

## Bringing Dance, Breathing, and Stretching to Life!

Presenters:

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<https://healthmpowers.org/resources/>



This session will focus on **FUN** strategies to include **dance, stretching, and breathing** exercises to create a positive class environment and engage all students in their fitness journey! Resources and teaching materials will be provided to all session participants.

### Youth-Led Activities:

[https://www.youtube.com/watch?v=yAOMKeKyi\\_s](https://www.youtube.com/watch?v=yAOMKeKyi_s)



**Join us on social media!**



@HealthMPowers

### Benefits:

- Increase self-esteem, confidence, body awareness, and concentration.
- Increase moderate to vigorous levels of physical activity, while having FUN!
- Improve flexibility, muscular, and cardiovascular fitness levels.



This institution is an equal opportunity provider. This material was funded by USDA's SNAP and other HealthMPowers partners.



HealthMPowers is a nonprofit 501(c)(3) organization that **champions healthy habits and transforms environments where children live, learn, and play.**

### Who We Serve

Early Care and Education Sites  
Elementary Schools  
Secondary Schools  
Out of School Time Sites  
Families & Communities

### Program Model

In every school, site, or community where we work, we strive to **amplify our impact** and **accelerate change** in Georgia communities by **elevating youth voices, deepening relationships, and leveraging data to champion health equity.**

**[Scan or Click to view our 2022-2025 Strategic Plan!](#)**



## K-12 2022-2023 Outcomes

- School Health Teams implemented a total of 124 new policies and processes to improve nutrition and physical activity.
- Improvements were seen across all measured physical activity and nutrition knowledge.
- 31% of students met vegetable consumption recommendations of 3+ per day, compared with 7% nationally.
- 465 trained Student Health Advocates implemented healthy eating and physical activity initiatives and promoted them to their peers

## Become a Health-Empowered School!

*On average, participating schools receive \$12,000 in resources and services focused on nutrition and physical activity, including:*

- Planners for every student
- Promotional materials including banners, posters, and giveaways
- Family workshops and texting initiative
- Community engagement
- Evidence-based student leadership program
- Support from a health liaison  
\$500 stipend for up to 3 School Health Team members

**For more information, please contact [k12info@healthmpowers.org](mailto:k12info@healthmpowers.org)**



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