Eat Well Stay Safe
Can a plant-based diet help during a pandemic?

Embrace the Solitude
Why Covid-19 isn’t the end of dating

Heart Attack to Health
How Doug Schmidt turned his life around by changing what he ate

Spotlight Q&A
With Dr. Milton Mills, MD
Plant-Based patient success stories

Stressed Out?
Tips and strategies to help calm and balance your life

Discover F.A.C.E.S.
an online conference on Farmed Animal Issues

Your Lifestyle + Entertainment Network for Plant-Based Living
our advisory committee...

is comprised of industry experts, leaders and paradigm shifters, across multiple disciplines, to ensure our community has the most accurate and up-to-date information.

Myoko Schinner is the CEO and founder of Miyoko's, a food brand combining culinary traditions with food technology to revolutionize dairy by making cheese and butter without cows.

Gerardo Velez is a multi-award winning musician and entertainer who has been instrumental in the development of groundbreaking comedies and television shows.

S.J. Cowen is an eco-top hip pioneer who is making an impact on the environment and health by performing and educating around the world.

Jyl Steinback is a personal trainer, educator, and lifestyle guru and has sold more than 2 million books that educate consumers on how proper nutrition, exercise, and healthy living can positively impact their lives.

Michael Greger, M.D., FACLM is a physician, New York Times bestselling author, and internationally recognized speaker on nutrition, food safety, and public health issues.

Priyamvada Nair, MD is a triple board certified physician in Pulmonary Medicine, Critical Care Medicine, and Lifestyle Medicine.

For a comprehensive list of our advisors along with their full bios, CLICK HERE.
Plant-Based Children and Advocacy

SHAPE UP US “SHAPES” THE FUTURE OF OUR CHILDREN

TOGETHER WE MAKE A DIFFERENCE

Healthy students get better grades, miss fewer days of school, and behave better in class. But childhood obesity is running rampant in America, and niche programs focused only on physical education or nutrition have not worked. So, how do we turn this around? By building a culture of health with an integrated, whole child approach that focuses on physical, mental, financial and social well-being.

That's why we developed the Hip Hop Healthy Heart Program For Children™, an integrated, sustainable curriculum that helps create healthier students and their families. This holistic curriculum integrates information about:

- Exercise
- Plant-nutritious lifestyle
- Sustainability
- Stress reduction
- Creativity building
- Positive group dynamics
- Critical thinking
- Character development
- Community involvement

There is a clear correlation between physical, social, and financial well-being and academic performance. Other programs have not resolved the problem. As you can see we are solving these issues holistically as a way to bring about change for the future of our children and our world.

BRING THIS SOLUTION TO YOUR SCHOOL TODAY!