



## **Shake Your Body: Exhilarating Movement for Positive Health Across the Lifespan**

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# Tai Chi

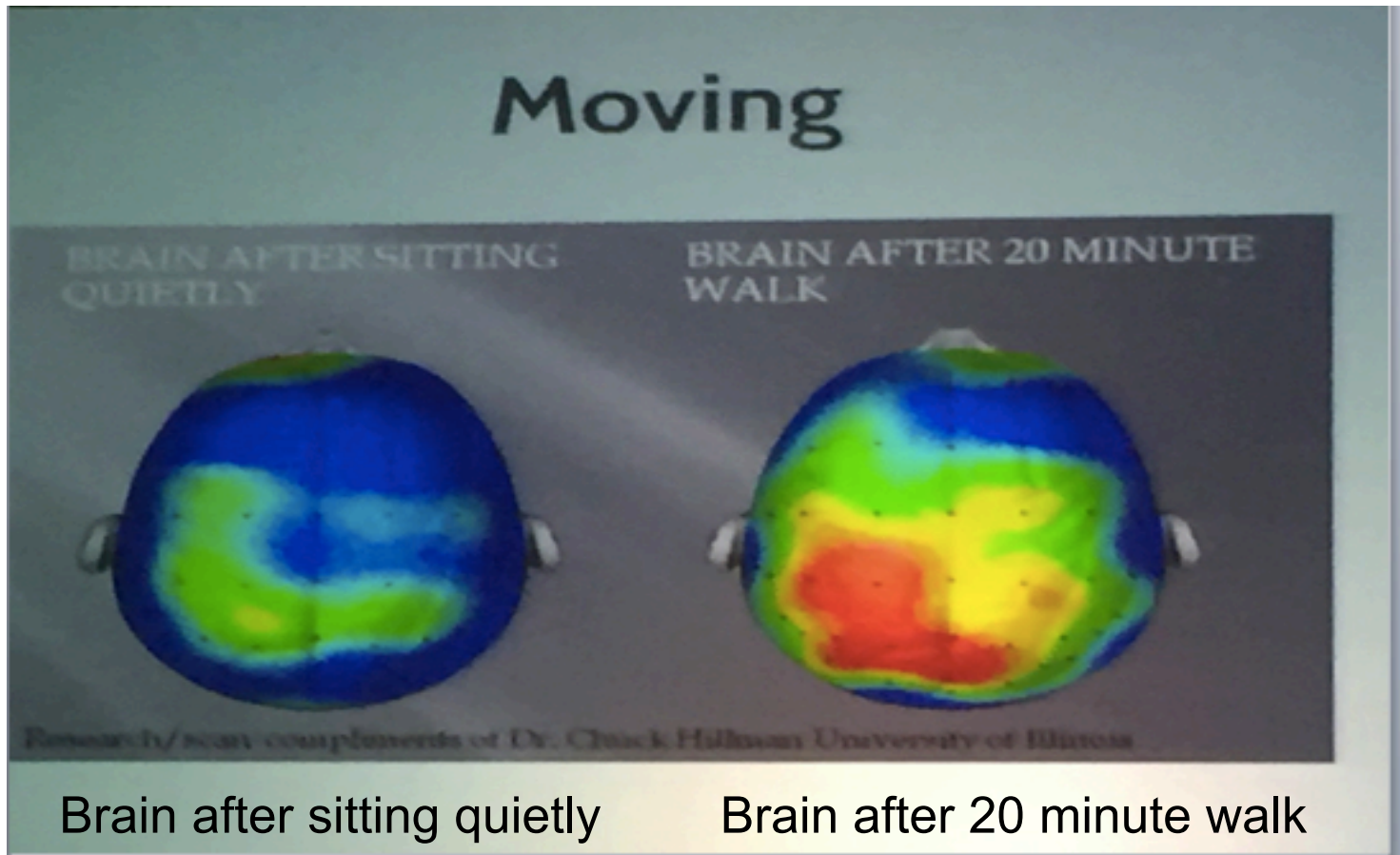


# Why and How Movement Matters

- Improves behavior
- Improves attention
- Improves arousal
- Lessens fatigue
- Improves motivation
- Helps mood & anxiety regulation
- Combats depression
- Improves self-esteem
- Reverses learned helplessness
- Combats toxic stress hormones
- Improves impulse control
- Boosts positive emotions
- Builds a better brain: BDNF, Neurogenesis, & Plasticity



