

NAACP

Washington, DC Branch

NAACP
HEALTH
FITNESS
CHALLENGE

BEGINS MARCH 2014

- *PERSONAL TRAINERS
- *NUTRITIONISTS
- *FREE FITNESS PLANS
- *FREE MEAL PLANS
- *ZUMBA CLASSES
- *KICKBOXING CLASSES
- *BOOTCAMP

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

HEALTH FITNESS CHALLENGE

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_VwZ2ZhpsBRzGBI/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.

TIMELINE

Sunday, March 2, 2014	Health Fitness Challenge Kick-Off
Monday, March 24, 2014	Health Fitness Challenge Orientation
April 2014 (<i>By Appointment</i>)	Health Fitness Challenge Weigh-In & Initial Consultations
Monday, April 28, 2014	Nutrition Workshop <i>“Healthy Weight Loss Solutions”</i> Sponsored By: Theresa Robinson
Tuesday, May 6, 2014	Nutrition Workshop <i>“Achieve Health & Wellness through Nutrition & Exercise”</i> Sponsored By: B360Fit
Saturday, May 10, 2014	Fitness Activity <i>“Zumba In The Park”</i> Sponsored By: The DIVA Movement, LLC
Saturday, May 17, 2014	Fitness Activity <i>“Strength Training Fitness Class”</i> Sponsored By: Beyond Fitness, LLC
Wednesday, May 21, 2014	Fitness Activity <i>“Fitness Boot Camp Exercise Class”</i> Sponsored By: Niko Star Personal Training
Saturday, June 28, 2014	Fitness Activity <i>“VI Camp Fitness Bootcamp”</i> Sponsored By: LMVT Fit
Saturday, July 12, 2014	Fitness Activity <i>“Zumba In The Park”</i> Sponsored By: The DIVA Movement, LLC
Monday, August 25, 2014	Nutrition Workshop <i>“Healing Through Nutrition”</i> Sponsored By: Nyame Nti Natural Health Solutions
September 30, 2014	Health Fitness Challenge Ends

PERSONAL TRAINERS

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

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

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

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

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

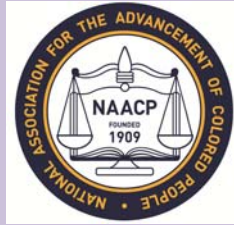
*“Achieve Health & Wellness
through Nutrition & Exercise”*



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

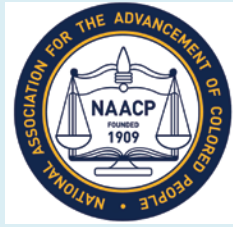


SATURDAY, MAY 10, 2014

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 BOAT CAMP



EXERCISE CLASS

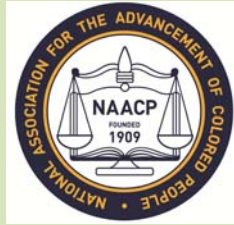
WEDNESDAY, MAY 21, 2014

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

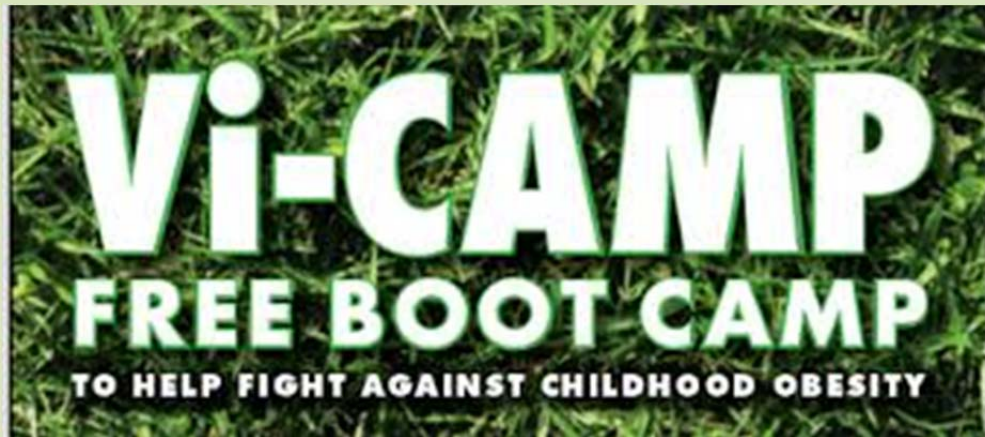
FREE FOR NAACP HEALTH FITNESS CHALLENGE PARTICIPANTS

SPONSORED BY:

