

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!

