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When It Comes To Health and Wellness, Local Churches Tap Into Power of Community

New Living Abundantly Program Debuts Locally

WINSTON-SALEM, NC (June 14, 2010) – A revolutionary new approach to health and wellness that links diet, exercise and spirituality with the support of a nurturing community recently wrapped up a pilot program at the Main Street United Methodist Church in nearby Kernersville, NC. The nine-week program provided participants with the unique opportunity to kick-start a healthier balance in their lives with the support of family and friends doing it with them.

The Gene Smart “Living Abundantly Program,” which is already expanding to several other churches and community organizations throughout the Southeast, is based on the cutting-edge research outlined in the book, *The Gene Smart Diet* (Rodale 2009) by Dr. Floyd “Ski” Chilton, professor of physiology at Wake Forest University.

According to Dr. Chilton, the mismatch between today’s typical diets and our genes has been a major contributor to our nation’s health crisis, including obesity and chronic inflammatory disease. But with the right strategies in place, people can start to reverse that trend and not only lose weight, but help prevent a host of diseases and live healthier, more vigorous lives.

“Often, willpower is not enough when trying to lose weight or start a new exercise regimen,” explained Dr. Chilton. “Studies have shown that the support of a tight-knit community group, such as a church, produces greater sustainability. Weight that is lost stays lost. Exercise becomes more of a habit. And spirituality is reinforced and becomes integrated into each individual’s effort to be and stay healthy.”

In developing the program’s spiritual and self-discovery practices, Gene Smart collaborated with CareNet, Inc., a leading faith-based counseling organization and a subsidiary of Wake Forest University Baptist Hospital. Dr. Steve Scoggin, President of CareNet, described the program’s balanced approach to wellness – body, mind, spirit and community – as a new, proven model for churches to advocate for the whole health of their congregations and communities, including physical wellness.

Over the nine weeks of the program, participants were able to explore and understand the relationship between their genes and their diet. Each person was given tools and resources to help them achieve



success, including diet principles, exercise programs, as well as new ways to embrace the role of spirituality in their daily lives.

“The Living Abundantly Program is really life changing,” explained Lynn Kale, one of the participants in the Main Street UMC program. “It addresses health as a lifestyle choice, not a diet fad. And having people around for support and to rejoice in each other’s victories gives you the motivation to succeed, no matter what your goals are.”

The premise of the Living Abundantly Program is that anyone who can make a few practical and achievable changes in the type and amount of food they eat, the frequency and intensity of their exercise, and set aside time each day to nurture their mind and spirit, will improve their health and wellness and live more abundantly.

For more information on how your church or community organization can host a Living Abundantly Program, visit www.LivingAbundantlyProgram.com.

About Gene Smart

Gene Smart Wellness is a preventative healthcare company dedicated to pioneering real world approaches that empower individuals to take control of their whole health in order to live abundantly. The company’s innovations include its Living Abundantly Community Wellness Program, the Gene Smart Omega-3 Index Home Blood Test and the Gene Smart anti-inflammation diet & exercise program. Floyd “Ski” Chilton, PhD, is a company founder and Chief Scientific Advisor; and author of numerous articles and books on health and nutrition. His most recent book, *The Gene Smart Diet* (Rodale, 2009), makes the connection between what we eat, our genes and our health. More information on Gene Smart is available at www.GeneSmart.com.

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