



JYL STEINBACK

Looking toward a healthier Arizona

Jyl Steinback

“Americas Healthiest Mom”

Mission: “Build A Healthier Future”

Educational Background

Bachelors of Art in
Education with a minor in
Physical Education
Arizona State University

A Certified Homeopathic
Practitioner
The American Medical
College of Homeopathy

Holistic Life Coach
Mindfulness Coach
Personal Trainer

MISSION: Building A
Healthier Future

VISION: To Change The
Face Of Education As We
Know It Today By Bringing
A Wellness Curriculum into
our Educational System.

PASSION! To Build A
Healthier Future For Our
Children (Mind, Body and
Emotion)

A DESIRE to Make A
DIFFERENCE!

Background Info

Accomplishments

- Mom of Four Amazing Kids
(A Dog -Kona and Cat - Nash)
 - Executive Director
Shape Up US
- Creator of The Hip Hop Healthy
Heart Program for Children
 - Creator of Clap4Health!
National Prevention Campaign
- Author of 15+ Cookbooks
 - Newest Cookbook:
- Think Outside The Lunchbox
selling over 2 million Copies
 - Jump For Life Program
- Program on Mini Trampolines
 - Holistic Lifestyle Coach
- Homeopathic Practitioner
 - Personal Fitness Trainer
- JYL LLC President





Shape Up US a 501c3 non-profit corporation is dedicated to preventing Obesity and empowering children and families to lead healthier, happier lives

AWARENESS! – National Health and Wellness Expos

EDUCATION! – Hip Hop Healthy Heart Program for Children - TM A Healthy Literacy Curriculum where learning empowers youth.

ACTION! - JUST CLAP FOR LIFE

A Unique Cardiovascular Disease and Obesity Prevention Campaign using **CLAPPING** as its method of delivery

COOKBOOK– Think Outside The Lunchbox

250 Plant Nutritious Recipes The Whole Family Will Love. Introduction by Dr. Scott Stoll and Forward by Keegan Kuhn





A K-6th Grade Comprehensive
Wellness Literacy Curriculum (mind, body and
emotion) that has been created to
“Build A Culture of Health” through our
Educational System and Into Our Families.



FITNESS IS JUST A CLAP AWAY!

Clap4Health!SM is a National Fitness Campaign and Fundraiser--Using Clapping, as its method of delivery to GET ACTIVE! GET HEALTHY! BE HAPPY AND FIT!

Founder/Creator

Shape Up US - A 501c3 non-profit corporation is dedicated to preventing obesity and empowering children and families to lead healthier, happier lives .

Hip Hop Healthy Heart Program For Children™ -A

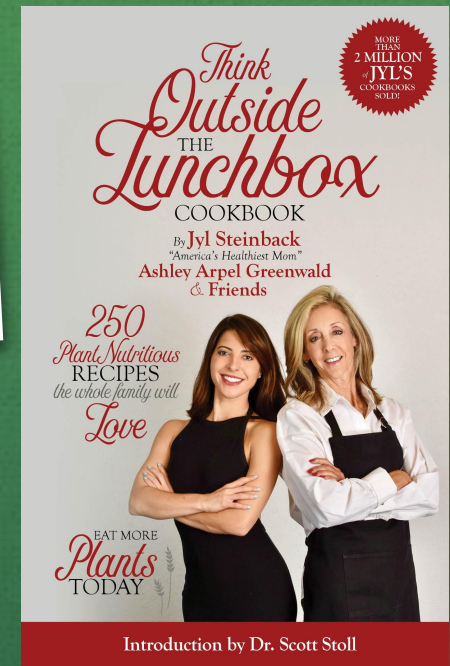
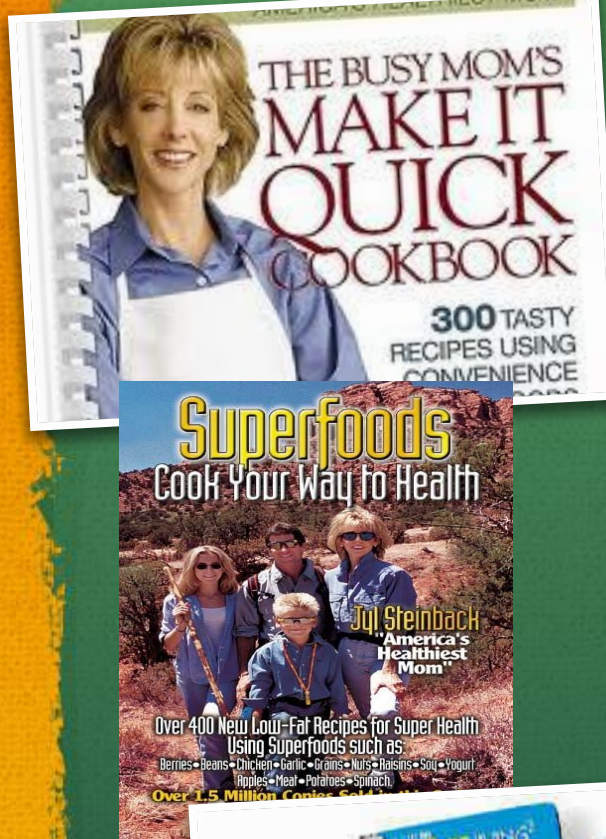
K-6th grade comprehensive health y literacy education curriculum (mind, body and emotion) that has been created to “Build A Culture of Health” through our educational system. .

