

# WELLNESS NUTRITION & FITNESS TEAMS - SEPTEMBER 2013

|               |                                    |   |
|---------------|------------------------------------|---|
| PROJECT/EVENT | WELLNESS NUTRITION & FITNESS TEAMS | WELLNESS OF BODY, MIND, SOUL, & SPIRIT! |
| ORGANIZER     | BUTTERFLY JOURNEY MINISTRIES       |   |

***SEPTEMBER 2013 MEETINGS ARE AT PANARA BREAD ON BLANDING BLVD.***

| PROJECT PHASE       | STARTING  | ENDING    |
|---------------------|-----------|-----------|
| NUTRITION & FITNESS | 9.3.2013  | 9.3.2013  |
| NUTRITION & FITNESS | 9.9.2013  | 9.9.2013  |
| NUTRITION & FITNESS | 9.12.2013 | 9.12.2013 |
| NUTRITION & FITNESS | 9.16.2013 | 9.16.2013 |
| NUTRITION & FITNESS | 9.30.2013 | 9.30.2013 |

Please bring with you a bottle of water and wear comfortable clothes and shoes to perform fitness exercises. Meeting agenda: Bring weekly nutrition and fitness journal, and we will talk about what is and is not working for you. First 30 minutes is nutrition consulting, and second thirty minutes we will perform fitness exercise (behind Panera Bread in parking lot, good weather permitting). After fitness exercises, teams will receive a Panera Bread healthy smoothie. Tips for the month: If you rigorously exercise, it is best to drink half your body weight in ounces of water. For example, if your weight is 160 you should drink 80 ounces of water. If this is too much water to drink for you in the beginning, try to drink 6 to 8 glasses of 8 ounces of water a day and space out water consumption throughout the day. For example, upon rising in the morning from sleep, drink one to two glasses of water and drink one to two glasses of water before or between each meal. Thank you being part of the Wellness Nutrition & Fitness Teams for your better health and quality of life. CONTACT: VIRGINIA G. PIERCE-KELLY FOR COMMENTS OR QUESTIONS AT (904) 228-5791 OR EMAIL AT [butterflyjourneyministries@gmail.com](mailto:butterflyjourneyministries@gmail.com) or [savethetrack@gmail.com](mailto:savethetrack@gmail.com)

Mayo Clinic (2013) states “To ward off dehydration and make sure your body has the fluids it needs, make water your beverage of choice. It’s also a good idea to:

- Drink a glass of water or other calorie-free or low-calorie beverage with each meal and between each meal.
- Drink water before, during and after exercise” (Mayo Clinic. 2013. How much water should you drink every day? Retrieved from <http://www.mayoclinic.com/health/water/NU00283/NSECTIONGROUP=2>).

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 |    |    |    |    |    |

**We will record our weight on the first and last team meetings of the month.**

**Tuesday, September 03, 2013 – 3:00 p.m.** – First meeting – Weight recording. Give away nutrition and fitness journal notebook. Nutrition consulting and fun fitness, upper body.

**Monday, September 09, 2013 – 4:00 p.m.** – Second meeting – Bring nutrition and fitness journal. Nutrition consulting and fun fitness, lower body.

**Thursday, September 12, 2013 – 5:00 p.m.** – Third meeting – Bring nutrition and fitness journal. Nutrition consulting and fun fitness, core and abdomen body workout.

**Monday, September 16, 2013 – 6:00 p.m.** – Fourth meeting - Bring nutrition and fitness diary. Nutrition consulting and fun fitness, upper body, and home fitness tips.

**Monday, September 30, 2013 – 6:00 p.m.** – Fifth meeting – Weight recording. Bring nutrition and fitness journal. Nutrition consulting and fun fitness, and lower body.

