



# CAPITAL CAMPAIGN WEIGHT LOSS CHALLENGE NEWSLETTER

Volume 2

Issue 2



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Grace and Peace,

Congratulations to all the participants in the \$25,000 Weight Loss Challenge! Lady Mary and I are so excited about the journey you have embarked upon, and we have the utmost confidence that **you will** achieve your goals. Your enthusiasm has already ignited a fire within the Abundant Life Family and something great is on the horizon. The camaraderie among team members is generating a “healthy” competitive spirit between teams, inspiring fellowship throughout the church body, and supporting the Destiny Fulfilled Campaign project. How awesome is that! Shouts of joy have been heard during the weigh-ins as well as groaning for strength can be heard during the mini-workout sessions. Now .... there is a buzz stirring; there are rumors some teams have already “declared victory”; positioned themselves as the frontrunners, boasting the “victory lap, bragging rights and the grand prize” already belongs to them! Remember the prize is not given to the swift but he who endures to the end! So we encourage you to stay focused and do not become distracted; resist the urge to throw in the towel, as this challenge requires self discipline and determination. While it is true only one team will take home the grand prize on Sunday, June 7<sup>th</sup>, keep PURSUING YOUR DREAM weight! The moment you entered *The Challenge*, you proved you are already a “winner” . Remember, we belong to God and He cares about us; spirit, mind and body. It is our prayer that this journey brings you a revived spirit, a renewed mind and a rejuvenated temple! You can do it!



*“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own.”*  
 1 Corinthians 6:19 (NIV)

## Bishop George & Lady Mary Searight

### OF SPECIAL INTEREST:

- LEARN MORE ABOUT WHAT'S BEHIND YOUR CRAVINGS
- FIND OUT WHO IS IN THE LEAD
- CHECK OUT THE PHOTOS: TONS OF FUN AT THE KICK-OFF

## Here's the Skinny on the Weight Loss Challenge...



*The Challenge* is a 10-week weight loss competition among teams of five or more participants. The *Challenge* is two-fold: It is a personal challenge for individuals willing to work hard to attain his or her personal targeted weight, and to raise \$25,000 towards the Destiny Fulfilled Capital Campaign initiative. Participants secure pledges through the support of sponsors, who pledge an amount based on the total number of pounds shed during the competition.

Teams were formed and weigh-ins began Saturday, March 28th, and the competition will officially end on Sunday, June 7th. The team with the highest percentage of weight loss at that time, will receive a bounty of prizes and will be named the official winners!

If you would like to sponsor a contestant or make a donation to the Destiny Fulfilled Campaign, please contact the Capital Campaign Team at 732-545-3897 ext. 49 or at ppearson@alfwc.org.

# THE "CONTESTANT'S CORNER"

## Weigh-Ins:

Just one weigh-IN left until the winner is crowned! Be here Saturday, June 6th at 9:30 am for the final weight and closing celebration. It's been a long road, but we made it (most of us at least). Come with your fondest, funniest, and most frustrating moment of the challenge, and let's share and celebrate!

## Pledges:

Each contestant will collect pledges toward the Destiny Fulfilled Capital Campaign Fund. The suggested pledge amount is \$1/lb, with the weight loss goal of at least 10 lbs. In order to be eligible to win the competition, the *minimum required pledge is now \$50.00* for each participant. When collecting pledges, we encourage you to make pledge requests of friends, family members and co-workers who are non-ALFWC members. *The due date to collect pledges was extended. It is now Sunday, May 31, 2009.*

## Winners:

Winners will be determined by the individual/team that loses the greatest percentage of weight over 10 weeks: (See registration packet for example.) There will also be a prize for the individual that raises the most money in pledges during the competition.

## Prizes:

Up to \$500 Cash

Photo Session

The "Bragging Rights Victory Walk"

...and much more!!!

For complete details, consult your registration packet.

## CHALLENGE "TRIVIA"

Q: Which activity burns more calories?

Playing Golf or Lifting Weights?



Answer on page 5



Have questions about your status? Email us at:

[Alfwcweightloss.challenge@gmail.com](mailto:Alfwcweightloss.challenge@gmail.com)

DID YOU KNOW??

ON AVERAGE, IT

TAKES 20 STEPS

TO BURN OFF

ONE CALORIE.

THERE ARE 229

CALORIES IN

ONE BIG MAC.

DO YOU NOT  
KNOW THAT IN A  
RACE ALL THE  
RUNNERS RUN,  
BUT ONLY ONE  
GETS THE PRIZE?  
RUN IN SUCH A  
WAY AS TO GET  
THE PRIZE.  
I COR 9:24 NIV

by Sherry L. Harmon



Cravings stand in direct opposition to our willpower, self-control and discipline. Let's face it—cravings don't fight fair! Let's look at a typical day. You get up early and exercise, have your breakfast and prepare for your day. You pack a delicious balanced lunch so you won't be tempted to go out for lunch. While working you hear the chorus of a familiar song ...“*Happy Birthday to You*”. That means one thing... CAKE! You manage to defeat the urge. Then out of nowhere someone comes and places a piece of cake on your desk. What about your diet?

