



HEALTH & WELLNESS

# Shape Up US "SHAPES" THE FUTURE OF OUR CHILDREN

HIP HOP HEALTHY HEART PROGRAM FOR CHILDREN™



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, and sustainability with techniques like stress reduction, creativity building, positive group dynamics, critical thinking, character development and community involvement.

Why focus on a plant-nutritious lifestyle – It provides solid health benefits, and it is sustainable. Study-after-study shows that plant-based lifestyles can help you improve blood pressure, reduce the chance of heart disease, lower cholesterol, and even help prevent Type 2 diabetes.

Additionally, a United Nations study determined that animal agriculture produces 18% of the world's greenhouse emissions, compared to 13.5% for all

forms of transportation combined. Never mind the amount of water necessary to raise animals to maturity.

The Hip Hop curriculum also teaches about sustainability through our module **Join the Green Team... Teamwork for a Healthy Planet** which includes units: Think Green!, Respect and Protect!, Air Aware, Water-Wise, Power Up!, Green Thumb Gardening, and Green Health Care.

Healthy Planet focuses on sustainability by teaching students how to respect and protect our natural resources, ranging from air and water to our energy-producing resources.

All modules incorporate all five senses into the curriculum through rhymes, movement and hands on activities.

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.



We have teamed with the **Plant-Based Network** to offer the **Think Out of the Lunchbox Cookbook** check it out in the **Plant-Based Network store!**



Let's look at one of the Hip Hop Program modules to illustrate how this approach works. **The PLANT POWER! – Plant-Based Nutrition for Healthy Kids** module includes:

- UNIT 1:** Let's Eat! A whole-food, plant-nutritious approach
- UNIT 2:** Fruits!
- UNIT 3:** At the Root of It All!
- UNIT 4:** Growlin' for Grains!
- UNIT 5:** Make Room for Legumes!
- UNIT 6:** Let's Hear It for Veggies!

### **A PLANT POWER! WORKSHOP**

HIP HOP HEALTHY HEART PROGRAM FOR CHILDREN™ IS THE SOLUTION TO LIFESTYLE AND BEHAVIORAL CHANGES!

contact: [JYL@SHAPEUPUS.ORG](mailto:JYL@SHAPEUPUS.ORG) • [WWW.SHAPEUPUS.ORG](http://WWW.SHAPEUPUS.ORG)