



SIGN UP TODAY
 Next 8 week session begins;
 Monday, January 4th 2010
 to
 Monday , March 1 2010

IT'S TIME TO STOP TALKING OUR FAITH

This is our chance to put God at the center of everything (body, mind, soul, strength) and truly reach out to our neighbor in love.

LOVE GOD

Our first step towards transformation lies in the greatest commandment: to love the Lord God with all your heart, with all your soul, with all your mind, with all your strength.

GET HEALTHY

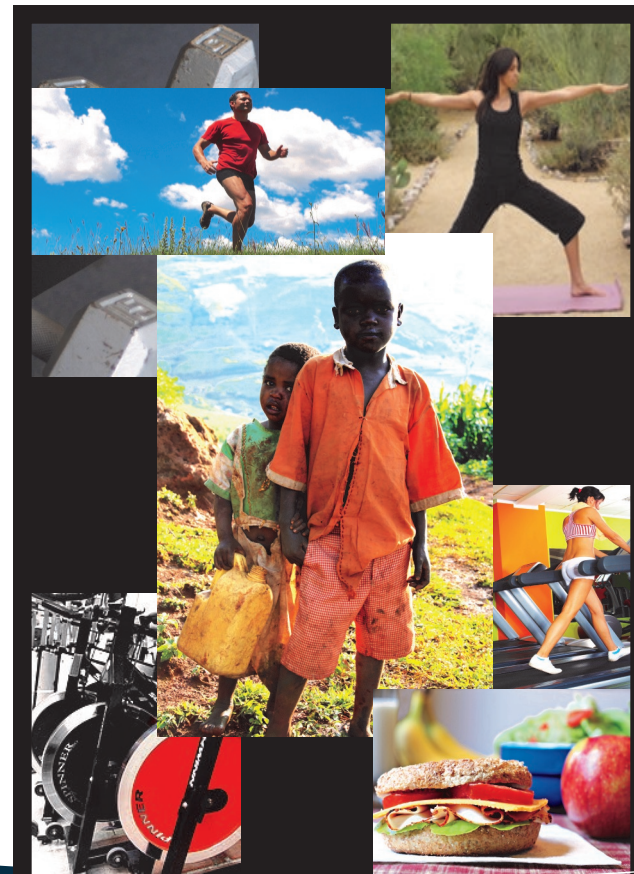
True change starts within and we want that change to be healthy and permanent. Reclaim your health and vitality through practical & biblical application.

BE WHOLE

Let God reconcile all things to Himself, including our own physical, spiritual, mental and social well-being.

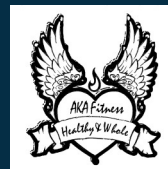
LOVE OTHERS

The second greatest commandment. Real health and well-being isn't just about the individual but about serving others. Join us in reaching out to the poverty-stricken people of the world through our joint effort with Food for the Hungry.



For more information please contact:

 **AKA Fitness**
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This is not another diet plan. This is not another exercise program.

WEIGH LESS TO FEED MORE IS A FAITH-BASED WEIGHT LOSS & WELLNESS PROGRAM THAT TEACHES PARTICIPANTS HOW TO LIVE HEALTHY & WHOLE LIVES WHILE SERVING OTHERS WHO SUFFER FROM PHYSICAL & SPIRITUAL POVERTY AROUND THE WORLD.

WHETHER YOU ARE OVERWEIGHT, OVERWORKED, OR SIMPLY OVERWHELMED THIS IS THE PROGRAM FOR YOU.

Poverty is defined as “the state of being deficient or insufficient.” Through Weigh Less to Feed More, we will recognize and tend to our own spiritual poverty, while reaching out and learning from others who suffer from various forms of poverty around the world.* Through our partnership with Food for the Hungry, we will raise



funds and hear first-hand stories of global impoverishment and transformational development. We will be challenged to redefine our circumstances through a “spirit of power, love and self-discipline.”

THE STATS

Currently close to **1 billion people** worldwide are **overweight** and suffering from failing health while close to **850 million people** suffer daily from poverty-stricken **hunger**.

But we **can do something** about this.

By joining **Weigh Less to Feed More**, you will experience a **transformation** of your physical, mental, social and spiritual wellbeing, re-focusing yourself to **truly rely on God**. The program will encourage you to raise funds, pray for and join with Food for the Hungry in helping those in need.

Join us in our quest to **balance the scales** by committing to a holistic lifestyle transformation that puts God first.

WHAT IT LOOKS LIKE

*While in the program all participants will be asked to engage in a pledge program, based on your chosen personal health goal. All proceeds will go to benefit Food for The Hungry. Food for the Hungry is a non-profit organization that seeks to walk with churches, leaders, and families, in overcoming all forms of human poverty by living in healthy relationship with God and His creation . (www.fh.org)

- 8 week commitment - Monday evenings (time TBA)

WHAT YOU GET

- Weekly teaching and group work via the web
- Weekly study material and tools
- Nutritional coaching
- Food Journal
- A fitness & food accountability partner
- Professional fitness training guidance/advice.
- Group support
- Global awareness

COST:

Donations to AKAFitness will be accepted. (this is separate from the pledge program)



May God Himself, the God who makes everything holy and whole, make you holy and whole, put you together—spirit, soul, and body. 1 Thessalonians 5:23