Where did this word “diet” come from? The Greek word is “*diaita*”, which means way of life or regimen. It doesn't sound so bad when you look at it as a way of life. However, whenever I hear the word “diet” I think of a torturous, diabolical way to lose weight by denying yourself any food that has the slightest flavor. Maybe that's just me. Don't get me wrong, I love vegetables, but when a craving hits, it's not usually for corn on the cob or asparagus.

After surveying The \$25,000 Weight Loss Challenge participants, the number one craving was for sweet snacks. A close second was the salty snack, carbohydrates came in third and amazingly, chocolate came in last. The number one way challenge participants recommended for crushing the cravings was to eat a little bit of what you crave. But what do the experts say?

## Sweet Snacks and Simple Carbohydrates

For sweet snacks and simple carbohydrate cravings experts recommend exercise. Studies have shown that fat & sugar may release *endorphins* into the brain—a neurotransmitter that can produce a feeling of pleasure & euphoria. Simple Carbohydrates such as crackers, bread and rice produce *serotonin*, which is a neurotransmitter that produces the feeling of calm and well being. This is why we initially feel better when we cave in to the craving. Exercise is a much healthier way to produce both of these neurotransmitters. If you do give into sweet cravings try and satisfy it with as little calories as possible. For example: eat sugarless gum/mints, low fat yogurt or cottage cheese with fruit as a substitute. If you must have carbs, go for complex Carbohydrates such as whole grain bread or whole grain crackers. Vegetables can also fight off the urge for simple carbs.

To learn the best method for Crushing Your Cravings, do a little research. There are many great websites available for health and fitness topics. For this article I referenced [www.tescodiets.com](http://www.tescodiets.com). You can also refer to the 50 million pound challenge website: [www.50millionpounds.com](http://www.50millionpounds.com).

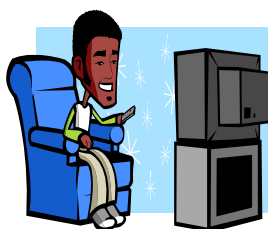
## Salty Snacks

Studies have shown that people who are deficient in calcium crave salt more frequently than those who are not. Eating too much salt can be especially dangerous for anyone with hypertension. Many of the salty snacks are also high in fat (think chips and pizza). It is thought that the desire for salty foods such as chips or salted peanuts, may have more to do with the desire to crunch than the actual salt. Try upping your calcium intake with low fat dairy foods or leafy greens. If this still doesn't satisfy you, try eating one serving of low fat chips, baked chips, air-popped popcorn or pretzels. If it is the crunch you are after try crisp, fresh, munch-able foods, such as baby carrots or pepper wedges.

## “Crushing Your Cravings” (continued)

### Chocolate

Chocolate is given a category of its own because it is more than just a sweet treat. According to researchers at the University of Arizona who last year conducted a review of the current research on chocolate cravings, the sensational combination of the fat, sugar, texture, aroma and several ingredients with addictive properties similar to those in psychoactive drugs, are most likely responsible for chocolate cravings. The researchers also suggest that these cravings can be a result of a magnesium deficiency. Try eating magnesium rich foods such as nuts and beans to push back the chocolate cravings. You may also try low fat hot chocolate, chocolate mousse or go for a smaller amount of a high cocoa solid chocolate - this will provide a strong chocolate hit with fewer calories.



### CHALLENGE “TRIVIA”

Q: Which activity burns more calories?  
Watching television or Talking on the phone?



Talking on the phone burns 68 calories per hour, watching television which burns 61 calories per hour. Hmm...I wonder if surfing the web counts? Why not burn a few calories and support the Capital Campaign by using GoodSearch or GoodShop online. For more details check out [goodsearch.com](http://goodsearch.com).



### “KEEPING IT REAL” by D.I.V.A.S. of Excellence

(Divinely Inspired Victorious Achievers of Excellence)

While embarking on this journey of weight loss, we have all experienced ups and downs and every sort of obstacle imaginable. Yet, through it all, we are able to support one another through weekly conference calls and lots of prayer. One team member attempted to quit twice, but we did not let her. We felt that if we let her quit, then as a team we would not have done what we were here to do ... support one another.

We, as a team have bonded in a way that otherwise probably would not have happened. We exchange food journals and recipes daily, and continuously pray for strength, good health and blessings for each other as well as our families. We encourage each other, to stay the course, even when you see a team members' food journal and you know the food choice was not a good one.

Our Team Goal is to lose 105 Pounds by the end of this journey, and we know it will be only through God's grace (YES!), this will happen! 1 Timothy 4:8 (NIV) (For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come). D.I.V.A.S. of Excellence, send out "smooches" to our fellow DIVAS in Christ!

