

ShapeUpUS.Org

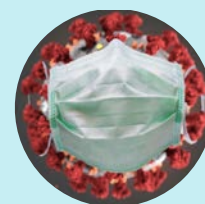
Building A Healthier Future



Clap4Health.com

Promote Physical Activity & Happiness Through Clapping

COVID-19 Response



Public events postponed until conditions improve.

In Home Activities:

Clap4Health™ with your family for lots of fun and laughter



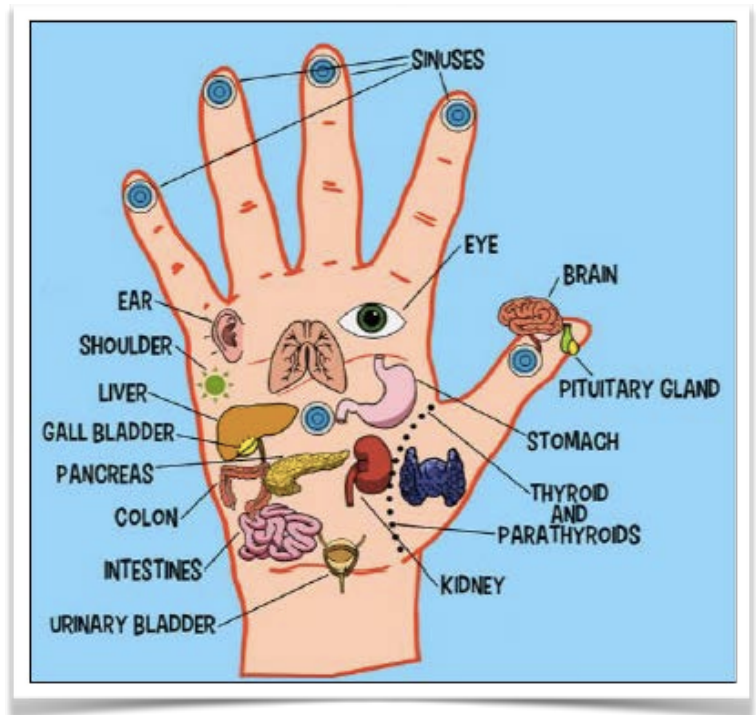
Can Clapping Improve your Health?

Clapping to help motivate wellness and promote physical activity

Finding fun and interactive forms of physical activity to promote health that is enjoyable for children is fairly simple, but could it be as simple as getting them to clap their hands? It is true that physical activity can come in all different types of activities and clapping can provide, motivate and inspire our future generation to continue to live a healthy well balance lifestyle. The fields of reflexology and acupressure help us understand how the simple act of clapping can have a major impact on our well-being.

Reflexology (1) is used as a supporting therapy that can promote relaxation and decrease stress through a series of message style touches on different points of the body. The pressure twenty-eight sensitive points that are located in our hands are said to have a connection to different parts of the body and through proper simulation of these points can help ease pain, promote relaxation, diminish stress and get the body moving. While participating in an extended clapping activity set to music, participates may notice elevated heart rate, fatigue of upper arm muscles, and the need incorporate more body movements.

Further, understanding why there are some benefit to clapping our hands could be explained by outlining the physiology. Our hands contain several nerve ending and blood vessels that can be triggered through the action of clapping. By increasing blood flow through this movement may improve blood pressure and heart health. A [mini review](#) (2) continues to suggest that clapping can improve asthma, brain function, reduce pain and may improve gout symptoms. However, could improving your well-being and health be as simple as clapping our hands?



A 2016 [study](#) (3) explains that humans have a natural sense to move to music and most often keep the beat. Movements can be as simple as toe or finger tapping, knee bouncing or even clapping, by participating in these types of movements stimulate vestibular responsiveness. Which, in turn continues to promote the continuation of movement practice. While a [2018 study](#) (4) suggest that incorporating clapping when teaching literacy skills among younger children is beneficial for “temporal cues of speech sounds so as to facilitate the automatization of the grapheme-phoneme correspondence in reading”(Bonacina, 2018). The mini review “*Clapping Has Incredible Benefits*” also suggest that clapping can have favorable outcome in cognitive learning for young children. Even though we are more interested in the benefits clapping can have on our well being, this aspect of incorporating clapping among learning is just as beneficial for our children’s future academic success.

While studies on the benefits of clapping are relatively new and need to be further explored, finding new and improved ways to increase, inspire and encourage physical movement can always be beneficial to our well-being. So the next time you feel the need to move your body to your favorite song incorporate clapping into your groove, this can help increase blood flow and muscle engagement throughout this type of physical activity.



Join us Today!
Clap4Health.com

REFERENCES:

1. What is Reflexology. Association of Reflexologists 2019. <https://www.aor.org.uk/what-is-reflexology/>
2. Sukanya Biswas. Clapping has Incredible Benefits. Psychol Behav Sci Int J. 2017; 5(4): 555669. DOI: [10.19080/PBSIJ.2017.05.555670](https://doi.org/10.19080/PBSIJ.2017.05.555670)
3. Tranchant, P, Vuvan, D., & Peretz, I. (2016). Keeping the Beat: A Large Sample Study of Bouncing and Clapping to Music. Plos One, 11(7), e0160178-. <https://doi.org/10.1371/journal.pone.0160178>
4. Bonacina, S., Krizman, J., White-Schwoch, T., & Kraus, N. (2018). Clapping in time parallels literacy and calls upon overlapping neural mechanisms in early readers. Annals of the New York Academy of Sciences, 1423(1), 338-348. <https://doi.org/10.1111/nyas.13704>
5. Karatas, N., & Dalgic, A. (2020). Effects of reflexology on child health: A systematic review. Complementary Therapies in Medicine, 50, 102364-. <https://doi.org/10.1016/j.ctim.2020.102364>

IMAGE REFERENCES:

- Clapping children. Screenshot. PNG. Retrieved from <http://rhymethatrhyme.com/benefits-of-mother-oose-nursery-rhymes-for-your-kid/>
- Clap4Health logo. Screenshot. PNG. Retrieved from <https://clap4health.com>
- Covid-19 germ with mask. Screenshot. PNG. Retrieved from <https://www.ceaweld.com/en/covid-19-emergency/>
- Reflexology Hand chart screenshot. PNG. Sree, R. (2019)Clapping hangs: Boon for your health.International Journal Of Yoga, Physiotherapy and Physical Education, 4(6). 16-18