



**Move to the Groove** was developed by Rhex Arboleda, a third grade music teacher in Neenah, Wisconsin.

Rhex is an award winning teacher who has created an award winning fitness program to prevent childhood obesity. One in four children are fighting childhood obesity in the United States and Rhex wants to change that.

Recognizing a need for a way to get kids active, Rhex put his music background towards creating a dance fitness program to get his students moving. After applying for and receiving a grant for the program, the program launched and has been successful in his Catholic school system. Now it is your turn!

## How can you get **Move to the Groove** going in your school?

The **Move to the Groove** fitness program has five components that educate students on healthy choices, dietary habits and fitness habits.

### **Jumpstart**

Students start their day by walking/playing in the gym under adult supervision. Same time everyday and have multiple options available of activities they can do. Have facilitators there to make sure everyone gets moving!

### **Recharge the SPIRIT**

Four times throughout the day, students and staff recharge themselves with 3-5 minutes of active movement. For two of these, music can be played over the PA system and movements taught by a teacher.

### **Move to the Groove**

One morning recess per week a teacher will “move to the groove” with students on the playground to approved music. Have different music on different days. Add some flavor; Latin music one day, dance music the next ... change it up!

### **The Beat Goes On**

Students, with parental assistance, will record their minutes of home activity. As minutes accumulate, incentives can be earned. Since parents are role models for their children, parents are encouraged to be active as well.

The National Association for Sport and Physical Education recommends that elementary ages children should accumulate at least 30-60 minutes of physical activity on all days, with more than 60 minutes encouraged. This activity does not need to be formal sports activities or “exercise”. Children love to play many games that are fun and get them moving - without them even realizing it!



## **The Beat Goes On continued ...**

Have the students record their minutes of physical activity and then total them for the month. The goal is for each student to be active at home for 20 minutes a day, five days a week.

Then convert the minutes into miles and plot the miles on a large United States map and help the children “walk across America”! Twenty minutes of activity equals one mile. Post the United States map in a location at the school that everyone can view and be proud, i.e. outside the gym.

For incentives, reward the students with a small chain. Each month they meet their goal, provide them with a plastic foot - fun to display proudly on their backpacks! Then also have additional prizes ... YMCA passes, a walk with the principal, water bottles, you name it.

## **Nutritious Nibbles**

Schools can purchase nutritional analysis software and post the nutritional values of what they serve in the cafeteria. Have vending machines that are friendly to the health initiatives in your school. Limit the soda and sugary snacks and offer a plethora of tasty but healthy snacks and beverages. Remember teachers, you lead by example. Make sure to jump on the “nutritious nibbles” wagon and show your students what a healthy lifestyle can do for them.

**Get your students moving! Help provide them and their families with the tools to live long healthy lives. When we are active, we all win.**