



Creating Happy & Healthy Bodies

School/Campus Fundraising Event
Campus Organizer's Guide



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Disclaimer: **Clap4Health!**SM does not guarantee any specific results because 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 the schools and into children's households. 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 schools 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 501 (c) (3) non-profit organization — **Clap4Health!**SM is an activity that anyone can participate in. We clap our hands to show happiness and appreciation. Clapping makes us feel good! However, did you know that, in conjunction with other types of movement, such as dance and sports, it can improve motor and spatial skills and enhance emotional, social, physiological, and cognitive benefits?

4
goals

Clap4Health!SM is a school/campus-based fundraising event that teaches kids:

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

What is *Clap4Health!SM* Fundraising?

It is a campaign that enables children to raise funds for their school/campus. Children gather pledges for each clap they make during **Clap4Health!SM** Events. For example, if their friend pledges \$.50 for each clap, and if your child claps 200 times during a **Clap4Health!SM** Event, they will receive a \$100 donation from a friend. Your school/campus received 50% cash of the earnings from **Clap4Health!SM** Events and the remaining 50% will be donated to *The Hip-Hop Healthy Heart Program for Children™* Curriculum.(Appendix A), which can be implemented in Classrooms, P.E./Wellness activities, After-School Programs, and/or Camps. The curriculum is provided free of charge (from the amount raised by the school).

The **Clap4Health!SM** fundraising program will teach millions of students the benefits of Clapping and the many benefits of being active, healthy, and happy—a fun program that is simple to plan, exciting to have on campus, and able to generate funds for a program that encourages physical and nutritional education at your school.

Elementary schools, Middle schools, and High Schools are the ideal setting to host a program that teaches children how to adopt healthy eating and physical activity behaviors. Our instructional guide is a rich list of research, data, and resources to be used in educating your students, staff, parents, and community on the power of clapping. This incredibly simple but powerful program is easy to incorporate into your lesson plans, website, and social media. The **Clap4Health!SM** event is the optimal way to educate your campus body and make a difference in the lives of your students, parents, and teachers.

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 our health. Clapping daily for 10-20 minutes keeps you fit and active.

Clapping stimulates blood circulation, which helps remove obstructions in the veins and arteries, including bad cholesterol.¹

Facts about Acupressure²

History—More than 5,000 years ago, the Chinese discovered that applying pressure to specific areas of the body helped relieve pain and supported various internal functions. 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?

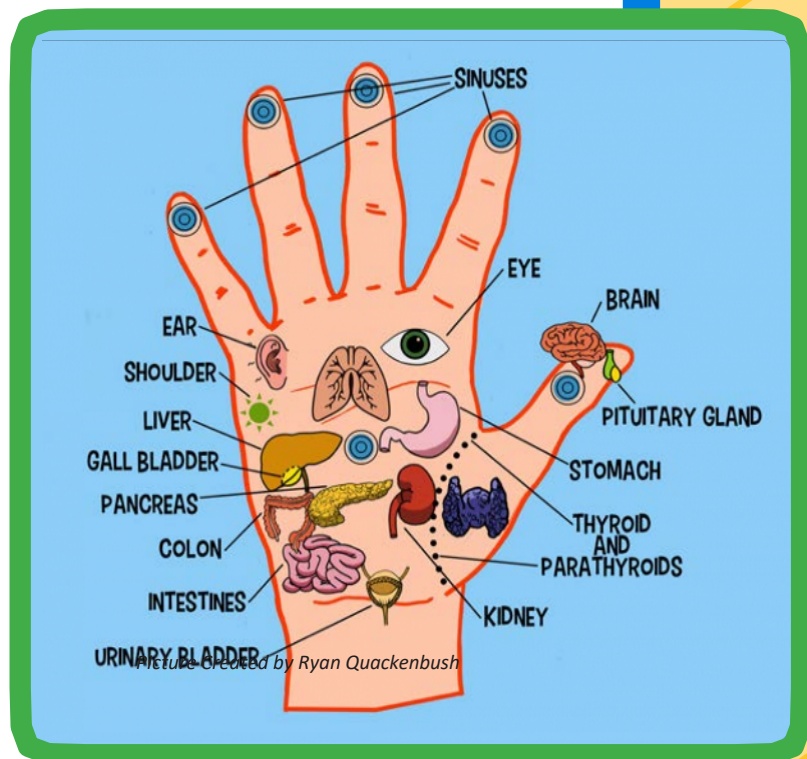
According to Acupressure.com, “Acupressure is an ancient healing art using the fingers to gradually press key healing points, which stimulate the body’s natural self-curative abilities”. Acupressure is used to relieve a variety of stress-induced symptoms through the application of effective pressure.

