

February 2020

LIFE AT McDOWELL MOUNTAIN

A Social Publication For The Residents
Of McDowell Mountain Ranch



*MMR Resident
Jyl Steinback and
Ashley Arpel Greenwald*

HELPING ARIZONA AND
AMERICA SHAPE UP



family spotlight

By **Asonta Benetti**; photography: bradfordjones.com
Cover Photo taken at **Bashas** in MMR

*If you're happy and
you know it...*



Jyl with dog Kona and cat Nash

Jyl Steinback is the poster child for the Arizona transplant resident, having moved here to attend ASU from St. Louis, Missouri and never looking back. The Gateway resident was drawn to McDowell Mountain Ranch for its easy access to outdoor activities. “I spent 20 years in the Tatum and Greenway part of the valley. Then, my daughter got married, my son went to college, and I said ‘New life; let’s go!’ I wanted to go to the mountains, and I loved the Gateway area.”

Active since childhood, Jyl has found a natural outlet for her outdoor energy in MMR. For the last seven years, Jyl has gone out five days a week with her part-wolf malamute, Kona, either walking the perimeter of MMR or hiking Gateway off of Thompson Peak. “I just love the area,” she says. “I drive home and think, ‘Oh, my gosh, this is gorgeous.’ It’s a special place – we are blessed.”

A lifelong advocate for health and wellness, Jyl came up with the idea for Shape Up Us 11 years ago. “We all need to shape up, whether financially, physically, mentally, spiritually; we all have a story.” She broached the idea during a community event, and a sponsor set Jyl up with a nonprofit she could use; the rest, they say, is history. “Shape Up created the first kindergarten through sixth-grade whole-child curriculum, which means mind, body, and emotion,” Jyl explains. “There are eight different modules. Any school district can do it for free, and we give them everything they need for fundraising. They get to keep half of the money, and the other half goes back into our schools through the Shape Up curriculum.”

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Jyl's son Scott with Ashley



Shape Up Us participates in health and wellness community events, hosting ninja warrior events for kids that include mile-long courses with ten obstacles. Their curriculum has reached over 70,000 kids across 16 states, but that's just the start. "My ideas come through me, not to me, and one day, it just came through me that when we're clapping, we're happy, we're healthy. We started doing research on it and found that the hand has 28 active pressure points. Within a second, clapping changes your mood." Clap4Health, one of Jyl's newest initiatives, is a free fundraiser program for schools that comes from this simple idea. "Statistics say that you should clap like 1,500 times a day, so I would walk around my complex clapping. But the results are contagious because other people would start clapping."



Outside the Lunchbox, is a collaboration with Ashley Arpel Greenwald. Although this was their first professional work, Jyl and Ashley were already on firm footing, as Ashley (thatsashleyskitchen.com), a chef and baker, is the girlfriend of Jyl's son, Scott. This new book, available now through Amazon or thinkoutsidethelunchbox.today, contains "250 plant nutritious recipes that the whole family will love." The recipes are a collection from all over the world, and together they create a plan that is healthy and nutritious. Even better, Jyl's revenue from the book goes right back into Shape Up Us.

"If anyone - whether a teacher or for a teacher - want the curriculum, just have them reach out to me, and I will be happy to donate it. We want to change the future of our kids and the future of our world." Now, that's worthy of a round of applause.

Contact Jyl at Jyl@shapeupus.org and check out www.shapeupus.org and www.clap4health.com.

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