(Ratey, 2008)



Aerobics protect and preserve our executive functions: planning, organizing, learning, remembering, and more...



“Physical inactivity is THE biggest health problem of the 21<sup>st</sup> century” (Blair, 2009).







“There is a vitality, a life force, an energy, a quickening that is translated through you into action and because there is only one of you in all time, this expression is unique...you have to keep open and aware directly to the urges that motivate you. There is a blessed unrest that keeps us marching and makes us more alive than the other”

Martha Graham to Agnes de Mille,  
*Dance to the Piper*



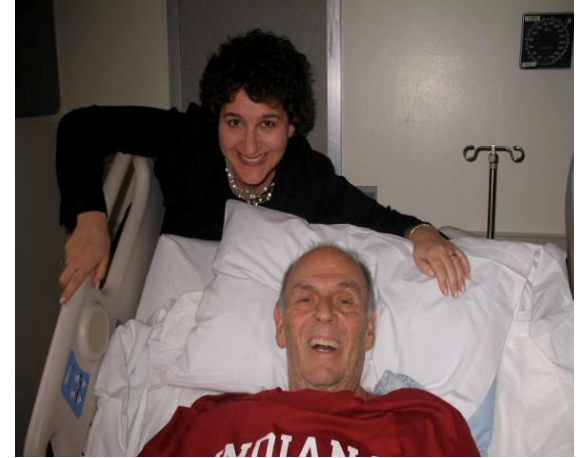
Each day, pediatric patients battle against serious medical challenges and the multiple indignities of living in an institutional setting while struggling to maintain a pre-hospital identity.





Soaringwords' mission is to lessen the negative impact of serious illness by embracing hospitalized children, families and staff, encouraging positive health and healing. Soaringwords provides fun, creative and educational activities both in person and online based on positive psychology concepts that enhance well-being in the midst of illness.

# How Soaringwords Was Born





# Soaringwords' Unique Contribution: Paying-it-forward

- Soaringwords is unique because it is the only organization that motivates ill children and their families to “pay it forward” through pro-social activities which foster altruism, reciprocity, well-being and resilience, meaning, purpose, health and happiness.
- Encourages individual patients to help others in need, which enables them to transcend their own suffering.



Gabby, 12 years old, leads different Soaringwords activities in the chemo clinic.



Gabby shares SoaringSuperheroes® with patients in between her chemo treatments at New York Presbyterian Hospital.

# Why Soaringwords invites thousands of hospitalized children to Pay-it-forward and dance





# Smiles for Life



# How the Soaringwords + Zumba® global collaboration was launched



Alberto Perlman, CEO, Zumba® Fitness



Beto Perez, Co-Founder, Zumba® Fitness



# Initial Reaction from Hospital Professionals: *You Want to do What???*

- Once hospital executives regained their consciousness after passing out or once they stopped laughing when I said the words “Zumba® Fitness and hospitalized children” in the same sentence, most recovered their composure and said “Absolutely NOT. No way.”
- Fortunately three hospitals eventually agreed to launch a monthly one-hour experience for hospitalized kids, their families and hospital professionals.
- All Soaringwords volunteers are licensed in Zumba® Kids (e.g. NO pelvic gyrations) and Zumba® Gold (special modified movement for children and adults with mobility challenges) and the entire class is designed for hospitalized children.