Acupressure has been known to alleviate:

- 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. When these points are impacted with pressure, endorphins are released. 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



The following health benefits are associated with clapping: ¹

- 1 Clapping plays an essential role in alleviating heart and lung-related problems, such as asthma.
- 2 Provides relief from back, neck, and joint pain.
- 3 You can also get relief from gout.
- 4 Helpful for patients with low blood pressure
- 5 Clapping is an effective therapy for digestive disorders.
- 6 Clapping aids in the enhancement of children's skills and improves their academic performance. Children who clap regularly are also likely to make fewer spelling mistakes than their peers.
- 7 Clapping sharpens the brain of children.
- 8 Clapping increases immunity, thereby keeping 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

Scientists have found that small children who clap each day exhibit improved cognitive abilities, social integration, and increased diligence. It sharpens the brains of children, their handwriting is neater and better, and they have fewer spelling errors. What research shows: Clap Your Hands for Brain Power.

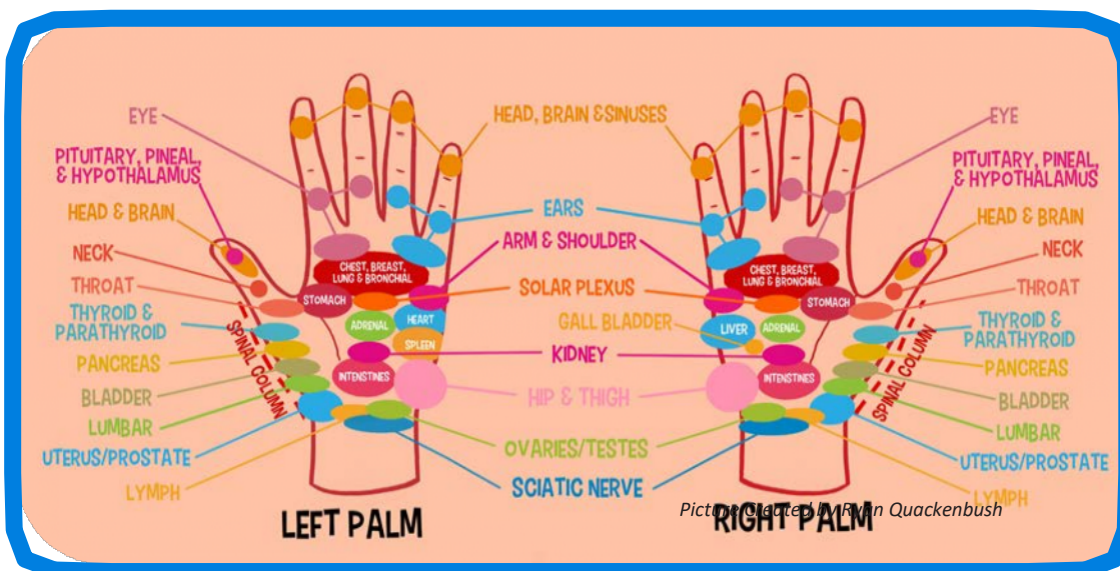
Clapping your hands can also have significant health benefits, such as improving your immune system. Clapping stimulates the 28 acupuncture points in your hands, and it also removes obstacles from the primary and collateral channels.

