

## Process

E-Fit was established to encourage you to get healthy because it's the best lifestyle choice for us to make. Understand the battle begins in the mind. Be determined to make healthier lifestyle changes, ie park farther from the store, use stairs when possible, make healthy food choices. At each meeting we will talk to you about

- Nutrition (Light Refreshments)
- The importance of exercise
- Health tips (Importance of Knowing your Numbers)
- Monthly, weigh-ins available



## Ministry Mission Statement

The mission of Ecclesia Fitness (E-fit) is to empower individuals to improve their physical condition by providing the tools and information for healthy lifestyles, through nutrition and exercise; by learning to eat to Live and not Live to eat.

## Ministry Vision Statement

The Vision of Ecclesia Fitness is to create authentic disciples in physical health and well-being. (1 Thess. 5:23) Classes will be held twice weekly – Days and Times to Be Determined

## Purpose

As Christians, we primarily focus on our emotional and spiritual maturity. We also need to focus on our physical well-being so that we will be better equipped to serve the Lord and our families.

For the past several years, many of us have become sedentary. Covid-19 caused us to become very inactive and it has taken a toll on our physical bodies. We progressively become unhealthier because we are less active from the use of computers and internet, as such we tend to resort to the convenience of fatty fast foods.

*...learning to eat to Live and not Live to eat...*

Recent statistics show that up to 70% of the US population is overweight and 10.5% have diabetes. E-Fit wants to help determined individuals change their lives for the better as it challenges people to get healthy by teaching them to make healthy life style changes.

***Ecclesia Fitness***



**Creating Authentic Disciples  
in Physical Health and  
Well Being**





### **Class Structure**

In-Person Classes will be held in the Fellowship Hall,  
Your Coach will be **Jamiela Jones**

1. Sale of bottled water for \$1 (Optional)
2. Light weights, 2 to 3lbs for Strength Training
3. High and low impact exercises
4. Positive encouraging messages daily
5. Gospel music to exercise to

Zoom Class will be available for those who prefer to exercise from Home.

Your Coach **Elder Kim Allen**.

Kim's exercises will be tailored for age fifty and up, although anyone can join and boost their exercise to meet their physical ability. Classes will be held 2 to 3 times a week.

The goal is to build our physical temple while we praise God in spirit.



Nutrition Highlights presented by  
**Deborah Howell.**

Medical Topics presented by  
**Kim Anthony.**

