



Mt. Zion ChurchFIT 2016 Challenge

****Health Tip of the Week: Spend this week finding and maintaining your healthy eating style. Start with small changes to make healthier choices you can enjoy! Follow the MyPlate building blocks in the attachment to create your own healthy eating solutions. Choose foods and beverages from each food group! Make sure that your choices are limited in sodium, saturated fat, and added sugars. **EVERYTHING** you eat and drink matters! The right mix can help you be healthier now and into the future. ****

Dear Participant,

We have had such an amazing first week of the 2016 ChurchFit Challenge! With this year being the year of RESET at Mt. Zion, we are so excited to RESET the way that we are living our lives and to do so in a healthy way. With great people, talented trainers, wonderful prizes, and more, the 2016 ChurchFIT Challenge is off to a great start.

As we continue to focus on our overall health, we must acknowledge one of the most important parts of our body- the **HEART**! The month of **February is American Heart Month!!** Be on the lookout for various announcements and activities throughout the month that can help you learn about your dangers and risks. Some important dates are:

- Feb. 14th: **GO RED SUNDAY**
- Feb. 21st: Blood Pressure Screenings after each service

CLASSES

We want to make sure that we continue the momentum from the launch as we head into the second week of classes. Please find the updated February class schedule attached to this message. You will receive an updated monthly class schedule before the beginning of each month. This same monthly calendar will be posted on the ChurchFIT website as well (<http://www.mtzionnashville.org/#!/class-schedule/c17wp>). You do not need to be a

Mt. Zion member, however YOU MUST be a registered ChurchFIT participant to attend! To receive the most benefits from your class time and to make sure credit is received, be sure to arrive to class early (preferably 15 min.) to allow time to check-in. This will be beneficial for the trainers and especially YOU, as this extra time will allow everyone to receive the full benefits of our awesome classes!! Childcare is provided!

CHURCHFIT 2016

We are elated for those of you taking part in the 2016 MZ ChurchFIT Challenge! You all are off to a great start! We are excited about the number of people that have registered and are competing in the competition. Everyone is competing for \$10,000 worth of prizes! Please note that if you are competing this year with a team, Team Registration is officially **CLOSED!** Remember, *“Team Work Makes the Dream Work”!* It is imperative that you remind your teammates that in order for your team to be eligible for prizes, they **MUST participate in 3 of the 7 weigh-ins.** The remaining dates are as follows:

- Feb 20 & Feb 21 (Saturday, Sunday)
- March 5 & March 6 (Saturday, Sunday)
- March 19 & 20 (Saturday, Sunday)
- April 2 & 3 (Saturday, Sunday)
- April 16 & 17 (Saturday, Sunday)

If any team member does not weigh-in, this puts your entire team at risk. **For more information on the rules of the ChurchFIT Challenge, please click on the following link:** <http://www.mtzionnashville.org/#!/the-rules/c13s2>

*During the ChurchFIT challenge, we will be keeping score by class attendance, so please make sure that you bring your card and get it swiped for EACH class that you attend at Mt. Zion and for all of the challenge weigh-ins. The **LAST DAY** for card pick-up is **SATURDAY, FEB. 13th.** **

WEEK TWO CHALLENGE

Study after study has confirmed the benefits of keeping track of the food you eat and the activity you do. It's simple! The more consistently you track your food intake, the more likely you are to lose weight! That is why every successful weight management program suggests that you keep a food diary and/or an activity log. Because of this important aspect of weight management, we have decided to incorporate MyFitnessPal into this week's challenge! The reason this system is so easy to use is because **it learns from you!** All of us tend to eat the same foods over time. **MyFitnessPal.com** remembers what you've eaten and done most often in the past, and makes it easy for you to add those foods again to your log. **With a FREE membership you get:**

- **The easiest to use food diary on the web** - Track what you eat with just a few clicks from anywhere with an internet connection - at home or at work
- **A searchable food database of over 1,000,000 items** - and it's growing every day!