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

“Clapping” is a Simple Striking of Hands, but it’s much more than you think. Usually, people clap to appreciate others for their good works and achievements, or when they are in a joyful mood. People also clap while singing songs. It is scientifically proven that clapping is an effective exercise for curing many human diseases. Clapping activates the receptors in the palms of the hands and causes activation of a 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 understand better.” (Laughter Online University) Check out the article, “Clapping Hands Can Change Your Life: Science, Testimonials, Video,” found in the Appendix.⁷



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

Health Benefits of Clapping Hands ⁸

People may think it's funny or weird when we say that "Clapping hands can make you healthy," but 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's why so many children like clapping. Clapping 1,500 times per day can help to keep you fit!

We Appreciate YOU!

By joining us in this nationwide, unique, physical education program, your school and your teachers are encouraging healthy behaviors in a fun and exciting way in the early lives of children.



Why is this Program needed for Children?

The percentage of children with obesity in the United States has more than tripled since the 1970s.¹ Today, about one in five school-aged children (ages 6–19) is obese.⁹

Childhood Obesity and Child Well-Being Being⁹

Childhood obesity has immediate and long-term impacts on physical, social, and emotional health. For example:

- Obese children are at higher risk for having other chronic health conditions and diseases that impact physical health, such as asthma, sleep apnea, bone and joint problems, type 2 diabetes, and risk factors for heart disease.
- Obese children are bullied and teased more than their peers of typical weight, and are more likely to suffer from social isolation, depression, and lower self-esteem.
- In the long term, childhood obesity is also associated with being an obese adult, which is linked to severe conditions and diseases such as heart disease, type 2 diabetes, metabolic syndrome, and several types of cancer.⁹
- Additional health problems that are associated with childhood obesity include certain types of cancers, sleep apnea, fatty liver disease, and mental health problems such as anxiety and depression. There are also academic consequences of

Childhood obesity: evidence shows that children who eat poorly and are inactive tend to have weaker academic performance and lower scores on standardized achievement tests (Action for Healthy Kids).¹³



The Center for Disease Control (CDC), Institute of Medicine reports that school-based health education programs that encourage healthy behaviors are the most effective method of combating cardiovascular illnesses and can reduce the prevalence of obesity by 50% among elementary school children.

Staggering Statistics and Helpful Resources

Childhood Obesity

- Today one in three American kids and teens are overweight or obese
- 76% of men and 68% of women between ages 55 and 64 are obese
- Childhood Obesity could reduce life expectancy by 5 years

<http://ahealthieramerica.org/resources/facts/>

Obesity Medical Costs

The healthcare costs related to childhood obesity reached \$14 billion every year

<https://www.unitypoint.org/blankchildrens/article.aspx?id=a08c96a2-c311-40d3-8eee-93d15f92b7ef>

Cardiovascular Disease:

- Approximately 60% of obese children aged 5-10 years had at least one cardiovascular disease risk factor
- 25% had two or more risk factors+

https://www.cdc.gov/chronicdisease/pdf/2009-power-of_prevention.pdf

Cardiovascular Disease Medical Costs:

Direct and Indirect Costs: \$304.6 billion

<http://www.cdc.gov/NCCDPHP/publications/AAG/dhdsp.htm>

Childhood Diabetes:

- Almost half of all children's Type 2 diabetes diagnoses are related to obesity
- An estimated 215,000 people nationwide under age 20 have diabetes; about 1 in every 400 children and adolescents have Type 1 diabetes, according to the CDC.

<http://archive.jsonline.com/features/health/120933004.html>

Diabetes Medical Costs for Young People:

- The annual cost of medical care for young people with diabetes is six times higher than medical care for children and teens without the disease, according to a new U.S. Centers for Disease Control and Prevention study.
- The average annual medical expense for youths with diabetes is \$9,061, compared with \$1,468 for youths without the disease
- The childhood cost of diabetes is high, but the reality is that cost is dwarfed by complications down the road," Weiss said, noting a typical heart bypass costs about \$60,000, and a year of dialysis, \$90,000.

https://www.cdc.gov/media/releases/2011/p0427_youthdiabetes.html



What are the Goals of the **Clap4Health!**SM Fundraiser?

