

BJC School Outreach to again help students dance their way to health in event May 3

Wednesday, April 17, 2019



More than 400 Saint Louis Public School students, staff and faculty take part in a flash mob dance event May 4, 2018, at Busch Stadium. | Photo by Tim Mudrovic

BJC | More than 400 Saint Louis Public School (SLPS) students, staff and faculty took steps — dance steps — to improve their health and combat obesity last May at the fourth annual “Let’s Move! STL Move Your Body Flash Mob.” This year’s event is scheduled for 9:45 a.m. Friday, May 3, at Ford Plaza at Busch Stadium, as well as at 50 SLPS sites — and anyone can participate.

The event is sponsored by Let’s Move! STL and the Healthy Schools Healthy Communities initiative, in partnership with SLPS, BJC School Outreach and Youth Development, the City of St. Louis Department of Health, Aetna, Cardinals Care and COCA.

“Having fun while being active is important to encourage life-long, healthy habits,” says Erica Oliver, BJC School Outreach and Youth Development lead community health partner. “The planning and practice that prepare participants for this event are great ways to get people moving together and build community.”

“The Flash Mob is an example of an amazing collaboration between the SLPS school district and the community,” says Leanne White, SLPS project director. “By partnering with the City of St. Louis, BJC School Outreach and Youth Development, Aetna, COCA, Cardinals Care and Missouri Foundation for Health, we provide SLPS students, as well as students across Missouri and the nation, the opportunity to experience an event that has the capacity of enhancing physical fitness and well-being, while having fun.”

Click to download the dances, with the newest dance developed by COCA, that will be performed that day. This year’s dances include ["Move Your Body,"](#) ["Gimme 5"](#) and ["Can't Stop the Feeling."](#)

For more information about participating, contact BJC School Outreach and Youth Development at HSHC@bjc.org or 314-286-0539.

More about Let’s Move!

STL and Healthy Schools Healthy Communities Let's Move! STL is a comprehensive initiative to combat and solve the challenge of obesity and diseases related to poor diet and fitness by leveraging community resources, coordinating partnerships and engaging the community toward the goal of zero obesity by 2020. The City of St. Louis Department of Health is the lead coordinating agency for Let's Move! STL.

Healthy Schools Healthy Communities empowers communities to build a healthier future for children and families across Missouri. An initiative of Missouri Foundation for Health, Healthy Schools Healthy Communities brings together schools, community organizations, businesses, parents and residents to identify and push for changes that increase access to healthy food and physical activity where kids live, learn and play. Saint Louis Public Schools and BJC School Outreach and Youth Development are co-leading the initiative in the City of St. Louis.

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NATASHA

4/19/2019 3:30 AM

Can someone from BJC invite the elementary students from Gateway Science academy South get invited to this event?

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