



Rhythm for Life

events to improve, inspire and empower

health rhythms®

Group Empowerment Drumming

- Reduces staff turnover and modern day 'burn-out'
- Nurtures and builds camaraderie and team motivation
- Significantly strengthens your immune system
- Backed by 7 peer-reviewed published research studies



Rhythm for Life now offer the Remo HealthRHYTHMS® Group Empowerment Drumming protocol, which is a structured and research-based programme that has demonstrated significant and tangible health benefits from exercise, boosting the immune system, nurturing and social support, to intellectual stimulation, spirituality and stress reduction.

The drum plays a unique and key role in enabling people to experience the health benefits of rhythm therapy and recreational music making and is suitable for all ages and levels of ability.

EVIDENCE-BASED ELEMENTS OF HEALTHRHYTHMS

Stress-Reduction

HealthRHYTHMS strengthens the immune system by increasing Natural Killer (NK) cell activity. It also reverses multiple components of the human stress response on the genomic level, not just reducing but reversing 19 genetic switches that turn on the stress response believed responsible in the development of common diseases.

Exercise

Drumming is an accessible exercise which burns calories and gets the heart beating faster thereby providing beneficial aerobic exercise.

Self-Expression

HealthRHYTHMS empowers people to move beyond their perceived boundaries.

Camaraderie/Support/Nurturing

HealthRHYTHMS builds camaraderie and support by creating a safe space where people feel comfortable sharing and offering support. It creates a level playing field where support of growth and development is encouraged. As equal partners in this process participants often discover inner strength and encouragement by those sharing the experience.

Spiritual Connection

Group drumming allows us to connect with each other and extend ourselves to one another, sharing our energy, vitality and emotion.

Music Making and Creative Expression

Systematic inquiry into the relationship between music and brain function is one of the most rapidly developing fields of human research.

“Music making offers extensive exercise for brain cells and their synapses (connections). It would be difficult to find another activity that engages so many of the brain’s systems.”
(Weinberger, N., 1998).





RESEARCH SUMMARY

Impact on immune system study

Strengthens the Immune System (2001)

Employee burnout and turnover study

Improves Mood, Reduces Burnout & Turnover (2003)

Reducing student drop-out rate study

Retains Students: Mood Improvement & Burnout Reduction (2004)

Creativity and bonding in seniors study

Inspires Creativity & Bonding in Long-Term Care Residents (2004)

Genomic impact study

Reverses Stress on the Genomic Level (2005)

Corporate employee wellness benefits study

Strengthens the Immune System of Corporate Employees (2007)

Quality of life improvements in at-risk adolescents study

Adolescent Protocol is a Catalyst for Quality of Life Improvement (2009)

RESEARCH-BASED BENEFITS SUMMARY

Strengthens the Immune System: Natural killer (NK) cell activity was significantly boosted in subjects who participated in the HealthRHYTHMS® protocol compared to controls. Natural killer cells play a major role in the destruction of cancer and cells infected by viruses.

Reduces Burnout: Total Mood Disturbance (TMD) in employees after 6 sessions was improved by 46%. 6 weeks after the intervention TMD was improved 62%, suggesting that the benefits continue long afterward.

Reduces Employee Turnover: Mood improvements experienced by study participants resulted in a projected 18.3% reduction in employee turnover. (Actual reduction was greater).

Saves Money: The study of HealthRHYTHMS conducted at a long-term care facility in the US, resulted in projected cost savings averaging \$89,100 per year at a typical 100-bed long-term care facility.

Reduces Stress: HealthRHYTHMS protocol actually reverses biological responses at the DNA level that can lead to the development of a host of common diseases.

Cost-Effective: Health benefits & reduction in burnout suggest increased work-force stability, lower employee turnover costs, and significant return on investment for the HealthRHYTHMS programme.

POTENTIAL APPLICATIONS FOR HEALTHRHYTHMS

Stress Management and Morale

Teambuilding

Support Groups

Employee Health and

Wellbeing Initiatives

Patient Groups

Schools and Universities

Senior Citizen Groups

At-Risk Adolescents



Simon Carver, founder of Rhythm for Life,
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Please contact Simon for further information and
to find out how HealthRHYTHMS can be used
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