- Build upon students' understanding of how to take care of their bodies through awareness and wellness education programs.
- Promote the value of living healthy lives while grooving and having a blast!
- Reinforce the essentials of happiness throughout life.
- Raise funds to support your efforts to promote healthy living and the prevention of obesity, cardiovascular disease, and diabetes.
- Raise funds to "Build A Healthier Future" for our children and our world.
- 50% of all funds raised will go directly to the school/campus to provide and enhance physical fitness, nutritional education, and foster healthy habits on campus and at home. The remaining 50% will support the *Hip-Hop Healthy Heart Program for Children* at your school/campus for as many teachers as possible, with the funds raised.

What is my role as the Campus Organizer for **Clap4Health!**SM?

- Share the program's vision by being an active voice on campus, encouraging participation, and engaging the school community.
- Involve teachers, parents, student organizations, and the community in this program.
- Explain how students will be rewarded for participating.
- Launch this fundraising program on your campus, allowing students to have fun while clapping and learning about healthy habits that last a lifetime!

Shape Up US is a 501 (c) (3) non-profit corporation dedicated to preventing obesity and empowering children and families to lead healthier, happier lives. Shape Up US offers teachers, children, parents, and the broader community educational tools to promote healthy, lifelong habits that enhance 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 Our Children.

Our Vision

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

Our Goal

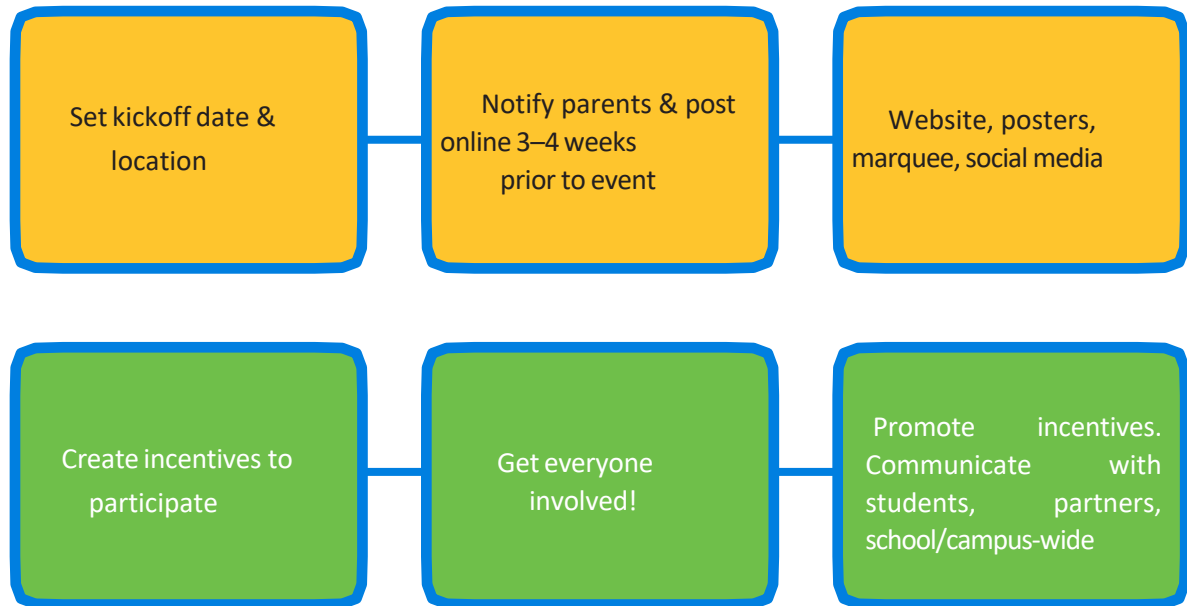
To build a “Circle Of Wellness” that integrates comprehensive health education into existing curriculum and flows from teacher, to student, to family, to community and back to the classroom.