Clap4HealthSM- an innovative solution to bringing wellness and physical education back into the schools and children’s households – just by Clapping Your Hands.



Publications

- Published over 15 + cookbooks nationally distributed
- Sold over 2 million copies of “Family Fit Lifestyle Library”
- Appeared on National Television, Radio and Print QVC and Home Shopping
- National Magazines:
 - Ladies, Home Journal, First For Women, Women’s World, Good Housekeeping,
 - People Magazine
- Spokesperson for National Brands
- National Television Tours



Creator

Band Yourself Thin- exercise program that uses movements used to strengthen the muscles are ones that are used to perform everyday functional tasks, i.e.

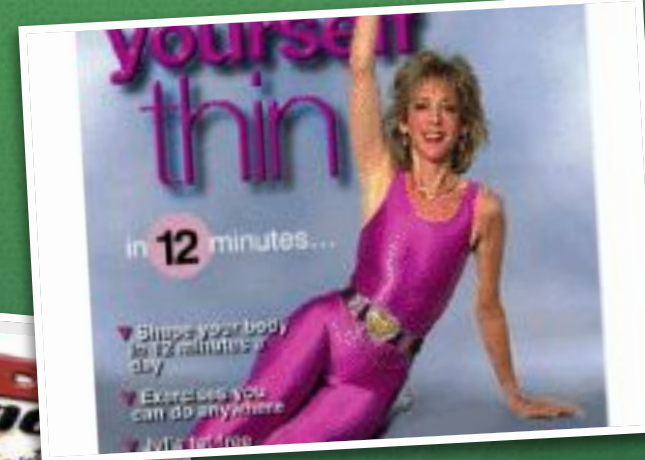
Roll Yourself Thin- exercise program where you move your body against friction, which creates a significant force that your muscles must work against in order to perform the specific movements over time.

Jump For Life

First person to create aerobics on trampolines. She developed a mini trampoline fitness program, opened a studio and marketed product in sporting goods stores nationwide.

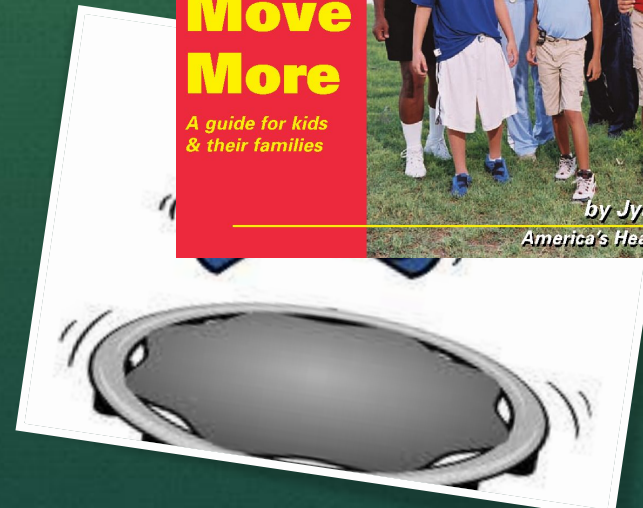
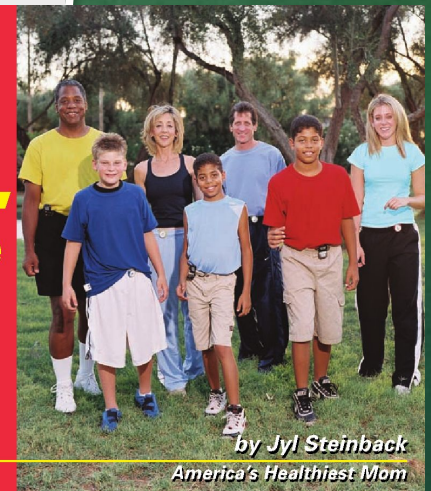
Eat Right Move More

Walking program with pedometers and plant nutritious education



Eat Right, Move More

A guide for kids & their families



Advice

What do you like best about my job?

Everything! Love meeting people and the fabulous relationships. Love helping people what a beautiful gift to share with the world

In what direction do you think this field will go in the future- only UP! We are" SHAPING UP" and healing from the inside-out. It is so desperately needed and I am so passionate to make a difference!



Do what you love
Love what you do



Gratitude

Lifestyle Consultant

- Holistic Lifestyle Coach, Mindfulness Coach, Corporate Wellness, Employees Wellness,, National K-12 schools presenting seminars for students, teachers and parents, promoting healthy living through the mind, body and emotion.
- Designed interactive programs augmented with visuals and music to address relevant issues
- Collaborated with the Mayor's Office, Corporate and School District employees, Fire Department, adapting programs to specific needs.
- Work with KPNX TV to develop and present, on-air, a 10-week healthy lifestyle program, "New Year, New



Lesson's Learned

- Find Your Passion!
- Live Your Passion!
- Give From Your Heart
- Love From Your Heart
- Share Your Gifts With The
World
- Share YOU!
- Help A Friend.
- Always Give Back – It Heals
“YOU” From The Inside-Out

Jyl Steinback

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www.ShapeUpUS.org

www.Clap4Health.com

www.ThinkOutsideTheLunchbox.today