Looking Toward A Healthier World

Jyl Steinback

"Americas Healthiest Mom"

Mission: "Build A Healthier Future"

Educational Background

Bachelors of Art in Education with a minor in Physical Education
Arizona State University

Holistic Lifestyle Coach
Mindfulness Teacher
Personal Trainer

MISSION: Building A Healthier Future

VISION: To Change The Face Of Education As We Know It Today By Bringing A Wellness Curriculum into our Educational System.

PASSION! To Build A Healthier Future For Our Children (Mind, Body and Emotion)

A DESIRE to Make A DIFFERENCE!

Background Info

Accomplishments

Mom of Four Amazing Kids

Described by the media as "A one-woman business dynamo" Dubbed America's Healthiest Mom" and National Sensation"

Awarded The Community Leadership Award from the President's Council On Fitness, Sports & Nutrition "For exemplary service and dedication to improving the lives of others by promoting and fostering opportunities for fitness, sports and nutrition programs"

Best Selling Author & National Spokesperson
selling over 2 million Copies

ShapeUpUS.org

Building a Healthier Future

Shape Up US a 501c3 non-profit corporation is dedicated to preventing Obesity and empowering children and families to lead healthier, happier lives

AWARENESS! – National Health and Wellness Expos

EDUCATION! – Hip Hop Healthy Heart Program for Children - ™ A Social Emotional "Whole Child" Health Literacy Curriculum where learning empowers youth.

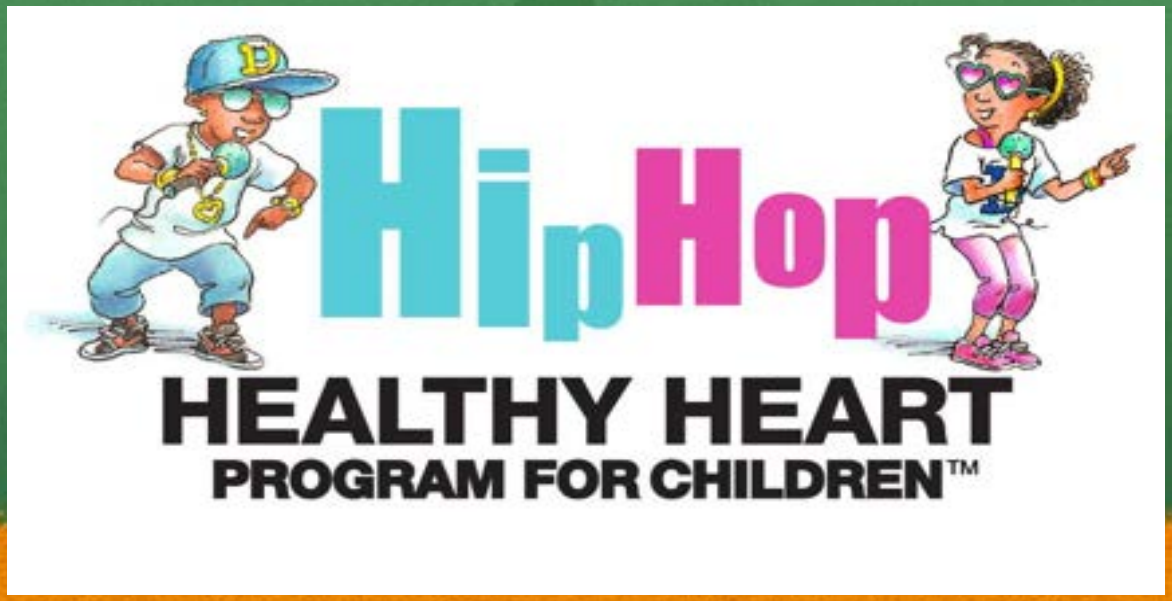
ACTION! - JUST CLAP FOR LIFE

A Unique Cardiovascular Disease and Obesity Prevention Campaign using CLAPPING as its method of delivery

EAT RIGHT- MOVE MORE™ – WALKING PROGRAM

COOKBOOK– Think Outside The Lunchbox™

250 Plant Nutritious Recipes The Whole Family Will Love. Introduction by Dr. Scott Stoll and Forward by Keegan Kuhn



A K-6th Grade online Social Emotional "Whole Child" Comprehensive Wellness Literacy Curriculum/Resources (mind, body and emotion) that has been created to "Build A Culture of Health" through our Educational System and Into Our Families.

FITNESS IS JUST A CLAP AWAY!

Clap4Health!^{SM} is a **National Fitness Campaign and Fundraiser--Using Clapping, as its method of delivery to GET ACTIVE! GET HEALTHY! BE HAPPY AND FIT!**

EAT RIGHT –MOVE MORE™

A National Walking Program with the first Plant-Based Nutrition for Healthy Kids and their Families

Founder/Creator

Shape Up US - A 501c3 non-profit corporation is dedicated to preventing obesity & empowering children and families to lead healthier, happier lives. .

