

# Step U.P. - A National Model

**Step U.P.**

**Step 2  
Campus**

(Academic Focused)

**Step 4  
Health**

(Health Focused)

The National Step Show Alliance's (NSSA) Step U.P. program centers on the belief that all youth have "**U**nlimited **P**otential," focusing on positively impacting the lives of middle and high school students. Launched in Nashville, TN, the Step U.P. program serves as a national model for youth stepping. The NSSA partners with the Nashville Parks and Recreation Department, and Nashville Public Health Department to sponsor youth step teams in area community centers and schools, focused on at-risk youth. The NSSA is sharing the Step U.P. model with teachers and health educators nationally through conferences and the development of city and state step leagues.

*"As a public health professional it is disheartening to watch the obesity epidemic continue to plague our youth. The Step U.P. program has proven to be one of the solutions when it comes to combating obesity. Being a seasoned stepper and coach, I know stepping burns calories, increases endurance, builds character, encourages cultural competence, and introduces sportsmanship; all of which are needed among today's youth."*

**Kristal Lyn Brown, MPH**  
Health Educator & Coach, Nashville Step League  
Delta Sigma Theta Sorority, Inc.



## Nashville Step League

### Area

Training

### Partners

NSSA and the Health Department

- *Develop the curriculum for health education, fitness assessment, and step coach training*

Academic/Service Learning

Belmont University, Fisk University, Meharry Medical College, Tennessee State University, Vanderbilt University students and organizations

- *Serve as step team coaches, tutors, and mentors for the program*
- *Provide the biweekly health education and life skills sessions*
- *Collect data and conduct research for information and analysis*
- *Host campus tours and sessions on preparing for college*

Youth Team Sponsors

Nashville Parks and Recreation, Metro Nashville Public Schools After-school Centers

- *Sponsored by the parks department and after-school programming of the school system*

Civic Groups

Nashville Alumni NPHC Chapter, Alumni Greek Chapters, Professional Groups

- *Assist with step show/health fair events*
- *Participate in "Career Day" seminars highlighting career options*
- *Coach step teams*



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