Soaringwords + Zumba® class at  
Chris Everett Children's Hospital, FL



Soaringwords + Zumba® class at  
Miguel Coutos Hospital, Brazil

## Getting the moves down.

- We test all the choreography with children making sure it is “good to go” prior to sharing new routines with hospitalized children.



# Building a SOARING into Strength dance class one routine at a time

## THE WALL STREET JOURNAL.

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Francesca Maria Gambelli

Miami rapper Pitbull is trying to build buzz for his new single, an urban-pop cover of a Gipsy Kings song he calls “Bandoleros,” by allowing Zumba instructors to play it exclusively for eight weeks before the song gets released to radio stations and online playlist makers.

The Hallandale, Fla., company also helped boost [tropical pop song “Zumba,”](#) by Don Omar, and Daddy Yankee’s “[Limbo](#)” to the top of the Billboard charts for Latin airplay, sales and online streaming. Daddy Yankee says the word “Zumba” nine times in “Limbo.”

On Monday, pop-rock band [Walk the Moon](#) released a video for its single “Work This Body” that features two dancers at a roller rink who wear fluorescent, 1980s-style Zumba workout gear.

Walk the Moon’s four male members have never taken a Zumba class and didn’t consider appearing in the video, says band manager Michael McDonald. They just wanted to tap into Zumba’s devoted following.

Scooter Braun, best known as the manager of [Justin Bieber](#), has struck a deal with Korean pop star CL to create a song or tailor one of her





# Soaringwords + Zumba® = Love for Hospitalized Children

Slow and steady. 1,001 details to orchestrate.

- In 2012 we spent an entire year launching the program in three pilot hospitals:
- Ft. Lauderdale, FL
- Atlanta, GA
- Chicago, IL



Joe DiMaggio Children's Hospital, FL



Children's Healthcare Atlanta, GA



Shriners Hospital for Children, IL



# It takes a special person to lead workshops with hospitalized children



Mount Sinai Beth Israel Hospital team co-captain, Roxanne Montalvo-Tsai with Jordan, Jasmine, and Selena





# SOARING into Strength: The Positive Psychology Approach to Help Children Heal.

**Soaringwords pioneered a new positive psychology model to enhance well-being of patients, their families and caregivers.** This evidence-based model has been tested among hundreds of patients. We will continue to empirically measure the efficacy of this model in helping patients and families.

The SOARING into Strength model consists of seven components based on positive psychology concepts:

- **Shifting:** Creating shifts in your attitude, your body and overall well-being.
- **Optimism:** Finding the good even when times are difficult or painful.
- **Altruism:** Gaining a sense of control by sharing your creativity, kindness, strengths and hope with others.
- **Resiliency:** Flourishing even in difficult times.
- **Imagery:** Connecting to your inner knowledge to heal.
- **Narrative:** Sharing the power of storytelling.
- **Gratitude:** Recognizing and celebrating moments of appreciation.





