

Nutrition & Fitness Harmony, LLC

Our Mission: Nutrition and Fitness Harmony, LLC mission is to educate and provide wellness related services based on current scientific, psychosocial, and spiritual related principles in an effort to preserve and improve human life for all ethnic groups, but emphasizing those populations that traditionally lack access to such resources nationally and/or globally.

Our Motto: "Helping Ordinary People Achieve Wellness Everyday"

Nutrition Education Series



Hello, my name is Abdul K. Lindsay and I was born and raised in the inner city of Miami, FL by a single mother of three. Since marrying my high school sweetheart almost 17 years ago, we have lived in several states including Florida and North Carolina. Currently, we reside in Newton County after living in Cobb and Gwinnett counties following our relocation here to the Metro-Atlanta area December 2000.



Since graduating from Florida State University undergraduate renowned dietetic program in Tallahassee, FL May 1993, I have become a Registered Dietitian and have successfully held licenses in the following states: Florida, North Carolina, and currently Georgia. I am also a Certified Personal Trainer with a specialized certificate of training in Adult Weight Management from the Commission on Dietetic Registration. In addition, I am currently ServSafe and H.A.C.C.P-

certified via the National Restaurant Education Foundation and the University of Georgia, respectively. Another aspect of my educational development includes my completion of a Master's of Science degree at the University of Georgia in Food Technology. Lastly, I am an active member in the following professional organizations: the Dietetic & School Nutrition Associations both locally and nationally as well as the Institute of Food Technologists.

Recently, it was reported in the 2005 Obesity & Overweight Status Report (published by the Georgia Department of Human Resources) that over 58% of all Georgians are either overweight or obese. In fact, the percentages are more frightening when examining them by population groups with over 66% African-Americans being classified as overweight or obese. Though it is well documented that obesity is strongly linked to poor nutrition and physical inactivity, Georgians continue to eat unhealthy and maintain physically inactive lifestyles. Within the same body of research, it was revealed that only 42% Georgians (2 in 5 adults) are physically active per current scientific recommendations; moreover, only 23% (~1 in 4 adults) consume the recommended number of daily fruit and vegetable servings. Since obesity, unhealthy eating and physical inactive habits are key factors in the development of many chronic diseases such as diabetes, heart disease, constipation, stroke and some forms of cancer, it becomes obvious that creative and persuasive strategies are needed to prevent and/or intervene on these medical conditions. Perhaps together we may work to preserve the “temples” of your parishioners for God’s work to manifest in their lives over a longer period of time.

As an experienced health professional with over 14 years of dietetic and/or fitness education and independent counseling experience, I am very concerned about the alarming statistics previously discussed that will undoubtedly lead to a poorer quality of life and a premature death for those Georgians under your “spiritual” care. However, I believe there is hope in learning and appropriately applying the latest nutritional, physical, and psychosocial (including spiritual) principles. Nutrition & Fitness Harmony, LLC derives its name from our professional and personal belief that the Creator intended for our bodies (temples) to be well taken care of by doing the following three things: learn how to eat healthy, then do it; learn how to safely engage in regular physical activity, then do it; & most importantly draw nearer to the Creator through prayer, meditation, & the practice of spiritual principles; hence, the name Nutrition (representing healthy eating), & Fitness (representing physical training), Harmony (representing peace, balance, spiritual & emotional well-being).

Therefore, let us partner with your faith-based organization to impact our community to achieve better health outcomes among your congregation. I eagerly encourage and implore your congregational executive leadership and/or board members to allow me and my staff to have the opportunity as experienced nutrition, fitness, and psychosocial professionals to teach your “flock” sound wellness principles for a healthier, active and more balanced lifestyle.

If this potentially life enriching proposal interests you, please feel free to visit us at www.nutritionandfitnessharmony.com and hyperlink to our contact page notifying us of your interest. In addition, I may be reached at the following: (404) 319-0849. Do not delay, the health of your congregational (including yourself) deserves immediate attention today!

Respectfully,

Abdul K. Lindsay

Abdul K. Lindsay MScFT, RD, LD, CPT

President/C.E.O.

Nutrition & Fitness Harmony, LLC



Nutrition & Fitness Harmony, LLC is an avid supporter and licensed distributor of JuicePlus+

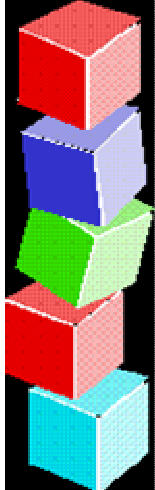
<http://www.nutritionandfitnessharmonyjuiceplus.com>



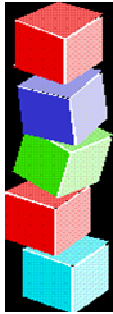
Picture a more healthier you!

