



Living Abundantly Program

A proven, community-based approach to promote whole health: Body, Mind, Spirit & Community

Empower a Healthy Balance in Your Life



We all live more abundantly when our whole lives are in balance. Yet, our genes, our will-power and our spirituality are in constant struggle with our 21st century culture, diet & lifestyles. This often leads to obstacles that hold us back including health issues, overweight, stress, low energy, lack of clarity and feeling disconnected from others and from God.

The Living Abundantly Program makes the intrinsic connection between a healthy body, mind, spirit and community to achieve a life lived abundantly. Delivered in the supportive environment of a caring Christian community, the program integrates proven Gene Smart diet & exercise principles together with time honored spiritual & self-discovery practices, co-developed with CareNet, a respected faith-based counseling network of North Carolina Baptist Hospital.

In a study of our church wellness program soon to be published in the Center for Disease Control's Preventing Chronic Disease Journal, participants improved health, reduced risk of chronic diseases, lost weight, experienced less stress & had more energy. And, with support of their church community, they sustained the program at unprecedented levels. Over 90% completed the program and nearly three quarters maintained or continued to lose weight in a ten week follow up.

Living Abundantly Program Participants:

- Learn four practical diet principles that emphasize foods that work with your genes naturally to improve health & reduce whole body inflammation
- Address behavioral eating choices that sabotage personal success
- Discover the right approach to exercise and simple ways to integrate fitness into daily routines
- Nurture Mind and Spirit by learning and experiencing time honored spiritual & self-discovery practices to incorporate into daily life
- Foster Christian community through shared experiences, highly interactive sessions, small group discussions and exercising together

The Program Includes:

- 9-weekly interactive sessions led by a Gene Smart Certified Health Coach
- Pre and Post Healthy Living Assessment
- A full set of resources including a Participant Guide, Custom Daily Journal, & The Gene Smart Diet book
- Over \$80 in discounts from GeneSmart.com*
- A structured group-led support program to sustain new healthy habits after the initial 9-weeks

Program Tuition: \$199 per participant

*Note: Products are available as a convenience only. There is never an obligation to purchase products.

To sign up, please visit www.GeneSmart.com/CPC

www.LivingAbundantlyProgram.com

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