# Shifting: Creating shifts in your attitude, your body and overall well-being.

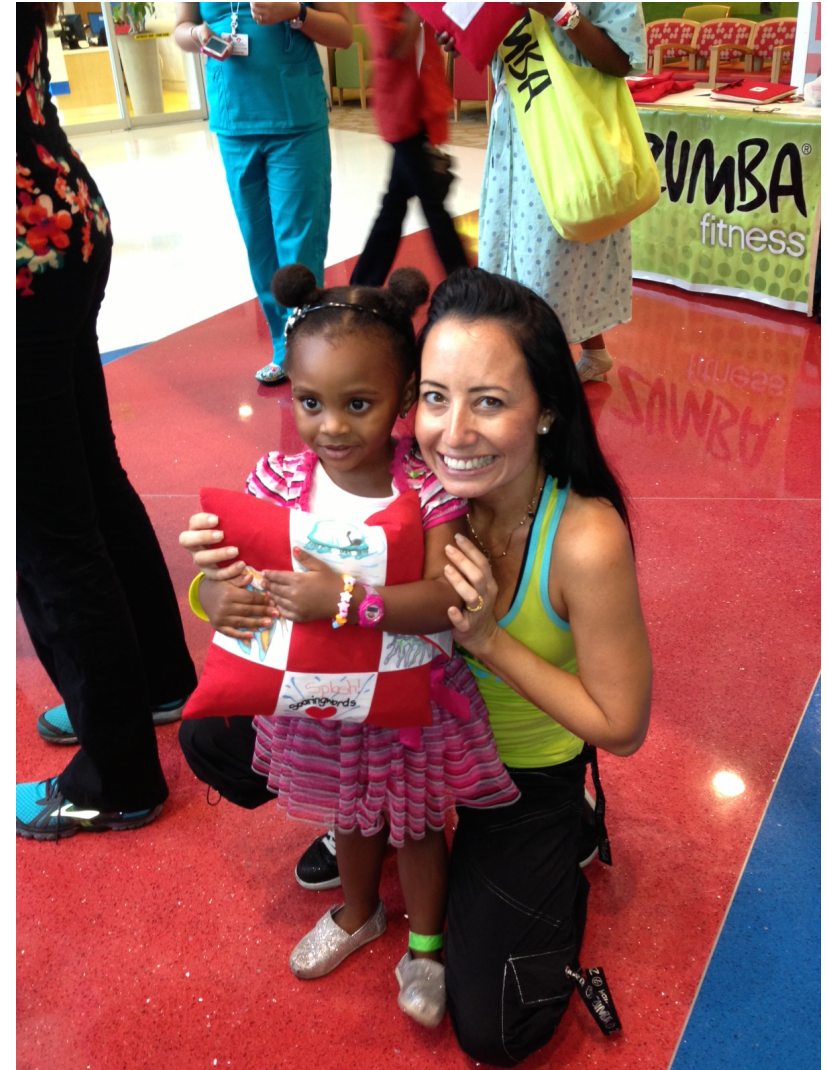
- “The presence of music noticeably transforms the entire pediatric unit, not just the activity room. The contagious enthusiasm and leadership of the instructors and the beat of the music motivates participants to shake off sedentary patterns, gather together, and allow joy to enter our lives for a few minutes as we have fun moving”  
—Janice Baker, Manager, Arts for Healing, Yale-New Haven Children’s Hospital, Connecticut, January 2016



# Optimism: Finding the good even when times are difficult or painful.

- “Children and caregivers were clapping along and smiling. We were able to share smiles and laughter with a little girl who recently had brain surgery. She was singing along and slapping her hands to the music”

—Mindy Leigh Foster, Nationwide Children's Hospital, Columbus, Ohio, October 2015





# **Altruism:** Gaining a sense of control by sharing your creativity, kindness, strengths and hope with others.

- “My experience leading this program at Nationwide Children’s Hospital has been the most rewarding, humbling experience of a lifetime. Our visits really help put our own lives into perspective. We visit the hospital twice a month and I leave in tears every single time. The volunteer work that we do is so important and I cannot imagine not doing this”

*—Jennifer Lucas, ZIN™ Member, volunteer at Nationwide Children’s Hospital, Columbus, OH, February 2015*



## Resiliency: Flourishing even in difficult times.

- “The most powerful experience was one of the patient’s mom and grandmother telling me that it has taken two years for this young girl to not be in so much pain that she could stand and dance a little for the first time. The class motivates the kids to get better”  
–Lynn Sheehan, Nurse, Soaringwords Team Lead, Hasbro Children’s Hospital, Providence, Rhode Island, December 2015
- “One patient’s face lit up and she said ‘I have a song and I will teach YOU!’ It was a fabulous treat to see her transform into a dance leader, forgetting about all of the tubes attaching her to her IV pole for a little while” –Shelly Hage, Phoenix Children’s Hospital, Phoenix, Arizona, November 2015





