Mission statement

To inspire a healthier body of Christ, through awareness, education and application.

For the Body of Christ! - Fitness Challenge

Who? Any and everyone that has or have made it their resolution in the new year to live a healthier life.

What? A 16 week comprehensive fitness program designed to help create healthy lifestyle changes through diet and exercise.

When? January 2019 - April. 16 weeks broken into four-4 week blocks that gradually increase in difficulty, from small dietary changes to full on diet and exercise.

Where? New Mercies Church

The design in this program is to make a 4 month integration of health and fitness lifestyle changes. From New Year's Day to the beginning of springtime. Time and time again “fitness challenges” have been produced that only tell you what not to eat, taking away foods but not replacing them. The goal behind this plan is to fully engage with sample diets, supplementation, workout recommendation and knowledge from a Certified Nutritionist and Personal Trainer.