ShapeUpUs.org
BUILDING A HEALTHIER FUTURE

HipHop HEALTHY HEART PROGRAM FOR CHILDREN™

8 Modules Integrate a Full-spectrum of Self-discovery and Self-esteem Techniques & Over 300 Ready to Use Handouts

- Lifestyle & Behavioral Changes
- Focuses on the Whole Child
- Plant-Based Curriculum
- Designed for a Lifetime of Compliance
- Teacher – Student – Family – Community
- Ongoing Assessment
- Improves Social, Emotional Health
- Improves Academic Performance & Participation!

The CDC reports that school-based health education programs that encourage healthy behaviors are the most effective method of combating cardiovascular illnesses and can reduce the prevalence of obesity by 50% among elementary school children.

hiphophealthyheart.com

jyl@shapeupus.org
602-996-6300

Packages

Offerings	Starter	Explorer	Champion
Grades	1 Grade Level	K-6	K-6
Module 1: Meet Doctor Beat Your Fascinating Heart	✓	✓	✓
Module 2: Take Down the Pressure! Mind, Body and Emotion Techniques	✓	✓	✓
Module 3: Eat Good Food, Dude! Nutrition for Great Health	✓	✓	✓
Module 4: Improve Your Groove The Many Benefits of Exercise	✓	✓	✓
Module 5: Grin It, Win It Dental Health Means Heart Health	✓	✓	✓
Module 6: Think Hip n' Happy Positive Thinking for a Healthy	✓	✓	✓
Module 7: Money Matter First Steps to Financial Freedom	✓	✓	✓
Module 8: Join the Green Team Teamwork for a Healthy Planet	✓	✓	✓
Homeopathy / Pet Power			✓
Shop Well Plant Based / Mineral			✓
Power / Water			✓
Yoga / Pickleball			✓
Bullying			✓
Cost Per Teacher	$397	$797	$997

HipHop HEALTHY HEART PROGRAM FOR CHILDREN™

Comprehensive
Fun to Teach
Fun to Learn

hiphophealthyheart.com

jyl@shapeupus.org
585-217-2448