# Imagery: Connecting to your inner knowledge to heal.

- “Today was my best Soaringwords experience since I started. There was a patient I know very well who enjoyed it so much. She now says she wants to become a Zumba® instructor when she gets older”  
–Silvia Villasenor-Ornelas ZIN™ Member, El Paso Children’s Hospital, El Paso, Texas, February 2016



## **Narrative:** Gaining a sense of control by sharing your creativity, kindness, strengths and hope with others.

- “A few of the kids were really into it—they danced every song and had a total blast. It was really great to see this tough group of kids in a pediatric psychiatric ward become just ‘normal’ kids playing. I get the sense they don’t have a lot of opportunity to just play and it felt great to be able to share that with them”  
—Sarah Fox, Hasbro Children’s Hospital, Providence, Rhode Island, October 2015





## Gratitude: Recognizing and celebrating moments of appreciation.

- “Working with these severely disabled non-verbal children was a gift and made me appreciate the fact that I have seven healthy children”  
–Adrienne Rudat, ZIN™ Member, St. Margaret’s Center, Albany, New York, February 2016





“Today was the happiest day of my life because I learned I could help another person.”



## ***Journal of Women and Therapy* – Uplifting Mental Health**

Women & Therapy

Volume 39, Issue 1-2, 2016

Special Issue: Positive Aging: What Feminist  
Therapists Need to Know, Part 1



Translator disclaimer



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Articles

***Move2Love* and Vibrancy: Community  
Dance/Fitness**





MARSHA W. SNYDER, MD., MAPP.



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# POSITIVE HEALTH FLOURISHING LIVES, WELL-BEING IN DOCTORS

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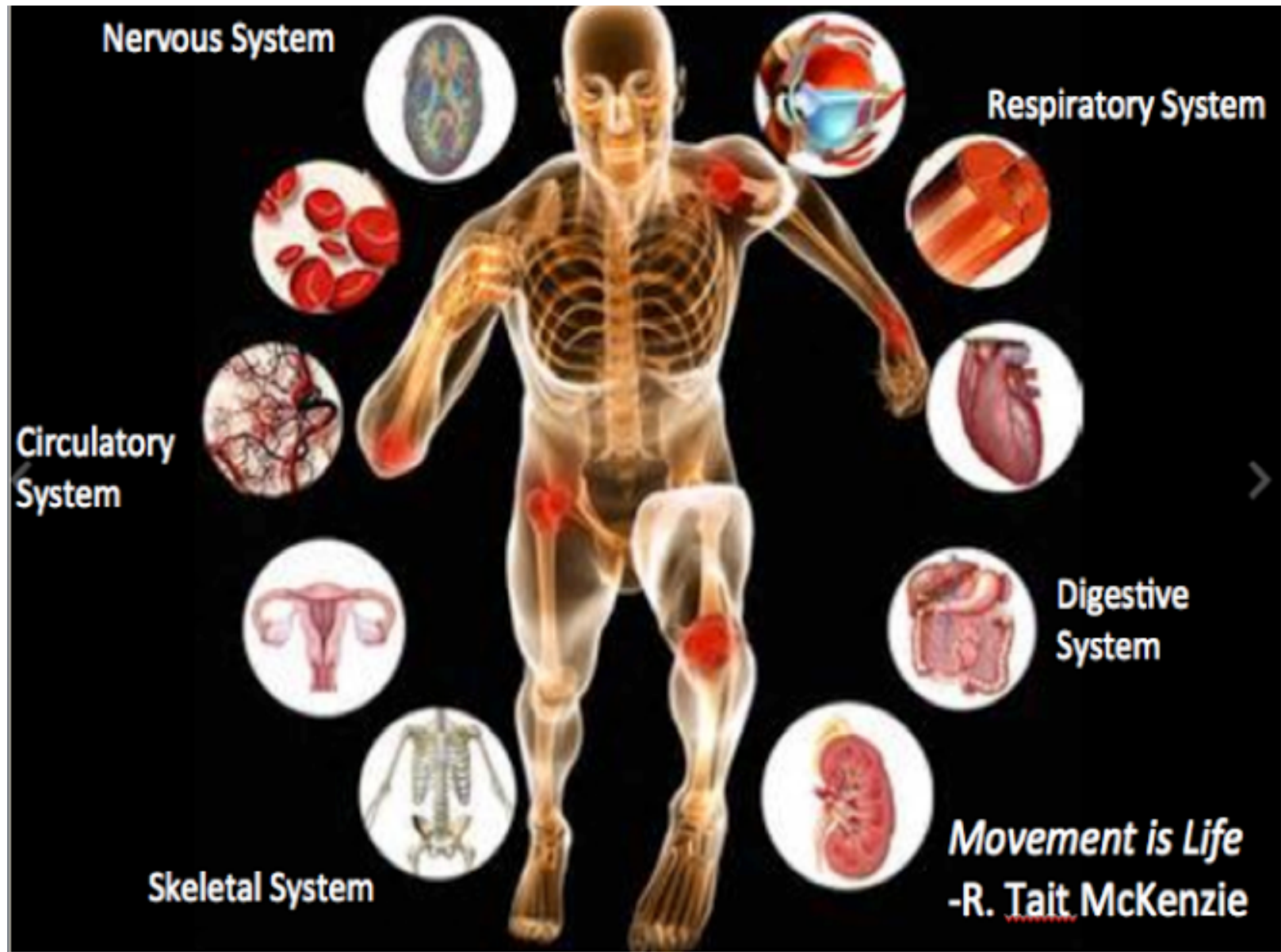
**“The body is important to how we think, feel, and behave” Mutrie & Faulkner (2004).**

