

# RHYTHM GYM

## NEWS

11862 Balboa Blvd. #159  
Granada Hills, CA 91344

August 2006

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www.rhythmgym.org

### **Rhythm Gym and Wellness**

#### ***Fitness Strategies to Reduce Overweight in Youth***

Rhythm Gym began out of an idea that Founder and Program Director, Kalani, had in 2002 to combine making music and exercise. Says Kalani, "I have been a member of many health clubs over the years and participated in just about every kind of program. While I enjoyed the exercise aspects of most programs, I felt there was something missing from the experience. I'm sure many others have felt the same way, finding themselves sweating in a room with 50 other people and never once having direct contact with any of them." Kalani combined the physical aspects of aerobic exercise with the creative and social aspects of group drumming and presented what he then called "Tashiko Fitness Drumming" classes at a local gym. In 2005, that concept became Rhythm Gym, a non-profit focused on improving the wellness of the people of Los Angeles through facilitated music and movement programs.

#### **The Statistics**

The Centers for Disease Control (CDC) did research that in the year 2000 pointed to a trend of increasing obesity among children in the US, from about 5% in the early 70s to 15% of children ages 6 – 19 being overweight. In 2006, the American Obesity Association reported that "approximately 30.3% of children (ages 6 to 11) are overweight and 15.3% are obese. For adolescents (ages 12 to 19), 30.4 % are overweight and 15.5 % are obese." Children in urban, economically disadvantaged communities are at higher risk due to lack of access to services, sedentary lifestyle and poor nutritional habits. The medical implications include increased risk of Diabetes, coronary heart disease, osteoarthritis, cancer, psychosocial effects and early death. Currently, per the CDC, 9.1% of annual medical spending is attributable to overweight and obesity.

Experts say that to curb this trend, intervention must begin early. The National Institute on Health (NIH) recommends that "All schools should provide opportunities for physical activities that are appropriate and enjoyable for children of all skill levels and are not limited to competitive sports or physical education classes; appeal to girls as well as to boys and youngsters from diverse backgrounds; can serve as a foundation for activities throughout life."

#### **What is Wellness?**

According to the American Heritage Dictionary, "The condition of good physical and mental health, especially when maintained by proper diet, exercise, and habits," and Miriam-Webster, "The quality or state of being in good health especially as an actively sought goal." Wellness doesn't just happen. It's based on making informed choices, adopting healthy habits. In short, it takes focus and commitment. AND IT CAN BE FUN!

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***Rhythm is timing is efficiency is coordination is safety is feeling is awareness is listening is communication is creativity is problem-solving is initiative is confidence is phrasing is balance is precision is performance is cooperation is community is unity is power is... LIFE! ©***

## Rhythm Gym's Part in Reversing the Trend

First, we are a Junk Food Free Zone and food is never used as reward. Then through our programs that combine active music making, fitness strategies (from gentle stretching to vigorous activity) and information on making good nutritional choices, we give the children tools for building healthy life styles, developing good habits, a focused mindset and self-discipline.

Research shows that the benefits of programs like ours range from development of a fundamental music vocabulary and skills (such as understanding tempo, dynamics and timbres), which in turn can positively impact academics; to bi-lateral development of major muscle groups and coordination of left-brain processes; to developing critical social and life skills such as timing, coordination, patience, cooperation and communication.

This year, RG is undertaking a qualitative study, partially funded by NAMM, to measure the benefits of the programs. We are actively pursuing additional funding to broaden the scope to include empirical evidence of health benefits. If you'd like to lend your support, visit [www.rhythmgym.org](http://www.rhythmgym.org) to find out how make a financial contribution and/or volunteer.

## Adults Benefit Too

Rhythm Gym programs are not just for kids. As a part of our family strengthening initiative, RG strives to make wellness a family affair. Since habits are reinforced at home, for the good of everyone, we want them to be the healthy ones!

## Sign-Up Today

For a **FREE** and easy way to support Rhythm Gym, register your Grocery Savings cards and every time you shop, up to 5% of your purchase is donated by the grocer to support our programs. Just fill out this form and mail or fax it to us today!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Albertsons Savings Card #: \_\_\_\_\_

Ralphs Savings Card #: \_\_\_\_\_

**Mail to:** 11862 Balboa #159, Granada Hills, CA 91344

**Fax to:** 818-728-1751

## How Can Your Everyday Shopping Benefit Rhythm Gym?

Who hasn't uttered the words, "I wish there was something I could do to help"? Now you can.

*Start shopping!* At **iGive.com/RGym**, you can buy the items you've always wanted from the comfort of home and it will benefit Rhythm Gym!

It's FREE, no invisible costs or tricky obligations. Shop for everyday items at the over 650 participating online stores, like Barnes & Noble, Lands' End, Best Buy, and Neiman Marcus. Up to 26% or more of each purchase is donated to Rhythm Gym! Download the iGive shopping window ([igive.com/html/shopwindow.cfm](http://igive.com/html/shopwindow.cfm)) to make it even easier.

**iGive.com**<sup>™</sup>

Change online shopping for good.

Join now at [www.iGive.com/RGym](http://www.iGive.com/RGym)

Information is subject to change. Visit [www.iGive.com](http://www.iGive.com) for current details. © iGive.com Holdings, LLC

## Do You Know About Ten to the Power of Three?

This month, we are conducting a special  $10^3$  Virtual Fundraiser! Just think, if 10 people donate \$10 and ask 10 more people to donate \$10 who then ask 10 more people to donate \$10... As a part of this E-vent we are holding an E-Bay Virtual Silent Auction that can be accessed at [http://www.missionfish.org/NPMMF/nphomepage.jsp?NP\\_ID=14139](http://www.missionfish.org/NPMMF/nphomepage.jsp?NP_ID=14139). Please visit and bid on some fantastic items (from Drums and Jewelry to Books and Artwork). And start thinking of 10 friends who can give \$10.

## ABOUT RHYTHM GYM

**Mission:** Rhythm Gym is committed to enriching the lives of people in underserved communities of Southern California by providing music- and movement-based activities that emphasize community, creativity and healthy living.

**Vision:** The vision of Rhythm Gym is to serve diverse communities throughout the Los Angeles area by providing participatory, integrative group music making, drum circles, and basic movement/dance activities to people of all ages and cultures.

**Values:** Integrity, Respect, Creativity, Diversity, Knowledge, Health

At RG we believe that our culture & communities can benefit from the organic experience of creating music together, returning to the time-honored tradition practiced by many world cultures, turning consumers into creators and bystanders into participating citizens. RG programs combine physical activities such as guided movement and drumming in a creative environment to promote teamwork, socializing, healthy lifestyles and fun. Program participants will increase musicality through informal music making as well as enhance their health & wellness through a variety of targeted physical activities from gentle stretching to vigorous movement.

### Our programs:

- **Inspire** – An informal music-making experience for people of all ages focusing on community strengthening.
- **Connections** – Health & wellness focus for people of all ages with an emphasis on sharing and personal connections using gentle movement, pair/group music making.
- **Imagine** – An educational program that inspires artful learning and healthy choices geared toward youth, but can be adapted for all age groups. The focus is on creative learning, gross/fine motor development, and developing improved life skills.
- **Vitality** – A conditioning program that emphasizes timing, coordination, and physical fitness.

## STAFF

Janet Marinaccio, Executive Director  
Kalani, Founder/Program Director

## ADVISORY BOARD

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