# "THE CHALLENGE" STAT FACTS

ANSWER—PAGE  
2: WHICH BURNS  
MOST CALORIES  
(FROM PAGE 2)

(BASED ON A PER-  
SON WEIGHING  
150 POUNDS)

## GOLF OR WEIGHT LIFTING

AN HOUR OF GOLF  
BURNS 306

CALORIES WHILE  
WEIGHT LIFTING  
FOR AN HOUR  
ONLY BURNS 204  
CALORIES.

READY TO BURN  
SOME CALORIES?

JOIN US AT :

*ALFWC 'S  
FIRST ANNUAL  
GOLF  
TOURNAMENT  
ON*

AUGUST 10, 2009

PRINCETON  
MEADOWS

PLAINSBORO, NJ

TEE TIME: 8:00AM

IN THE MEANTIME  
YOU CAN START  
PRACTICING NOW  
AND BURN A FEW  
CALORIES.

WATCH FOR UP-  
COMING DETAILS!

The combined weight of all the participants is 11 tons and 391 lbs

(A short ton = 2000 lbs) That's *22,782 lbs*

Participants are planning to lose a total of 1 ton and 178 lbs or *2,178 lbs*.

Total Participants = 110

Teams = 20

### Team Names

|                     |                     |                         |                                   |
|---------------------|---------------------|-------------------------|-----------------------------------|
| Brown Skin Beauties | Destiny Seekers     | D.I.V.A.S of Excellence | Diet Divas                        |
| Fab-U-Less          | Fabulous Phisiques  | Glory Girls             | Light as a Feather                |
| Make It Work        | Missionary Possible | NYPD                    | OFF (Over comers, Fit & Fruitful) |
| Pastor Angel's Team | Team 8              | Team Focus              | T&T (Testosterone Titans)         |
| Team Tight          | WOT-L               | Yes We Can              | The Fighting Temptations          |

## Top 5 Weight Loss Teams as of May 2nd Weigh-In

*(Based on the percentage lost not pounds lost)*

| <u>Team Name</u>                              | <u>Percentage Lost</u> | <u>Individuals</u>         |
|---|------------------------|----------------------------|
| <b>#1 Fab-U-Less</b>                          | <b>3.40%</b>           | <b>#1 Vickie Garrett</b>   |
| <b>#2 Glory Girls</b>                         | <b>3.40%</b>           | <b>#2 Bonita Grey</b>      |
| <b>#3 OFF</b> (Over comers, Fit and Fruitful) | <b>2.40%</b>           | <b>#3 Felicia Bass</b>     |
| <b>#4 WOT-L</b>                               | <b>2.34%</b>           | <b>#4 Tanisha Freeland</b> |

## CONTESTANTS INSPIRATIONS

I tell myself it's just a feeling & it will pass. I don't have to give in. ~ Angela

I have to keep telling myself I made a commitment and I have to stay motivated like the rest of my team! ~ Anonymous

Keep the goal at the front of your mind. Take it one day at a time. Journal and work-out. ~ Kai

Consistency...Take an emotional check before eating. ~ Takeena

Go for a walk....get on a scale.

~ Vanessa

Keep hope alive & don't give up. We are more than conquerors with Christ Jesus on our side. ~ Renee

# TONS OF FUN

## The \$25,000 Weight Loss Challenge Kick-Off !

### Executive Board

Bishop George C. Searight  
 Pastor Mary Searight  
 Pastor Angela Peters  
 Elder Alex Ellis  
 Elder Jim Hart  
 Elder Thalia Hughes  
 Min. Pamela Miller  
 Min. George Searight II  
 CFO Lisa Griffis

### Capital Campaign Team

Director: Patricia Pearson  
 Assist. Dir.: Rosslyn Ford

### Project Leader

Sharonda Weatherspoon  
 Ronald Blackman

### Communications

Debra W. Gunter - Team  
 Coordinator  
 Jennifer Fullwood  
 Noemi Natal-Ullegas

### Marketing/Public Relations

Tracey Uzzell - Team  
 Coordinator  
 Taydra Mitchell -  
 Jackson Jeanette  
 Ponce-Brown

### Volunteers

Patrice Johnson - Team  
 Coordinator  
 Sherry Harman

### Media/Video

Jennifer Toone - Team  
 Coordinator

### Youth Coordinator

Wanda Mason

Grants, Other Funding  
 Resources



Motivation Station



Registration



Recording starting weights



Nutrition Station



A Healthy Snack



Fitness Station



Wii all want to Play!



Fighting Temptation



Glory Girls



Orientation with Taydra



Taydra & Pat before the work-out.



Orientation with Taydra



Taydra & Pat before the work-out.



Glory Girls



March on Christian soldiers.

Work it out: ... two more and one more



We have to do this for how long?



Capital Campaign Weight Loss Challenge Team