Note: One course may be taken at a time. It depends on your organization's need!

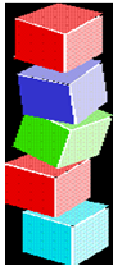
SUPER LECTURE SERIES #1- 8 WEEKS "Building Blocks"	
Week #1	The ABC's of Nutrition
Week #2	What About Physical Activity?
Week #3	Understand the New Food Label & Grocery Shop Healthier!
Week #4	Grease, Salt, & Sugar Busters!
Week #5	Biblical Foods in Your Diet Today!
Week #6	Food Safety
Week #7	Healthy Eating Habits for Children
Week #8	ONE SPECIALTY COURSE (Topics: Diabetes, Hypertension, or requested topic.)



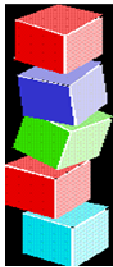
GOLD LECTURE SERIES #2 "Building Blocks"	
Week #1	The ABC's of Nutrition
Week #2	What About Physical Activity?
Week #3	Understand the New Food Label & Grocery Shop Healthier!
Week #4	Grease, Salt, & Sugar Busters!
Week #5	Biblical Foods in Your Diet Today!



SILVER LECTURE SERIES #3 "Building Blocks"	
Week #1	The ABC's of Nutrition
Week #2	What About Physical Activity?
Week #3	Understand the New Food Label & Grocery Shop Healthier!
Week #4	Grease, Salt, & Sugar Busters!



BRONZE LECTURE SERIES #4 "Building Blocks"	
Week #1	The ABC's of Nutrition
Week #2	What About Physical Activity?
Week #3	Understand the New Food Label & Grocery Shop Healthier!



Note: Visit us at www.nutritionandfitnessharmony.com/services.html for economical pricing!

WELLNESS 10% REWARDS PROGRAM



WELLNESS 10% REWARDS PROGRAM

(Non-profit organizations in Georgia, Florida, Alabama, Mississippi, North Carolina, and South Carolina)

When registering for the program, additional optional information may be requested. Participants will receive special offers periodically and information from Nutrition & Fitness Harmony, LLC unless the participant has chosen to opt-out of receiving such offers and/or information.

The Wellness 10% Rewards Program requires participants to provide the following information:

- Contact Person
- Organization
- Address
- Valid e-mail address
- Wellness activity scheduled implementation date
- Wellness activity budget

Details of the Program

Each organization that enrolls equal to or greater than 40% of their total congregation population in the nutrition education SUPER or GOLD “building blocks” lecture series will receive 10% of the proceeds based on registration amounts, excluding taxes and administrative fees (**Note: the organization will be responsible for taxes and administrative fees on the 10% incentive**). These revenues must go towards an ongoing wellness related program and/or an activity which will be started and continued by the benefiting nonprofit organization’s physical site. The wellness program must be used to further benefit and empower underprivileged population groups within the faith-based community. A signed contract will be established between Nutrition & Fitness Harmony, LLC and the benefiting organization which will hold the faith-based organization liable and accountable to all the stated rules and/or regulations governing the appropriate uses for the 10% Wellness rewards program funds. Wellness related programs include, but are not limited to the following types of activities: intense individual psychosocial therapy (which requires a licensed psychologist, a licensed clinical social worker, a licensed psychiatrist, and/or a licensed professional counselor, etc...); medical screenings and/or treatments performed by a medical doctor or other medical personnel at an on site health fair; dietetic services and/or personal fitness training or group education, and/or the establishment of an exercise facility.

Causes of forfeit of contract:

In the event of forfeiture of the signed contract, the benefiting organization will be required to return wellness rewards revenues and/or funds to Nutrition & Fitness Harmony, LLC company executives.

The 10% wellness rewards revenues are intended to provide funding towards programs established for members of the faith-based organization to further participate in specific behavior that increases personal wellness and are not governed by rules of chance. Nutrition & Fitness Harmony, LLC reserves the right to offer other promotional rewards to different organizations separate from the stated 10% Wellness reward program.

Further details regarding ongoing updates to the terms and conditions of the 10% wellness rewards program are posted at www.nutritionandfitnessharmony.com web site under our privacy policy hyperlink. Continued use of the Wellness 10% rewards program after any such change constitutes acceptance of the change. It is the benefiting organization’s responsibility to periodically check the web site for possible changes to terms and conditions governing the program.