- **Hip Hop Healthy Heart Program For Children™ - A** K-6th grade online healthy literacy education curriculum (mind, body and emotion) that has been created to "Build A Culture of Health" through our educational system & into our homes. .
- **Clap4Health℠-** an innovative solution to bringing wellness and physical education back into the schools & our homes – just by Clapping Your Hands.
- **Eat Right – Move More℠** A walking program with the first plant-based nutrition

ShapeUpUS.org
BUILDING A HEALTHIER FUTURE

HipHop
HEALTHY HEART
PROGRAM FOR CHILDREN™

CLAP 4 Health!

Publications

•Published over 15 + cookbooks nationally distributed

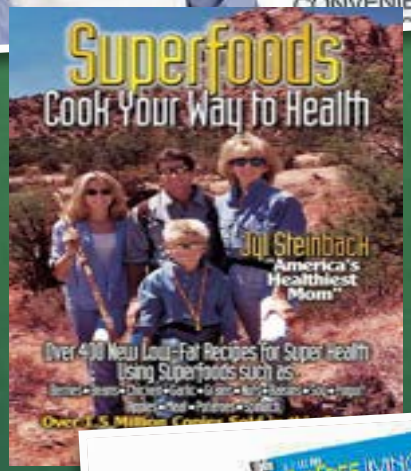
•Sold over 2 million copies of "Family Fit Lifestyle Library"

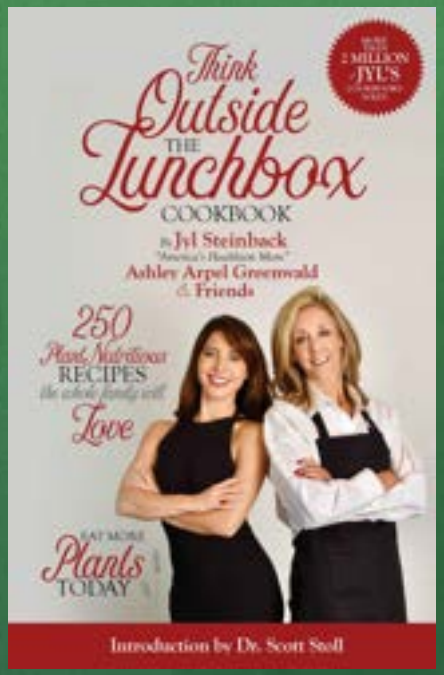
•Appeared on National Television, Radio and Print QVC and Home Shopping

•National Magazines:
•Ladies, Home Journal, First For Women, Women's World, Good Housekeeping,
•People Magazine

•Spokesperson for National Brands

•National Television Tours





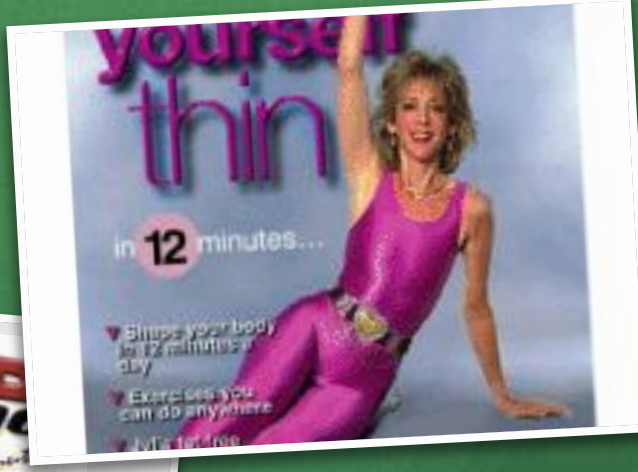
Creator

Band Yourself Thin- exercise program that uses movements used to strengthen the muscles are ones that are used to perform everyday functional tasks, i.e.

Roll Yourself Thin- exercise program where you move your body against friction, which creates a significant
force that your muscles must work against in order to perform the specific movements over time.

Jump For Life
First person to create aerobics on trampolines. She developed a mini trampoline fitness program, opened a studio and marketed product in sporting goods stores nationwide.

Eat Right Move More
Walking program with pedometers and plant nutritious education



Advice

What do you like best about my job? Everything! Love meeting people and the fabulous relationships. Love helping people what a beautiful gift to share with the world

In what direction do you think this field will go in the future- only UP! We are" SHAPING UP" and healing from the inside-out. It is so desperately needed and I am so passionate to make a difference!

Lifestyle Consultant

•Holistic Lifestyle Coach, Mindfulness Coach, Corporate Wellness, Employees Wellness, National K-12 schools presenting seminars for students, teachers and parents, promoting healthy living through the mind, body and emotion.

•Designed interactive programs augmented with visuals and music to address relevant issues

•Collaborated with the Mayor's Office, Corporate and School District employees, Fire Department, adapting programs to specific needs.

•Work with KPNX TV to develop and present, on-air, a 10-week healthy lifestyle program, "New Year, New

Lesson's Learned

- Find Your Passion!
- Live Your Passion!
- Give From Your Heart
- Love From Your Heart
- Share Your Gifts With The World
- Share YOU!
- Help A Friend.
- Always Give Back – It Heals "YOU" From The Inside-Out

Jyl Steinback

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www.ShapeUpUS.org

www.Clap4Health.com

www.ThinkOutsideTheLunchbox.today