improve immune function, relieve pain, stimulate blood circulation, and positively affect a host of other physical and mental ailments.

That's why we've developed **Clap4Health!SM**, a national fitness campaign designed to improve fitness in both children and adults, as well as help fight obesity.



Why does clapping work?

Your body is covered with acupressure points, 28 of them on the palm of your hand alone. Clapping stimulates this rich source of acupressure points, which have direct connections to bodily organs. These points are associated with health benefits ranging from relief from asthma, gout, hypertension, diabetes, headaches and insomnia. (Clapping Hands, n.d.)

Also, clapping is believed to stimulate the production of endorphins that help boost your mood, giving you a happier and healthier outlook on life.

That's why clapping is contagious and fun. It gets your body moving, too. So, we believe it's a great way to fight the physical and mental impact of obesity.



Not only does our innovative program keep you fit, active, healthy and happy throughout your life, it can be used nationally as a fundraiser.

We've done the work for you by compiling a solid list of research, data, and resources for use in educating your students, employees, staff, parents, and community on the power of clapping. Incorporate this information into your website and social media. It will get your community talking about you.

Then, your organization can use our **Clap4Health!SM** program to host an event designed to get your community moving and to raise much needed funding. Gather pledges for each clap a participant makes during the event.

Your local fundraising efforts help provide teachers across the country with [The Hip Hop Healthy Heart Program for ChildrenTM](#), a K-6 grade healthy literacy curriculum. And your organization keeps 20% of the proceeds from your event to be used toward any non-profit of your choice, your school, organization or possibly new equipment in your wellness center.

For more information on **Clap4Health!SM**, contact us at Shape Up UsTM - a 501c3 non-profit organization. Jyl Steinback, 602-996-6300, Jyl@ShapeUpUs.org