NAACP
Washington, DC Branch

NAACP HEALTH FITNESS CHALLENGE

BEGINNS MARCH 2014

*PERSONAL TRAINERS
*NUTRITIONISTS
*FREE FITNESS PLANS
*FREE MEAL PLANS
*ZUMBA CLASSES
*KICKBOXING CLASSES
*BOOTCAMPS

No Cost to Register
*Fees apply for fitness classes and long-term personal training and nutrition packages

PLEASE EMAIL NAACP@NAACPDC.ORG TO REGISTER

PROGRAM OVERVIEW
The NAACP DC Branch is implementing a six month Health Fitness Challenge beginning in March 2014 to empower individuals to adopt healthy lifestyles through healthy eating and physical activity. African-Americans and other minorities are disproportionately affected by obesity and diet-related illnesses such as asthma, hypertension, arthritis, and diabetes. This Health Fitness Challenge will educate, empower and motivate participants to eat well-balanced nutritious meals and exercise regularly to meet individual health and fitness goals. We have partnered with personal trainers, nutritionists, health coaches, and various health care professionals to offer fitness center membership, personal training sessions and health coaching to achieve health and wellness.

**PROGRAM OVERVIEW**

1. Register Online: (*at the following link*)
   [https://docs.google.com/forms/d/1ef7rUwqwDE_k80cAPskK3Szm9Zoe_VwZ2ZhpzBRzGBI/viewform](https://docs.google.com/forms/d/1ef7rUwqwDE_k80cAPskK3Szm9Zoe_VwZ2ZhpzBRzGBI/viewform)

2. Attend the Health Fitness Challenge Orientation.
   - Receive Registration Packet
     (*Includes Resources, Fitness Classes, Schedule of Activities*)
   - Attend Orientation Program
   - Attend monthly Fitness Activities and Nutrition Classes

3. We will announce the individual that has achieved the greatest weight loss or health improvement on our website and feature an article in our Newsletter.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Sponsor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday, March 2, 2014</td>
<td>Health Fitness Challenge Kick-Off</td>
<td></td>
</tr>
<tr>
<td>Monday, March 24, 2014</td>
<td>Health Fitness Challenge Orientation</td>
<td></td>
</tr>
<tr>
<td>April 2014 (By Appointment)</td>
<td>Health Fitness Challenge Weigh-In &amp; Initial Consultations</td>
<td></td>
</tr>
<tr>
<td>Monday, April 28, 2014</td>
<td>Nutrition Workshop “Healthy Weight Loss Solutions”</td>
<td>Sponsored By: Theresa Robinson</td>
</tr>
<tr>
<td>Tuesday, May 6, 2014</td>
<td>Nutrition Workshop “Achieve Health &amp; Wellness through Nutrition &amp; Exercise”</td>
<td>Sponsored By: B360Fit</td>
</tr>
<tr>
<td>Saturday, May 10, 2014</td>
<td>Fitness Activity “Zumba In The Park”</td>
<td>Sponsored By: The DIVA Movement, LLC</td>
</tr>
<tr>
<td>Saturday, May 17, 2014</td>
<td>Fitness Activity “Strength Training Fitness Class”</td>
<td>Sponsored By: Beyond Fitness, LLC</td>
</tr>
<tr>
<td>Wednesday, May 21, 2014</td>
<td>Fitness Activity “Fitness Boot Camp Exercise Class”</td>
<td>Sponsored By: Niko Star Personal Training</td>
</tr>
<tr>
<td>Saturday, June 28, 2014</td>
<td>Fitness Activity “VI Camp Fitness Bootcamp”</td>
<td>Sponsored By: LMVT Fit</td>
</tr>
<tr>
<td>Saturday, July 12, 2014</td>
<td>Fitness Activity “Zumba In The Park”</td>
<td>Sponsored By: The DIVA Movement, LLC</td>
</tr>
<tr>
<td>September 30, 2014</td>
<td>Health Fitness Challenge Ends</td>
<td></td>
</tr>
</tbody>
</table>
PERSONAL TRAINERS

Nokomis Johnson  
Niko Star Personal Training  
(202) 320-4046  
njohnsongca@gmail.com

Bridget Smith  
B360Fit  
(202) 390-5131  
B360Fit@gmail.com

Patrice Jones  
Fru Fit Affordable Fitness  
(202) 255-5565  
patricefrufit@gmail.com

Luis Valdez, Jr.  
LMVJ Fit  
(301) 706-9793  
landpfitness@gmail.com

Bertha Cross  
Fitness Heights  
(202) 556-3966  
jog4me@fitnessheights.com  
www.fitnessheights.com

Andre Suber  
Dre’ Fitness  
(202) 374-4086  
andresuber1968@gmail.com  
andresuber@yahoo.com

NUTRITIONIST

Tambra Raye Stevenson  
NativSol Kitchen  
(240) 242-7651  
causecreator@gmail.com

