

Hands on Activities and Lessons make Learning fun!

Wellness education that lasts a lifetime!

Great for classroom , after school, extended day, or summer programs!

8

Modules and **WHAT THEY INCLUDE**

- 41 hip-hop rhymes
- Teacher training and lesson plans
- Handouts
- Answer Sheets
- In-class, at-home, and online activities

- Meet Dr. Beat

Your Fascinating Heart!

- Eat Good Food Dude!

Nutrition for Great Health

- Take Down the pressure

Mind/Body/Emotion Techniques

- Improve Your Groove

The Many Benefits of Exercise

- Dental Health Means Heart Health

Grin it, Win it

- Join the Green Team

Teamwork for a Healthy Planet

- First Steps to Financial Freedom

Money Matters

- Think Hip 'n Happy

Positive Thinking for a Healthy Heart

Downloadable PDFs are great for overhead projectors and Smartboard compatible.

www.ShapeUpUs.org