NIKO STAR PERSONAL TRAINING



NAACP HEALTH FITNESS CHALLENGE

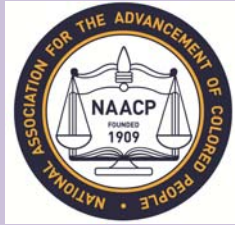


SATURDAY, JUNE 28, 2014

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

SPONSORED BY:
L AND P FITNESS

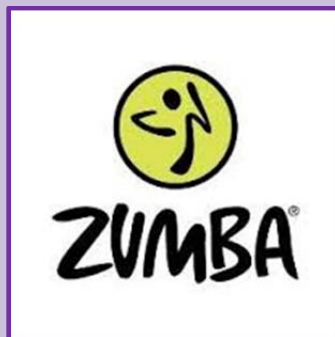
FREE FOR NAACP HEALTH FITNESS CHALLENGE PARTICIPANTS



NAACP HEALTH FITNESS CHALLENGE



ZUMBA IN THE PARK

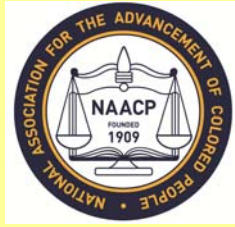


SATURDAY, JULY 12, 2014

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 ap-
pointment and fill out
intake forms at
WWW.HEALENART.NET**

**The Healing Center
is under the spon-
sorship and super-
vision 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? YES NO
If yes, which? _____

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

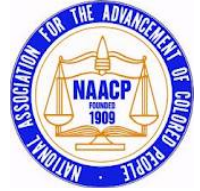
DATE

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?

YES

NO

If yes, which? _____

May

Tue

Wed

Thu

Fri

Sat

				1	2	3
4	5	6 <i>NAACP Health Fitness Challenge</i> Nutrition Workshop “Achieve Health & Wellness through Nutrition & Exercise” NAACP Financial Freedom Center 1816 12 th Street, NW Washington, DC 7:00pm	7	8 <i>NAACP General Body Meeting</i> NAACP Financial Freedom Center 1816 12 th Street, NW Washington, DC 7:00pm <hr/> <i>NAACP Executive Committee Meeting</i> NAACP Financial Freedom Center 8:00pm	9	10 <i>NAACP Health Fitness Challenge</i> Fitness Activity “Zumba In The Park” Rock Creek Park 4850 Colorado Avenue, NW Washington, DC 10:00am
11	12 <i>NAACP Education Conference Call</i>	13	14 <i>NAACP Daisy Bates Education Institute</i> (Ft. Lauderdale, FL)	15	16	17 <i>NAACP Health Fitness Challenge</i> Fitness Activity “Beyond Fitness Bootcamp” Evangel Cathedral 3901 Central Avenue Upper Marlboro, md 20774 10:00am
18	19	20	21 <i>NAACP Health Fitness Challenge</i> Fitness Bootcamp NAACP Financial Freedom Center 1816 12th Street, NW Washington, DC 7:00pm	22 <i>NAACP Executive Committee Dinner</i>	23	24
25	26 <i>NAACP WIN Meeting</i> NAACP Financial Freedom Center 1816 12 th Street, NW Washington, DC 7:00pm <hr/> <i>NAACP Veteran Affairs Meeting</i> 1200 18 th Street, NW Washington, DC 6:30pm	27	28	29	30	31 <i>NAACP Health Fitness Challenge</i> Fitness Activity “VI Camp Fitness Bootcamp” Anacostia Park 1900 Anacostia Drive, SE Washington, DC 9:00am

2014

June

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2	3	4	5	6	7
8	9	10	11	12 <i>NAACP General Body Meeting</i> NAACP Financial Freedom Center 1816 12 th Street, NW Washington, DC 7:00pm	13	14
15	16	17	18	19	20	21
22	23 <i>NAACP WIN Meeting</i> NAACP Financial Freedom Center 1816 12 th Street, NW Washington, DC 7:00pm <hr/> <i>NAACP Veteran Affairs Meeting</i> 1200 18 th Street, NW Washington, DC 6:30pm	24	25	26	27	28 <i>NAACP Health Fitness Challenge</i> <i>Fitness Activity</i> <i>"VI Camp Fitness Bootcamp"</i> Anacostia Park 1900 Anacostia Drive, SE Washington, DC 9:00am
29	30					

2014

July

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1	2	3	4	5
6	7	8	9	10 NO GENERAL BODY MEETING	11	12 NAACP Health Fitness Challenge <i>Fitness Activity</i> "Zumba In The Park" Rock Creek Park 4850 Colorado Avenue, NW Washington, DC 10:00am
13	14	15	16	17	18	19 NAACP National Convention (Las Vegas, NV)
20 NAACP National Convention (Las Vegas, NV)	21 NAACP National Convention (Las Vegas, NV)	22 NAACP National Convention (Las Vegas, NV)	23 NAACP National Convention (Las Vegas, NV)	24	25	26
27	28	29	30	31		

2014

August

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2
3	4	5	6	7	8	9
10	11	12	13	14 NO GENERAL BODY MEETING	15	16
17	18	19	20	21	22	23
24	25 NAACP Health Fitness Challenge "Heal Your Body Through Nutrition" Workshop NAACP Financial Freedom Center 1816 12th Street, NW Washington, DC 7:00pm	26	27	28 NAACP Executive Committee Meeting	29	30
31						

2014