



Health & Wellness Program

The Kingdom House Health and Wellness Program offers fitness classes, nutrition and cooking workshops, one-on-one coaching sessions and a healthy meal feature. Participants receive the support and tools needed to achieve their health and wellness goals.

The 12-week (four nights per week) program features:

- Fitness Classes, such as Zumba, boot camp, couch to 5K, low impact aerobics and yoga
- Weekly workshops to learn how to prepare healthier meals and prevent disease
- Healthy meals that are provided after each evening's class to take home to feed the family
- Classes to learn about how the food we eat affects mental, emotional and physical health
- Individual therapy (as requested when related to meeting health and wellness goals)

Suggested Donations

- adult MyPlate flat plates
- stainless steel measuring cups & spoons
- grocery & gas gift cards
- stainless steel water bottles
- leak-proof lunch boxes with removable containers
- insulated lunch boxes
- lunch box storage containers
- lunch box ice packs
- high-quality pedometers
- weight scales
- toning rings
- exercise balls
- stretch bands
- quality jump ropes
- 1 or 2 pound handheld weights
- Zumba, yoga, relaxation or any type of current exercise CD/DVD
- boxing gloves
- boxing mitts
- stand punching bags
- oil diffusers
- therapeutic oils