Move2Love, Thriving and SOARING
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Move2Love ‘n Thriving

Breathe in
LOVE.

embodied
POSITIVE PSYCHOLOGY
SUMMIT
2017
EVERY DAY
Holds The Possibility Of The Miracle of Love.
Background: *FitDance/Move2Love*

Health intervention since 1991, designed to reduce alcoholism and drug addiction, especially in older adults.

Living, Loving, and Moving Design:

- Group Rhythmic Movement in a Welcoming Atmosphere
- Cross Training: Aerobic Exercise – The Key to Fitness
- Building Appreciation for Proprioception
- Positive, Caring Individual and Group Experiences
- Encouraging a new model of Social Fitness
- Safe, Easy to follow, FUN movement, “at your own pace”
- Encouraging motivation, enjoyment, and “peak end.”
Seniors Aerobics Program Showcased At New Jersey Governor’s Conference

Elaine Tarantin and the Community Alliance Dancers performing at the Annual Governor’s Conference for Alcohol and Drug Abuse.

Ocean Grove - Elaine Tarantin and her senior aerobics group showcased their program at the third Annual Governor’s Conference for Alcohol and Drug Abuse in North Brunswick.

Selected from over 1000 possible programs in New Jersey, Tarantin’s cross-training program for senior adults has been a favorite community alliance offering for the past three years and was recognized for its popularity, ingenuity and effectiveness.

The Conference was hosted by N.J. Governor Christine Todd Whitman. Tarantin’s troupe of students, age 55+, was thrilled by the opportunity to perform at this gala event. They danced to a rousing rendition of “Le Jazz Hot” from Victor/Victoria.

Tarantin begins teaching a weekly class “Feeling Great” on March 23 at the Neptune Twp. Senior Center. Township residents sixty years or older may register by calling 988-8855.

In addition to teaching senior adults, Tarantin teaches, trains and designs land and water programs for all age groups. She also coaches competitive aerobics athletes and is considered an expert in this field.

For more information, call or write Elaine Tarantin, 95 Broadway, Ocean Grove, N.J., 07756 or call (908) 988-6048.
Move2Love: Temple University

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

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"Lack of activity destroys the good condition of every human being, while movement and methodical exercise save it and preserve it." Plato - circa 460B.C.
Exercise and the Brain

EXERCISE:
- Generates new brain cells: neurogenesis.
- Strengthens between cell connections.
- Increases a brain’s synaptic plasticity improving neuroplasticity
- Promotes brain derived neurotrophic factors: *Miracle Grow* for the brain.

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Neuroplasticity:
Restore, repair and build resilience in the brain
In the presence of oxygen: Aerobics & Executive Function

- EXERCISE particularly affects our Executive Function
  - Planning
  - Organization
  - Initiate or delay a response
  - Consequence evaluation
  - Learning from mistakes
  - Maintain the focus
  - Working Memory

- Dysfunction in these areas leads to disruption in the organization and control of behavior

http://www.driesen.com/prefrontal_cortex.htm
SURPRISE!
Move2Love: Community Alliance Grant
Enriched Dance Exercise Leadership

- Social Fitness/FitDance increased Kinesthetic Learning, Proprioception, Exercise Motivation, Enjoyment, Adherence (O’Brien, 2016).

- Positive Psychology + App. Physical Activity = PERMA in Motion

  Kinship, Kindness, Zest, Care, Love Connections (Fredrickson, 2013)
Positive Groups & Priming Communitas

Communitas (Turner, 1974) a state of arousal, moving together in space, vibrantly and rhythmically, lifts us up, and increases cohesion (Wilson, 2002)

“We all live, love, and work in groups, so why not make the group and explicit focus in our attempts to build the good life?” (Peterson, Park & Sweeney, 2008).
Positive Energization with Marty, MAPP Summit
Positive Health Promotion and Community Dance Fitness

- Three Epidemics in Modernity:
  - Loneliness
  - Inactivity
  - Older Age

Along with prevention, we need positive action.

Community/Group Dance Fitness at Schools, Work and Play, especially intergenerationally, offers opportunities for building positive connections, fitness, respect, care, and lifespan development.
DRAIN VS. SPEC
Transforming Approaches in Health Care
(Prilleltensky & Prilleltensky, 2006)

**DRAIN Approach**
- Deficits based
- Reactive
- Alienating
- Individualistic
- Negative

**SPEC Approach**
- Strengths-based
- Primary Prevention
- Empowerment
- Community

**PROBLEMS**
- Too little
- Too costly
- Too unrealistic
- Too unrealistic

**OPPORTUNITIES**
- Built to last
- Starts early and saves $$$
- Creates civic engagement
- Builds a social movement

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Move2Love: Celebrating Health and Learning

- **SPIRE** Model-Wholebeing Institute
- Inspire Gratitude
- Mindful attention
- Apply a strengths focus
- Build connections, resources, & well-being

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Summary Overview

- *FitDance* community members demonstrated uplifted vibrancy: physical, emotional, and mental health, especially for people in their age cohort; the high level of activity and positivity was corroborated by adult children of participants.

- *FitDance* can positively, cost effectively, and sustainably impact three trends in modernity.

1. Epidemic of Inactivity and NCDs (Blair, Sallis, 2008)
2. The Age Wave (Dychtwald & Flower), and Prime Flow in Retirement (Csikszentmihalyi & LeFevre)
3. Positive Community Building (Putnam, 2000)
Catch the Spirit

The women in class catch the spirit of belongingness, togetherness, community, a feeling of well-being for ourselves, and camaraderie for one another.

-Eileen Kane
Creating Love Connections

“You can achieve your aims through the encouragement of others. Encouragement is one of the great powers...Kindness and gentleness in your relationships brings allegiance, cooperation, and ultimately, success.”

- I Ching n. 58

“Love is Connection.” Megan McDonough, 2017
Thank you
Danke
Xie xie
Khawp khur
Yum 60te
Salam
Juspa
Salamat
Spacibo
Obrigada
Arigato
Merci bien!

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