HEALTH COACH

Rosaline D. Law,  
Certified Health Coach  
Heavenly Bodies Live, LLC  
(301) 613-4689  
Licensed Zumba Instructor  
heavenlybodieslive@hotmail.com

PHYSICIAN

Ama Tyus, MD  
Nyame Nti Natural Health Solutions  
(202) 491-5687  
(202) 583-0504  
www.nnhealthsolutions.com

*Specializes in primary care, weight loss and transitioning clients off of prescription medicines through diet and exercise

*Available as a Primary Care Physician or as a Consultant to your Primary Care Physician
NAACP DC Branch

HEALTH FITNESS CHALLENGE ORIENTATION

“Achieve Health & Wellness through Nutrition & Exercise”

The NAACP DC Branch will host an orientation explaining the NAACP Health Fitness Challenge program. You can meet our personal trainers, obtain nutritional tips and receive fitness resources.

TUESDAY, MAY 6, 2014

NAACP Financial Freedom Center
1816 12 Street, NW
Washington, DC
7:00pm
NAACP HEALTH FITNESS CHALLENGE

ZUMBA IN THE PARK

SATURDAY, MAY 10, 2014

ROCK CREEK PARK
4850 Colorado Avenue, NW
Washington, DC 20011
10:00AM

SPONSORED BY:
THE DIVA MOVEMENT, LLC

FREE FOR NAACP HEALTH FITNESS CHALLENGE PARTICIPANTS
NAACP HEALTH FITNESS CHALLENGE

“How to Achieve a Healthy and Fit Lifestyle”

Fitness Class

This is an exercise class! Bring your Exercise mat, Swiss ball, towel, 2 Dumbbells, water bottle and an energized mindset!

Saturday, May 17, 2014

Evangel Cathedral
13901 Central Avenue
Upper Marlboro, MD 20774
10:00am

Sponsored by:
Beyond Fitness, LLC

Free for NAACP Health Fitness Challenge Participants
NAACP HEALTH FITNESS CHALLENGE

FITNESS BOOT CAMP

EXERCISE CLASS

Wednesday, May 21, 2014

NAACP Financial Freedom Center
1816 12 Street, NW
Washington, DC
7:00pm

FREE FOR NAACP HEALTH FITNESS CHALLENGE PARTICIPANTS

SPONSORED BY:
NIKO STAR PERSONAL TRAINING
NAACP HEALTH FITNESS CHALLENGE

SATURDAY, JUNE 28, 2014

ANACOSTIA PARK
1900 ANACOSTIA DRIVE, SE
WASHINGTON, DC
9:00AM

SPONSORED BY:
L AND P FITNESS

FREE FOR NAACP HEALTH FITNESS CHALLENGE PARTICIPANTS
NAACP HEALTH FITNESS CHALLENGE

ZUMBA IN THE PARK

SATURDAY, JULY 12, 2014

ROCK CREEK PARK
4850 Colorado Avenue, NW
Washington, DC 20011
10:00AM

SPONSORED BY:
THE DIVA MOVEMENT, LLC

FREE FOR NAACP HEALTH FITNESS CHALLENGE PARTICIPANTS
NAACP HEALTH FITNESS CHALLENGE

HEAL YOUR BODY THROUGH NUTRITION

Understand the Healing Properties of Nutrition! Controlling Diabetes, Hypertension, Obesity and diet-related illnesses through nutrition and exercise.

MONDAY, AUGUST 25, 2014

NAACP Financial freedom center
1816 12 street, nw
Washington, DC
7:00PM

SPONSORED BY:
NYAME NTI NATURAL HEALTH SOLUTIONS

FREE FOR NAACP HEALTH FITNESS CHALLENGE PARTICIPANTS
COMMUNITY TUI NA-HEALTH CLINIC
OPEN TO THE PUBLIC

WHEN
Saturdays in April – JUNE 2014
Reserve your time slot today!

WHERE
Energy Institute of the Healing Arts
12911 Woodmore RD.
Mitchellville, MD 20721

ALTERNATIVE HEALTH TREATMENTS AT A FRACTION OF THE NORMAL FEES.
301 249-2445

WWW.HEALEN.NET

ASSESSMENT AND TREATMENT
$30 PER PERSON

All treatments done by Senior Tui Na Students of the Energy Institute of the Healing Arts Foundation

Register for an appointment and fill out intake forms at WWW.HEALENART.NET

The Healing Center is under the sponsorship and supervision of DR. Akmal Muwwakkil
HEALTH FITNESS CHALLENGE
REGISTRATION FORM

NAME: ____________________________________________

PHONE #: _________________________________________

EMAIL ADDRESS: __________________________________

GENDER:    ☐ MALE    ☐ FEMALE

GOALS:    ☐ WEIGHT LOSS    ☐ HEALTH RELATED

Would you be interested in meeting with a General Care Physician, specializing in weight loss to discuss specific medical or diet-related concerns?