- **Your own personal food database** - add your own foods and recipes at any time and access them from anywhere with an internet connection
- **Free mobile apps for iPhone and Android** - so you can log your meals and exercise even when you are on the go
- **Support and motivation** from people just like you - Our discussion forums let you learn from others, share your own tips, receive and give encouragement, and make friends.
- **A personalized diet profile** - customized to your unique weight loss goals.

Use this week to get accustomed to MyFitnessPal and begin logging your daily meals and snacks. By **Friday, February 12, 2016 at 11pm (CST)**, email your weekly log to churchFIT@mtzionnashville.org or post a screenshot to social media using the hashtag **#ChurchFIT2016!** The individual with the healthiest, weekly log and best results will win one of our AWESOME PRIZES!!

MZ KIDZFIT

The official KidzFIT launch occurred this past Sunday and it was a great success! **Please note that your child will be receiving the New KidzFIT Curriculum every week during the already scheduled Children’s Church on SUNDAYS and WEDNESDAYS.** We chose this format to make it easier on families to participate. We did not want to burden parents with the need for additional trips to church to bring children to these activities, so we simply are incorporating them into what the children are doing already. Weekly, your child will be exposed to education focusing on teaching them to make healthier snack and meal choices, various fun and exciting ways to stay active, as well as the spiritual basis for needing a healthy mind and body. Please email churchfit@mtzionnashville.org with any questions.

MZ RUN/WALK TEAM

Furthermore, our Walk/Run Team that is being led by Ms. Shavonda Watkins and is off to a great start as well! We hope that you will consider being a part of this great opportunity and choose to be involved in the many walk/run events that Mt. Zion will participate in this year! Should you have any questions, Ms. Watkins can be reached at shacwatk@yahoo.com. The list of the remaining February meeting dates is below:

<u>Feb. Meeting Dates</u>	<u>Meeting Locations</u>
2/13/2016 @ 7:30 AM	Cedar Hill Park (Beside Baseball Field)
2/20/2016 @ 7:30 AM	Shelby Park (In front of Nature Center)
2/27/2016 @ 7:30 AM	Two Rivers Park (In front of Skateboard Park)
4/30/2016 @ 6:00 AM	RACE DAY!!!!

VOLUNTEERS ARE NEEDED!

Lastly, we would like to thank all of those who have continued to volunteer for all of the important jobs that keep our program running smoothly. Without your dedication, hard work, and willingness to help, ChurchFIT would not be able to reach and affect so many people in our church family and the Nashville community. We need YOUR help to continue to host such wonderful ChurchFIT events and we would LOVE to have you on the team year round. We always have a number of great opportunities for you to volunteer and get involved with the 2016 ChurchFIT Challenge. We definitely NEED YOU in order for this year to be a success! We hope that some of you can find time in your busy schedules! Please email churchfit@mtzionnashville.org or click on the following link (<https://www.volunteerspot.com/group/2180628780113>) to see other volunteer opportunities if you are interested.

ADDITIONAL INFORMATION

Below you will find additional info about each ChurchFIT trainer or partners. Please use these individuals as resources on your journey to living a healthier life:

Joe Johnson: Marathon Fitness <http://themarathonfitness.com/>

Gerell Webb: iTrain365

Ashley Gates: 9Rounds (Nashville location) <https://www.9round.com/>

Chef Cleveland: The Lost Spoon, catering and meal prep service

Dominique Jordan: Hot Yoga Plus (West End or Cool Springs location) – don't forget to take advantage of your free trial classes. <http://www.hotyogaplus.com/#/home> ****In addition to checking in with the yoga studio upon the first visit, you should also sign and include your ChurchFIT number on the MTZ ChurchFIT form for Challenge point credits.*

Again, job well done for WEEK #1! The journey is just beginning and we are excited to walk that journey with you. Our goal is to help you reach YOUR goals! For more information regarding any details with ChurchFIT, please contact us at ChurchFIT@mtzionnashville.org.

Have a blessed day!

The MZ ChurchFIT Team