Group Rhythmic Activities help build social capital, generating more positive resources, flow and greater whole health. More flourishing.

**MOVE2LOVE Physical Design:**

- Cardiovascular
- Strengths
- Balance
- Flexibility
- Coordination
- Agility
- Resilience
- Social Fitness
- And Positive Psychology.









# Neuroplasticity:

Restore, repair and build  
resilience in the brain



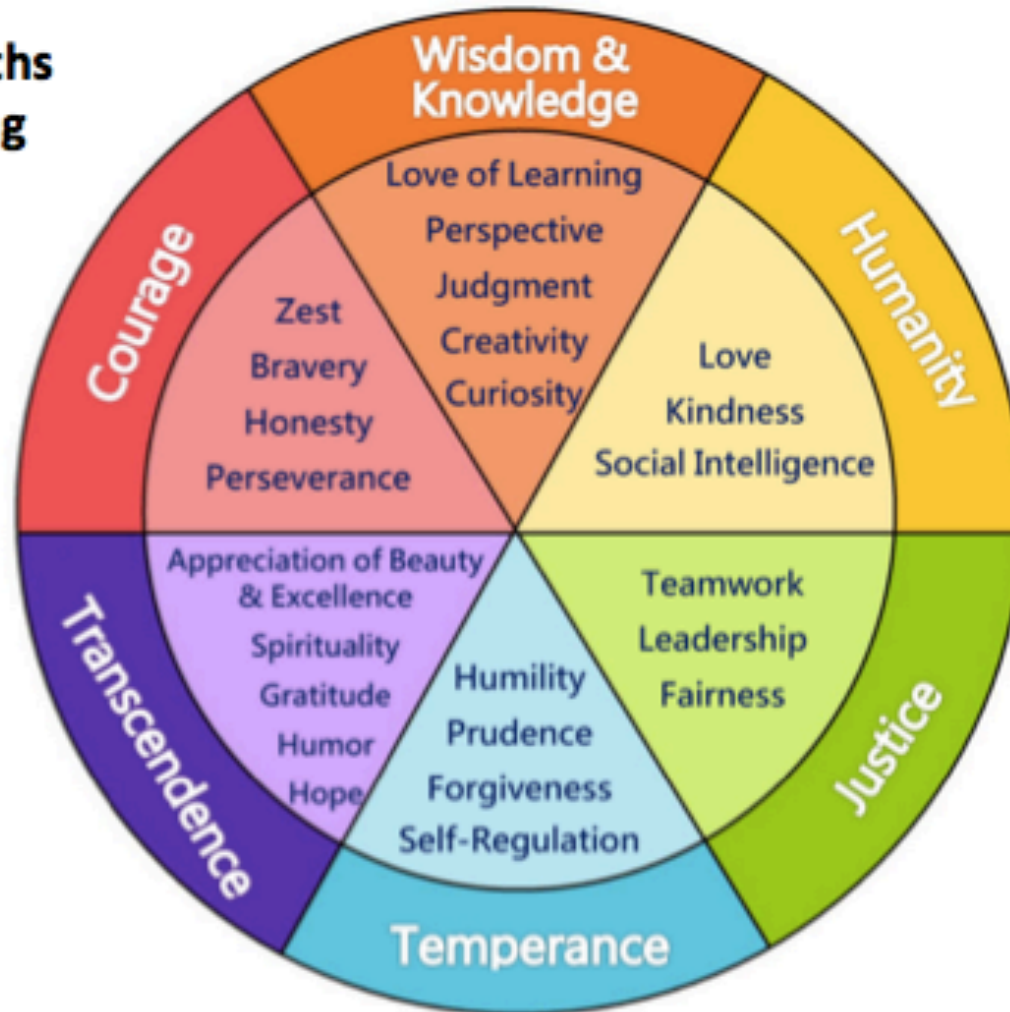
## **Move2Love: Temple University**



Cross training AND Via-Strengths, Gratitude, Best Possible Future Self, Active Constructive Responding, Savoring, Positive Outreach



## Strengths Spotting



**Values in Action Inventory of Strengths (Peterson & Seligman, 2004)**





# Engagement

Optimal Experience: The sweet spot where time stands still, and you become one with the activity at hand.



FLOW (Csikszentmihalyi, 1990): Where Challenges Meet Opportunities, helping Create Optimal Experiences



# Benefits of Flow State





**Co-Active & Interactive Social Flow are more enjoyable than (Solitary) Flow.**

*–Journal of Positive Psychology, 2010*



A GIANT Idea for Better Breathing: The first NFL Halftime Fundraiser





## ***FLOW*: Optimal experiences (Csikszentmihalyi, 1980)**

Co-Active & Interactive Social Flow are more enjoyable than (solitary) Flow.  
-*Journal of Positive Psychology*, 2010





# University of Penn MAPP Summit '15







## Building positive, nurturing relationships







## How to Build Meaning (O'Brien, 2013)

- Take time to show appreciation.
- Be authentically true and loving.
- Consider your legacy.
- Pray, Meditate, Write your blessings.
- Learn how other cultures live, celebrate, and honor their ancestors.



