

POWERING



Generations to Move

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Mission Statement:

The purpose of this program is to positively impact the multi-generational population, including: children, preteens, teenagers and young adults and any motivated adults suffering from the effects of diabetes and obesity. The health, wellness, and fitness program of BodyFulfillment; will teach the positive benefits that physical fitness will bring to their lives. We will demonstrate the importance that health and wellness has on improving the quality of one's life. We endeavor to empower individuals with the knowledge that everyone has the ability to be healthy and that good health is an easy thing to achieve. Education through instruction, demonstration and mentoring will illustrate that this entire process can be fun for everyone.

Physical fitness promotes confidence, self-esteem and can open many doors in life. Our final objective and goal is that the people will obtain the ability to naturally integrate fitness, health and wellness into their daily lives and make the conscious effort and ability to fight against obesity, diabetes, heart disease and stroke.

Program Objectives

After completion of this program, individuals will have the following abilities:

- To move towards better health by increasing awareness of health issues: Diabetes, Obesity, Stroke, and Heart Disease
- To move positively in their lives by making physical fitness, health and wellness a natural part of daily life
- To move and take control of their future by building self-esteem and confidence
- To move towards success by teaching perseverance, that nothing is impossible, and there are no short cuts in life.
- To move toward individual empowerment through positive role modeling & teach good character.