

EXECUTIVE SUMMARY— MOVIN' GROOVIN' & LOSIN' OBESITY PROGRAM

Objective

TO ASSIST AND CURTAIL obesity in our communities and to establish a strong foundation of understanding, implementation and positive reinforcement with DANCE and PE -physical activity . Using music and dance we will help the participant to include exercise and dance into their normal daily routine. Incorporating different styles of dance will bring energy and excitement to the participants daily routine , it is important to help them understand that dance is something that is both natural and very benefiting to them as they grow. Dance and PE help develop the small and the large muscle groups along with coordination, balance and timing so that they feel comfortable when they dance and learn how to express themselves in a positive physical manner. Using music and dance the students will learn to understand that being FIT goes hand-in-hand with exercise and with positive eating habits. It is obvious that through exercise and movement we can control our metabolism and help maintain our weight but it is also very important to note that with dance exercise one becomes more creative, expressive and much more enjoyable thus helping the students understand and establish a clear foundation for Dance that helps them more readily and easily adapt and except that dance can be a part of their life.

Introducing culturally acceptable movement through dance is very important and fundamental in our program we take the culture and the influence of the area and combine it with a particular dance discipline whether it be Latin international, cultural American pop, hip hop, swing or ballroom. Helping the students take a positive risk through the MOVIN', GROOVIN', & LOSIN' obesity program they will be more comfortable in allowing themselves to include physically oriented rhythmic movement into their life on a regular bases. In the end — dance is one of the most normal helpful elements in the human existence. OUR BODIES ARE BASED ON RHYTHM. OUR very bodies anatomy works on rhythmic patterns, our HEARTBEAT, our BLOOD FLOW IS BASED ON ENERGY AND RHYTHM. Dance truly is a part of us — — our goal is to help the student understand that dance can be something that is already there so it belongs to them and they can enhance and express who they are through movement and dance hand-in-hand with the reality , the necessity that we must do more physical activity and exercise in order to control and defeat OBESITY!

ROYAL KING

Goals

The GOALS OF OUR program are simple and straightforward — —to help the students understand and except that dance can be a very positive part of their lifestyle, to help the students incorporate exercise with rhythmic patterns and movement and see how important and instrumental they are in order to fight obesity by , incorporating a normal regular rhythmic activity in their daily life. They can help control, maintain and defeat OBESITY in our community. Aiding the students understand that obesity is not something that they have to live with it is something that is controllable , that is curable and in the end and in the end help them understand that it is something that they can MANAGE. Understanding and realizing that good nutrition is a component of a healthy lifestyle and controlling obesity, what we eat is what we are, what we eat fuels what our body and mind can do and as a result what our body can produce. The best that we are. Finally for the community to love, embrace and dominate DANCE to just LOVE TO DANCE!!!

Solution

Solution to obesity is helping the community understand that good eating habits, healthy culturally sensitive nutritional meal planning and an active exercise regiment is absolute in the battle to control obesity. Dance and Physical Activity are an essential combination to the solution of OBESITY in our country.

Project Outline

Two major elements will be used to implement our program;

DANCE MOVEMENT

PE -RHYTHMIC MOVEMENT

1. Established music and dance academies in the public school systems, students between K - 12 will learn various movements and different interpretive dances that will help develop their muscles, their minds and their spirits. Appropriate music and movement will be adjusted and implemented based on the students physical and mental capacity . Academies will run from 1 to 2 weeks or 8 sessions per school. Age appropriate music and movements will be instructed. Each Academy services from 200-750 students per school.

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2. Meal planning nutrition fitness will be introduced, explained and implemented during the different sessions of the Academy. Regional and cultural influences will be respected and included when talking about meal plans and nutrition
 3. Weight control maintenance and follow up will also be implemented during the academies participants will be shown how to create a weight chart and Meal chart in order to follow their development and changes
 4. Dance community performances will highlight the students achievement and help chart the changes in weight and conditioning
 5. ADULT evening sessions will be held to further educate families. Adult participation is absolute when we talk about fighting obesity, these courses will include the complete family unit and will be based on nutritional food preparation and dance fitness
 6. PE. Physical education activities will also be present and very impactful doing our program our PHYSICAL EDUCATION activities include and surpass all the California standards for physical education in the public school system. Music and dance are added to the activities which makes it more fun, more approachable and more creative for the students. Movements and exercises will be present such as jumping jacks, sit ups, squats etc. are evident with the added elements of music and dance. PE apparatus such as jump ropes, hula hoops, balls will be used in a creative, exciting, and inventive method for the students.

PROGRAM SCHEDULE

The schedule will be based approximately from 8:30 to 2:00 PM depending on the actual bell schedule of each school. Different grades will attend the Academy on a daily basis and duration of each session is based on the grade level and age of each participant.

Parent programs will be held in the evening from approximately 5 to 6:30 pm and they will include not only adult that also children. These programs will contain the actual fitness dance program and the meal planning - preparation and nutritional instruction.

Performances and shows for the student Academy will be held on school site at a time both agreeable by the administration and instructor.

Evening performances or parent performances will also be coordinated between the administration and instructor.
