



JUST CLAP FOR LIFE!SM A National Fitness Campaign
Clapping Makes Physical Activity FUN!
A Unique Cardiovascular Disease and Obesity Prevention Campaign using
CLAPPING! as its method of delivery

JUST CLAP FOR LIFE!SM is an activity for everyone, designed by **Shape Up US** to promote the love for physical activity with a creative delivery. We all **JUST CLAP FOR LIFE!SM** our hands to show happiness and appreciation. Clapping makes kids and adults feel good! But did you know, in conjunction with other types of movement like dance and sports it can*:

- Improve motor and spatial skills
- Enhance emotional, sociological, physiological and cognitive benefits
- Enforces social integrity with other friends, leading to better socialization skills
- Elevates moods through an increase in endorphin levels

(<http://www.physorg.com/news191665239.html>)

JUST CLAP FOR LIFE!SM is Shaping Up the Nation! Educating children, families, seniors and the community on the importance of a healthy lifestyle!

Get Involved! What is Your Activity that Moves You to *Just CLAP!*SM

- **Shape Up US** wants **YOU**, (Your School, After School Program, Family, Dance Teams, Sports Teams, Hip Hop Groups, Business Colleagues, etc) to upload **YOUR** videos on how **YOU Shape Up** and **JUST CLAP FOR LIFE!SM**
- **Register:** www.ShapeUpUS.org
- **Click on the *JUST CLAP FOR LIFE!*SM tab** at the top right of the page and follow the directions for video submissions. Videos must be submitted by 10/7/2011.
- **Be Creative! Have Fun! Experience the Many Benefits of *JUST CLAP FOR LIFE!*SM**

About Shape Up US

Shape Up Us is a 50c3 non-profit corporation dedicated to preventing obesity. Shape Up US contributes to building a healthy future for America's children by improving the health fitness and overall well-being of youth and their families. Jyl Steinback Shape Up US's Executive Director has received the 2011 Community Leadership Award from the President's Council on Fitness, Sports & Nutrition.

For more information about *JUST CLAP FOR LIFE!*SM and Shape Up US, including how you can get *JUST CLAP FOR LIFE!*SM Into you schools please contact: Jyl@ShapeUpUS.org or 602-996-6300