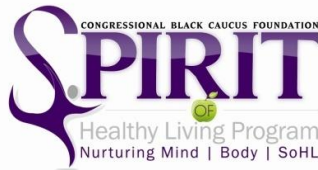


New Horizon Church International website: <http://www.nhcms.org/>

**FOR YOUR HEALTH FROM NHCI HEALTH AND WELLNESS MINISTRY**



## Phase II

The Spirit of Healthy Living (SoHL) Phase II of the initiative starts January 1, 2012 and spans over a 12-week period. Motivational guides will share simple, proven steps for improving your health during interactive classes and individually tailored online coaching sessions. The web-based sessions are FREE, confidential and accessible 24/7

Go to [www.my.healthmedia.com](http://www.my.healthmedia.com)

Click on **Sign Up**

Enter the Access Code: **Jackson**

Create your **Personal Profile**

Click on **Coaching**

Computers available during exercise class on site at Wheatley location and at NHCI bookstore when open

**For more information contact one of the following persons:**

Ella Garner Jackson, SOHL Project Leader, [alcoinc@comcast.net](mailto:alcoinc@comcast.net)

Mary Harris, Fitness Leader, [marystamping@yahoo.com](mailto:marystamping@yahoo.com)

Karen Stuckey, Project POWDER Ambassador, [kstuckey@minact.com](mailto:kstuckey@minact.com)

Yvon Lindsey, [yvonlindsey@comcast.net](mailto:yvonlindsey@comcast.net)

## New Horizon Biggest Loser Program

### Requirements

- 10 month commitment, January 1, 2012 - October 31, 2012.
- Attend monthly educational class held before exercise workout.
- Attend every 4<sup>th</sup> Monday educational class at Jackson Medical Mall (time and place TBD).
- Exercise participation of at least 5 workouts per week.

### Important Dates

1. January 5, 2012 at 6pm Program Start, the Kick-off Event at New Horizon Center located at 3565 Wheatly St.
2. 6 p.m. Weekly, Monday and Thursday Exercise Classes at Wheatley St location.
3. Weigh-ins on the 1<sup>st</sup> Monday and 1<sup>st</sup> Thursday of each month at 5:30 p.m. prior to our exercise classes.
4. Weigh-in at the Jackson Medical Mall in the Community Meeting Room date TBD.

### Recommended

- Your 5 workouts will consist of at least 1 workout per week offered at New Horizon Church and 3 - 4 workouts per week that you do on your own. Workouts you do on your own can include yard work, vicarious house cleaning, walking, running, swimming, tennis, sports games like basketball, football, soccer, etc., or exercising to tapes/dvds.
- Dietary changes/modifications as needed.

**For additional information contact:**

**Mary Harris, 601-573-6961 or Yvon Lindsey, 601-201-3175**

## NEWSLETTER UPDATE FROM YOUR HEALTH MINISTRY

New Horizon Church International Health Ministry is committed to helping you be healthier. We will have ongoing programs like Spirit of Healthy Living (SoHL), the Biggest Loser, and Beachbody Fit Club Exercise Classes as well as health screenings throughout the year. Our goal is for your body to be the temple that God intended it to be.

This being said, members of our congregation are participating in our Biggest Loser Program which started January 1, 2012 and ends on October 31, 2012. They will engage in exercise classes, make dietary changes as needed, and attend educational classes to reach their health and fitness goals.

Your Health Ministry is asking every member and friend of New Horizon to encourage these church members. We are also asking you to make a 90 day commitment to improving your body through exercise, dietary changes, education, and health screenings.

Our free Beachbody Fit Club Exercise Classes and SoHL Program is a great way to make this commitment. SoHL is a computer based, 12-week program with motivational guides which share simple, proven steps for improving your health during interactive classes and individually tailored online coaching sessions.

SoHL's web-based sessions are FREE, confidential and accessible 24/7. Simply go to [www.my.healthmedia.com](http://www.my.healthmedia.com). Click on "Sign Up". Enter the Access Code: "Jackson". Create your "Personal Profile". Click on "Coaching". To access our SoHL Program, computers will be available during our exercise class on site at our Wheatley location and at NHCI bookstore when open.

Every Monday and Thursday from 6 p.m. – 7 p.m., our free Beachbody Fit Club Exercise Class and our Biggest Loser Program will be held at our 3565 Wheatly Street location.

