



## ***Agita: Dance Your Way to Health!***

*Agita São Paulo* is an important program that started in São Paulo, Brazil in 1996. The program helps many students in Brazil get 30 minutes of daily physical activity in order to stay healthy.

The *Agita São Paulo* program holds events to help students learn that it is easy and fun to be active for 30 minutes every day. The students come up with their own ideas on how to get 30 minutes of physical activity everyday. Their ideas include doing everyday chores or playing such as walking the dog, sweeping the floor, running the vacuum, cleaning their rooms, roller-skating, climbing stairs, swimming, dancing, catching balls, jumping rope as well as playing soccer, leap frog and hopscotch.

*Agita* has cartoon clock mascots called “Meiorito” and “Meiahorinha” (the “half-hour man and woman”). These mascots pass out stickers and flyers at large *Agita* events to help students remember to do 30 minutes of physical activity every day. The Brazilian students also help spread the *Agita*’s message. They have created posters and written essays about the benefits of exercising for 30 minutes per day. They have also created “exercise pyramids” that show the chores and everyday activities that are easy ways to reach the goal.

*Agita São Paulo* is a very successful health program. It has expanded from Brazil to other countries. The *Agita* program now helps young people stay active and healthy in countries such as Argentina, Colombia, Ecuador, Mexico, Peru, Guatemala, and Venezuela. *Agita*’s message of active living also helps adults who work, like your parents and me, and even the elderly, like your grandparents!

### **Discussion Questions:**

1. Where and when did the *Agita São Paulo* program start?
2. Whom does *Agita São Paulo* help to be active and stay healthy?
3. What are three physical activities that *Agita* students enjoy that you like to do as well?
4. Why do you think the *Agita* program works?
5. List three other countries where young students are using the *Agita São Paulo* program to stay healthy.