☐ YES    ☐ NO

Would you be interested in learning about Body Contouring Weight Loss Wraps and other health products, specializing in weight loss through detoxification and cleansing?

☐ YES    ☐ NO

Do you have a preference of a male or female personal trainer?
If yes, which? ________________________________

☐ YES    ☐ NO

WAIVER OF LIABILITY
I understand the NAACP DC Branch, nor its partnering organizations, are liable for any injuries incurred while engaging in physical activity, personal training or group fitness classes. I certify I am in good health and in proper physical condition to participate in physical activity. If I experience discomfort, I acknowledge that I will immediately discontinue participation in the activity.

SIGNATURE ________________________________ DATE ________________

ALL PARTICIPANTS MUST ATTEND THE ORIENTATION SESSION AND ONE FITNESS ASSESSMENT CONSULTATION TO ESTABLISH YOUR FITNESS GOALS.

CALL (202) 667-1700 OR EMAIL NAACP@NAACPDC.ORG TO SCHEDULE YOUR INITIAL FITNESS ASSESSMENT CONSULTATION.
HEALTH FITNESS CHALLENGE

INITIAL WEIGH-IN ASSESSMENT

DATE: ______________________

NAME: ___________________________________________________________________

WEIGHT: _____________________

MEASUREMENTS:

1.) ________________

2.) ________________

3.) ________________

PREFERRED COMMUNICATION METHOD:

☐ EMAIL  ☐ PHONE CALL

☐ DIRECT MAIL  ☐ TEXT MESSAGE

WEIGHT LOSS PREFERANCES:

☐ PERSONAL TRAINER  ☐ NUTRITIONIST

☐ IT WORKS  ☐ FITNESS CLASSES

☐ ISAGENIX  ☐ JUICING
Would you be interested in meeting with a General Care Physician, specializing in weight loss to discuss specific medical or diet-related concerns?

☐ YES  ☐ NO

Do you currently have a membership to a gym or fitness club?
If yes, what gym are you a member?

☐ YES  ☐ NO

Do you have a preference of a male or female personal trainer?
If yes, which?

☐ YES  ☐ NO
<table>
<thead>
<tr>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>NAACP Health Fitness Challenge Nutrition Workshop “Achieve Health &amp; Wellness through Nutrition &amp; Exercise” NAACP Financial Freedom Center 1816 12th Street, NW Washington, DC 7:00pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td>NAACP General Body Meeting NAACP Financial Freedom Center 1816 12th Street, NW Washington, DC 7:00pm</td>
<td>NAACP Executive Committee Meeting NAACP Financial Freedom Center 8:00pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>NAACP Daisy Bates Education Institute (Ft. Lauderdale, FL)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>NAACP Health Fitness Challenge Fitness Bootcamp NAACP Financial Freedom Center 1816 12th Street, NW Washington, DC 7:00pm</td>
<td>NAACP Executive Committee Meeting NAACP Financial Freedom Center 8:00pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>NAACP WIN Meeting NAACP Financial Freedom Center 1816 12th Street, NW Washington, DC 7:00pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NAACP Health Fitness Challenge Fitness Activity “VI Camp Fitness Bootcamp” Anacostia Park 1900 Anacostia Drive, SE Washington, DC 9:00am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Updated 5/4/2014
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
</tbody>
</table>
| NAACP General Body Meeting  
NAACP Financial Freedom Center  
1816 12th Street, NW  
Washington, DC  
7:00pm |
|     |     |     |     |     |     |     |
| 15  | 16  | 17  | 18  | 19  | 20  | 2   |
|     |     |     |     |     |     |     |
| 22  | 23  | 24  | 25  | 26  | 27  | 28  |
| NAACP WIN Meeting  
NAACP Financial Freedom Center  
1816 12th Street, NW  
Washington, DC  
7:00pm |
|     |     |     |     |     |     |     |
| 29  | 30  |     |     |     |     |     |
|     |     |     |     |     |     |     |
|     |     |     |     |     |     |     |

Updated 5/4/2014
### NAACP DC Branch Calendar

#### July

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>NO GENERAL BODY MEETING</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>NAACP National Convention (Las Vegas, NV)</td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>NAACP National Convention (Las Vegas, NV)</td>
<td>NAACP National Convention (Las Vegas, NV)</td>
<td>NAACP National Convention (Las Vegas, NV)</td>
<td>NAACP National Convention (Las Vegas, NV)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Updated 5/4/2014**
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td><strong>NAACP Health Fitness Challenge</strong>&lt;br&gt;“Heal Your Body Through Nutrition” Workshop&lt;br&gt;NAACP Financial Freedom Center&lt;br&gt;1816 12th Street, NW&lt;br&gt;Washington, DC&lt;br&gt;7:00pm</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28 <strong>NAACP Executive Committee Meeting</strong></td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Updated 5/4/2014