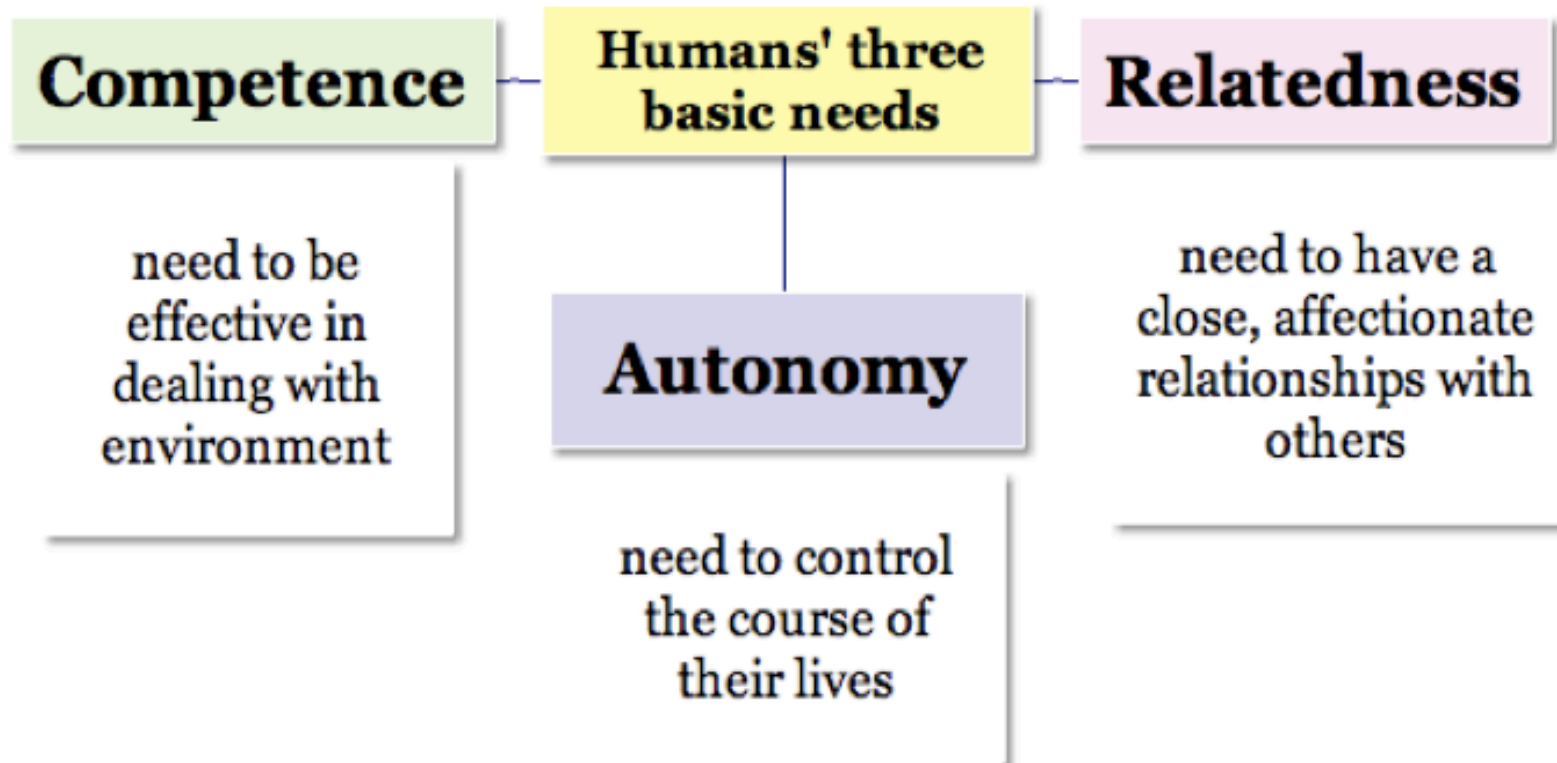
*“Everything can be taken from a man but one thing; the last of human freedoms; to choose one’s attitude in any given set of circumstances.”*

*-Viktor Frankl*



# Uplifting Human Motivation

## Self-Determination Theory





# Achievement







## Einstein's Wisdom



“Life is like riding a bicycle. To keep your balance you must keep moving.”

“I thought of that while riding my bicycle” (on the Theory of Relativity)



## Fit Dance: Move2Love Qualitative Findings









# Let's Dance!



Tal Ben-Shahar & Lisa at Global Zumba® Instructor Convention



Barbara Fredrickson, Tal Ben-Shahar, & Lisa at IPPA Opening Reception, 2015



**Thank you for spending your time with us!**

**Thank You Khawp Kun**  
**Merci Beaucoup Xie Xie**  
**Spacibo Salamat Arigato**  
**Danke TODA RABA**  
**Obrigada Gracias Takk**

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