Free Kidney Screening, our first 2012 health screening, will take place here at New Horizon Church on Saturday, January 28, 2012 from 9 am – 12 noon. Tests include a full renal panel, complete blood count and cholesterol check. Onsite tests include blood pressure, blood sugar and urinalysis.

Your attendance and support of our Health Ministry Programs and Screenings will show God your commitment to having your body be His temple.

Your body is the temple of the Holy Spirit, who lives in you and was given to you by God?  
You do not belong to yourself, for God bought you with a high price. So you must honor God with your body. 1 Corinthians 6:19-20 (NLT)

For more information about any of New Horizon Health Ministry Events  
contact one of the following persons:

Ella Garner Jackson, SOHL Project Leader, [alcoinc@comcast.net](mailto:alcoinc@comcast.net)

Mary Harris, Fitness Leader, [marystamping@yahoo.com](mailto:marystamping@yahoo.com)

Karen Stuckey, Project POWDER Ambassador, [kstuckey@minact.com](mailto:kstuckey@minact.com)

Yvon Lindsey, [yvonlindsey@comcast.net](mailto:yvonlindsey@comcast.net)

New Horizon's Biggest Loser Exercise Classes originated from the need to provide quality and effective exercise, diet and health wellness to members who were participating in the Jackson Medical Mall Program called Mall in Motion. Seventy (70) NHCI members signed up for this event on December 27 and December 28.

Mary Harris, Beachbody Coach, got involved because of her passion to help people and desire to see them be healthier. Mary looked at the group of 70 persons and determined that some preferred to exercise at home, others at a gym, and some preferred group workouts.

New Horizon Exercise Classes are offered every Monday and Thursday is open On Mondays and Thursday with the exception of holidays. Every 4th Monday of each month. Our exercise classes are open to the general public and several of our members have invited their friends and family to join them as they lose weight.

Our exercise class members receive ongoing educational material at our exercise classes in the form of guest speakers, informational literature, and the internet. Computer usage time is available prior to each workout. Members are encouraged to sign up for and use SOHL website. On The 4<sup>th</sup> Monday's are Educational Class Day at Jackson Medical Mall and includes education about weight maintenance, importance of exercise, diet and exercise tips.

Average exercise class attendance is 16 – 22 persons per class and attendance has been as high as 44 persons.

At our exercise class we use Beachbody fitness programs and their nutritional supplements. Beachbody is a successful 10-year-old, \$250+ million corporation based in Southern California. Their mission statement is "Help people achieve their goals and enjoy a healthy, fulfilling life." Beachbody has set a goal to help end the trend of obesity in the U.S.

The company creates and sells the nation's most popular in-home fitness and weight-loss products—high-quality, well-manufactured DVD workout programs, gear, and nutritional supplements that have been proven to work. Each of their exercise programs includes a specifically designed eating plan that goes hand-in-hand with the workout.

Beachbody Trainers include Tony Horton, Shaun T, Donna Richardson Joyner, Kathy Smith, Brett Huebell, Debbie Siebers, Chalene Johnson and others. Body Gospel; Power 90 Boot Camp; P90X; P90X2; Insanity; Turbo Fire; Rockin' Body; Hip Hop Abs; and, Yoga, Booty, Ballet are just a few of their many exercise programs.

Shakeology, one of Beachbody's supplements, can be used as a meal replacement shake. It has a low calorie formula that contains over 70 natural and healthy ingredients including protein, amino acids, antioxidants, phytonutrients, adaptogens, prebiotics, digestive enzymes, vitamins and minerals.

On Saturday, April 14, 2012, our Exercise Class had its 1<sup>st</sup> 90 Celebration. Ms. Kelly Irby a Certified Personal Trainer with the National Strength and Conditioning Association, (NSCA-CPT) was our presenter. She have been a trainer for more than 10 years, training men, women and children of all ages and special populations. Ms. Irby specializes in Nutrition and Weight Loss. She believes that Christians should be the healthiest people in the World because it honors Christ and sets a good example to unbelievers. Let's give a warm New Horizon welcome to Ms. Irby.

Ms. Irby did an excellent job of discussing nutrition, exercise, and metabolism. Our exercise class had a wonderful time learning and socializing at this event.