

17th World Summit on

Positive Psychology, Psychotherapy & Cognitive Behavioral Sciences

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Sport & exercise psychology: Applied sport exercise psychology & psychosocial factors in physical activity

Mia Kuusisto

FaceVizio tmi, Finland

Zumba: Each Zumba® class is designed to bring people together to sweat it on. Dance to great music, with great people, and burn a ton of calories without even realizing it. 15 million people are taking Zumba®-classes around the world, in 180 countries and 2,00,000 locations. Zumba® Fitness classes are often called exercise in disguise, calorie-burning dance fitness party with latin and world rhythms and mixing low-intensity with high-intensity moves for an interval style.

Nia Technique: Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life-body, mind and soul. Nia is based on the intelligent design of the body. Each workout brings mindfulness to your dance movement experience leaving you energized, mentally clear, and emotionally balanced. Nia is non-impact, practiced barefoot, and adaptable to individual needs and abilities.

Mindful Body: Mindful Body classes combine the best techniques in training the body and mind as a whole-it combines Pilates, yoga, fascia-training, deep stretching, active stretching and different relaxation methods-creating a class that truly cares for the body while working with the mind. What makes this concept truly innovative is the fact that everything happens from the inside out. The class teaches you to listen to your body, to perform everything according to what your body tells you to do and to do only what feels good. It also teaches you to learn more about your body and how exactly we should listen to it every single day.

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Happiness at School™: Bringing joy to the classroom one laugh at a time

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The Happiness at School™ Project uses stand-up comedy in the classroom to promote literacy, well-being and mental health. It was first developed by Sue Stephenson in 2013 with co-developers Lead Comedian Coaches Marc Hallworth and Kyle Woolven with support of staff and students at North Kipling Middle School in the Toronto District School Board in Ontario, Canada. The project is expanding each year and this year so far has reached over 500 students. Overall, the project has the following goals for grades 7 to 10: 1. Develop high-level oral and writing for performing literacy skills; 2. Develop character strengths, including creativity, gratitude, humour and collaboration; 3. Build resiliency and relationships to cope with adversity; 4. Learn to promote positive mental health and well-being; 5. Improve school morale for both students and staff by promoting caring and healthy classroom environments, and by increasing students' self-confidence; 6. Reduce bullying by focusing on healthy and non-hurtful humour. It is based on the PERMA model of positive psychology, and teachers and students love it, because it focuses on character strengths of self-regulation, humour and gratitude and brings students out of their shells. Humour and play is a character strength that is under-valued, but critical to learning, at any age.

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