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 School/campus-wide fundraiser will bring together your entire school: students, teachers, staff, parents, and the surrounding community; everyone is encouraged to empower your students to become happier, healthier, and more resilient adults.

Ask yourself:

Q. How can your fundraising efforts make the most significant positive difference in empowering the health and well-being of the “Whole Child” and the education of your students?

Consider: The money raised through your **Clap4Health!**SM Fundraiser can make an impact on your entire student population by building your educational tools, healthy curriculum/ resources, and creating a “Circle Of Wellness” that lasts a Lifetime.

Where do the dollars raised go?

50% of all funds raised will be allocated directly to the school/campus to support and enhance physical fitness, nutritional education, and promote healthy habits on and off campus. The remaining 50% will provide the Hip Hop-Healthy Heart Program at your school/campus for as many teachers as possible with the funds raised.

Q. What’s your story about building healthy habits for students?

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

Discuss these things with your support team (teachers, administration, parents, volunteers, student group leaders, etc.). Determine how you want this program to impact the lives of your students, the lives of your faculty/staff, and the lives of your parents. 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 school/campus. We encourage you to allow at least one month for planning, with your Kick-Off event occurring 3–4 weeks before the actual event.

Review the school/campus calendar to determine the best time. 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 and text messages, creating stickers that each student places on their shirt a month before the event, sending home reminder cards, etc.

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

You have selected your event date and the critical dates surrounding it. Now it’s time to spread the word, build your support team, and truly make this a campus-wide initiative.

Reach out to:

- Teachers (all teachers)
- Support Staff
- Administration
- Parents
- Parent Groups
- Student Groups (Honor Society, DECA, Culinary Groups, Cheerleaders etc.)
- Librarian
- Athletes



Building enthusiasm with key people and organizations will yield support and promote involvement. Create a circle of support and identify who will assist with planning, the 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. Add these dates to your calendar and share with others. If you already have a “Wellness Committee,” this is a perfect program to implement; if not, it would be an excellent time to create a “Wellness Committee” to execute *Clap4Health!SM* into your school/campus.

Step #4: Set Fundraising Goal

Depending on the size of your campus, the heart-healthy school initiatives you wish to incorporate, and the collective ideas your planning team has discussed, set your fundraising goal to achieve the desired result that will have the most impact for your students. You can garner support by sharing your vision for how these fundraising dollars will be dedicated and by promoting your participation incentive plans.

Remember:

Fifty % of all funds raised will be allocated directly to the school/campus to support and enhance physical fitness, nutritional education, and promote healthy habits on and off campus. The remaining 80% will provide the *Hip-Hop Healthy Heart Program For Children™* at your school/campus for as many teachers as possible with the funds raised.

Additional Ideas:

1. Outdoor adventure program opportunities/field trips/events focused on physical fitness
2. Wellness workshops and materials
3. Farmer's Market – an 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 Students
7. Fitness classes

Please encourage your students to set a personal fundraising goal and motivate them using the incentives you decide upon.

Ideas include:**Top fundraiser incentives**

- Teacher-for-the-Day
- Healthiest School
- Homework pass
- Prizes
- *Shape Up US* Health and Wellness Expo



Top class incentives (highest amount and highest participation)

- Class party
- Fun Healthy Snack in the Classroom
- Movie Day
- School-wide goal incentive
- Crazy hat/sock day
- Free Day
- Extra recess time
- Shape Up US Health and Wellness Expo (water balloons, dunk tank, bounce houses, etc.)

Collecting Donations:

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

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



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

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

Your school/campus will post a customized *Clap4Health!SM* Web page to promote the event, collect donations, and provide event details. Add www.Clap4Health.com to your website.

