



Hoop'n with Hooper's "Healthy Habits"

Healthy Habits is a new nutrition and exercise program targeting five to nine year olds. The program was developed by nationally acclaimed hula hoop artist Jean Hooper, the owner of **Hoop'n With Hooper** and creator of the successful school age children's exercise program **Hoop With Me**.

With her new **Healthy Habits** program Ms. Hooper shares her real life story through her recently published animated children's book 'My Couch Potato Poem'. The book was written with the goal of helping children share their own life stories of unhealthy habits; eating unhealthy foods and avoiding exercise. The book incorporates interactive fun and games as well as reading and writing activities. Children create their own "couch potato" avatar, write their personal "couch potato" poem, create healthy alternative snack recipes and learn fun and easy physical activities- like hula hooping!

Between advertising, vending machines and fast food restaurants, school age children are inundated with opportunities and encouragement to choose poor eating habits. The American Heart Association recommends children eat just six teaspoons of sugar per day, but the reality is most children consume at least ten times that amount. The **Healthy Habits** curriculum addresses this issue by providing education and sparking conversations that address individual nutritional needs. Kids learn to inspire kids, and to remember what they have learned by creating rhymes that keep healthy habits in their minds.

In addition to learning about healthier eating and regular exercise, kids participating in the **Healthy Habits** program are introduced to mindfulness, and gain an understanding of the effect foods can have on our behaviors. Participants practice public speaking and learn leadership skills, the importance of acts of kindness, caring, sharing and trust and honesty with their peers and in the community. Participants receive small gifts and awards for practicing kindness and honesty skills, and earn a certificate of completion at the end of the program.

The finale class includes a poetry slam/rap event with parents, caregivers and community members invited to attend and hear participants recite their healthy habits poems and rhymes, and to enjoy a gallery of art and educational assignments created by the kids. This event provides a forum for adults and kids to talk about healthy habits together, and can be combined with a healthy snack tasting. Of course the event also includes an interactive hula hoop performance inviting community members and caregivers to join in with the kids in a celebration of physical activity!

The **Healthy Habits** program was recently submitted for a 2019 National Boy's & Girl's Club Honors Award. The program was tested at the Boys & Girls Clubs in Port Hueneme/Oxnard where more than 6000 children identified as "at risk" and "underprivileged" had the opportunity to inspire their families and peers to eat healthier and exercise on a daily basis. Club members reported increased knowledge of healthy nutrition and positive behavior habits. Participants were observed and reported to become more confident following each class and increased engagement in other community activities was reported.

The **Healthy Habits** curriculum stresses the importance of providing children with the knowledge and skills to make healthier choices. Children are empowered to be healthier when they know the effects of exercise, food consumption, and sugar consumption can lead to obesity, diabetes and behavior issues. The **Healthy Habits** combination of physical activity and creative assignments and 'My Couch Potato Poem' book with its focus on nutrition, gives kids the opportunity to improve their health by learning to make healthier decisions in their own lives.



Hoop'n with Hooper's "Healthy Habits" Program Materials include:

Hard copy(s) of **"My Couch Potato Poem"** book

Create Your Own Couch Potato Avatar Worksheet

Healthy Recipe/Snacks and Meals Worksheet

Healthy Habits Poem Worksheet

Healthy Habits & Hooping Class Completion Certificate

Stickers, Fun and Games, & A Healthy Habits Blank Poem Page are included in the ("My Couch Potato Poem") book.



For more information, or any questions regarding Hoop'n with Hooper's Healthy Habits workshop/program, please contact Jean Hooper - Hoop'n with Hooper at Ph 310-313-3312; email jean@hoopwithme.com or please feel free to visit our website www.hoopwithme.com.