Step #5: Kickoff Event

Building lots of excitement on campus for your upcoming event requires creative ways to communicate what the event is, why you have decided to host it, and provide details leading up to the event day. Creating signs, posters, and fun announcements is a perfect way to gather interest and even involve the student body in the process.

Key Tasks for a Strong Kickoff:

1. Introduce the *Clap4Health!SM* Event at a campus assembly and make announcements throughout the day.
2. Have students create and hang signs/posters around campus for Kickoff Day.
3. Send information home with students on Kickoff Day: Explain the purpose of the event and share why physical fitness is essential to a healthy life. Also, post the information on your website/social media.
4. Clearly explain how students will gather donations and set individual fundraising goals. Give a deadline for all donations and specific instructions on where to donate on the school website.



Bringing everyone together
to build a lifetime of healthy habits!



Step #6: Promotion

Everyone plays a key role in promoting your **Clap4Health!SM** Program on your campus and throughout the community. School staff, students, and parents all play a key role in the success of your program. Your website and social media sites offer timely and broad distribution of promotion.

Staff:

- Campus calendars, internal announcements, and lounge/break room areas should all include information about **Clap4Health!SM** Event
- Create a spirit day for staff to wear a particular color in promotion of the event
- Ask staff to volunteer at the event and promote in their classrooms and offices

Students

- At a school assembly, hold a schoolwide kickoff celebration and make announcements on the PA
- Ask teachers to spend a few minutes in each class discussing the event, the purpose, and the details
- Discuss incentives for participation and levels of fundraising
- Please set up a bulletin board or wall to promote the event, and have students participate in creating it

Parents

- Mark your calendar/save the date info sent home 3–4 weeks before the event
- Communicate with parents using email, texts, newsletter, and postcards regarding the event
- Send donation collection details to parents and clearly explain options (donation envelope, website, and due date for all donations)
- Involve any parent groups/organizations

There are several videos on our website to serve as examples of how **Clap4Health!SM** 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/classroom presentations/lesson plans, on your website/ social media, and even when sending home material leading up to the event:

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, involving your students, parents, staff, and the community. The most important things to remember on event day are:

1. The purpose of the event is to get kids moving!!
2. Music is an essential part of the day... select according to your student population.
3. Everyone involved should have a blast!
4. Consider incorporating heart-healthy games, challenges, test-your-knowledge activities, and videos, and keep your students grooving with upbeat music to clap along to!
5. Collect donations at the event as well as on the designated donation date, as some individuals may prefer to contribute on the day of the event.

Step #8: Wrap Up

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

1. Publish and announce the total donation amount raised on the morning announcement.
2. Post pictures, videos, testimonials, and more on your website, newsletter, internal and external email/ intranet, social media, and **Clap4Health!SM** wall (dedicated and decorated before the event), in classrooms, around campus, school marquee, and notes sent home.
3. Set up a time for participants to create handwritten cards or notes to those who donated.
4. Follow through on all incentives promoted and captured, including pictures, videos, articles, and other relevant materials.

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 year's **Clap4Health! Will the SM Fundraiser** be an even greater success?



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

Contact Information:

Jyl Steinback

Jyl@ShapeUpUS.org

602-996-6300

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



Shape Up US is a 501 (c) (3) 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 offers an innovative approach to addressing many of the most pressing challenges facing today’s youth, all of which impact 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™ emphasizes heart health through a unique blend of art, music, and positive thinking, motivating children to establish 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 into K-3 and 4th-6th grade. 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 online 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 methods include stress reduction, fostering creativity, promoting positive group dynamics, developing critical thinking skills, encouraging character development, and enhancing community involvement. The Hip-Hop Healthy Heart Program for Children™ encompasses the “Whole Child.”

This program can be implemented in 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

Please click on the link: KPNX-TV – www.ShapeUpUS.org 8 Segments [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 a 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 the 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 Children'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/ON0WLxhDM7U>
9. <http://www.healthwisdom.org/clappinghands.htm>
10. <http://inzzor.in/2017/02/13/100/>
11. <http://medianp.net/clap-your-hands/>