

A Note From the Pastor’s Corner:

Deut. 7:12-15 (NIV)

If you pay attention to these laws & are careful to follow them, then the Lord your God will keep His covenant of love with you....

-Pastor Jesse Curney, III



Greetings Fellow Sisters of Ladies in Stride, Incorporated!!!

“Welcome” to all of our New Ladies in Stride, Inc. Sisters!! 😊

Ladies, Please help us say “Happy Birthday” to all of our “August” Birthday Sisters!!!

****Our Exercise For The Month of July, August & Sept:**

Is A “Simple Core Workout” ~ “Are You Ready Ladies 😊

See Details on Page 5. (We will focus on each exercise for 90 days)

**** NEW Free Conf. Call Number As Of Sept. 15th~667.770.1158 Access Code:211864#**

****Sept. T-Shirt Orders: If You Need To Place An Order, Pls email us at before Sept.10th:**

ladiesinstride@gmail.com

A Note From the Doctor’s Corner:

"The Month of August Is Medic Alert Awareness Month"

Are you a Diabetic? Are you allergic to Penicillin? Do you require certain life saving medications in an emergency? Do you wish to invoke a “Do Not Resuscitate” (DNR) order under certain situations? If so, a Medic Alert Bracelet can tell the doctors caring for you what they need to know.

Please keep this in mind for yourself & your loved ones.

~With Your Health In Mind~
 Dr. Donald Hanchett

Our August Nat’l Sisterhood Conference Call went extremely well!

Thank you to everyone that took the time to call in to participate!

Our Distinguished Speakers were Dr. Donald Hanchett (Focused on our Normal Healthy Parameters: Blood Pressure, Glucose, Cholesterol, etc); Mrs. Ann Whitaker, RDN, LD, CDCES (Focused on Healthy Nutrition~ She was also the Distinguished Speaker for our Youth Chapter on Sunday Aug. 29th); Ms. Petra Pierrot, CPT (Focused on the Importance of Exercise and Strengthening the Core). Each Speaker did a Phenomenal Job educating us on their topic!! We truly appreciate all 3 of our Amazing August Speakers! Hopefully everyone was able to take away some tips from each speaker to help move closer to a Healthier Body!

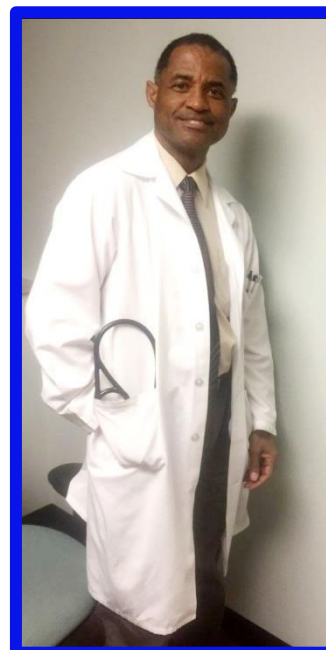
“Thank You! Thank You! Thank You!”



Mrs. Ann Whitaker, RDN ~

Dr. Donald Hanchett~

Ms. Petra Pierrot, CPT~



A Recipe From The Chef's Corner:

“Beans & Greens Soup”
A Recipe for 8-10 Serving

3 tablespoons Olive Oil
½ cup onions diced
½ cup red bell pepper diced
½ cup green bell pepper diced
2 teaspoons garlic minced
6 cups fresh collard greens shredded
3 cups black eyed peas cooked & drained
1 quart chicken broth
*Heat olive oil in a lg pot, add onion & bell peppers. Saute for several minutes until tender. Add garlic & continue to saute for a few more minutes. Add in Collard Greens & cook for another few minutes. Finally, add in peas & broth. Simmer & Cook for 20-25 minutes.

ENJOY!
Chef Joe Engelbird

☺ L.I.S. ☺

Health & Beauty Tip

The Top 5 Healthiest Veggies On Earth

1. **Spinach**~ This leafy green tops the chart as one of the healthiest vegetables, thanks to its impressive nutrient profile.

- 2. **Carrots**
- 3. **Garlic**
- 4. **Brussels Sprouts**
- 5. **Kale**

www.healthline.com/nutrition

☺ Staying Naturally Healthy & Beautiful ☺
Mind, Body & Soul



A Note From Our Founder:

“Keeping It Moving”

Total Health: “Mind, Body & Soul”



Hello Ladies in Stride, Inc!

I hope that this E-Newsletter finds each of you Healthy & Happy!

Our Sweet Sisterhood is growing. Thanks to each of you for helping to get the word out about our Amazing Organization. I am so proud of our Adult & Youth Chapter!!

Ladies, we will soon be Celebrating the Birth of Ladies in Stride in September! Please plan to wear your L.I.S. Tshirt, Bracelets, Caps & Visors take a photo as we celebrate L.I.S. Founder’s Day on Sept. 24th!!! Please plan to post your lovely pic on facebook with our L.I.S. Fb Logo. ☺

Ladies, please remember that your Health & Safety is very important to me. PLEASE get vaccinated. If everything continues to move in a positive direction as far as Covid goes, & we are all FULLY VACCINATED before our 10th Miami Beach Retreat in June 2022, we will be able to embrace each other and enjoy each other’s company without the concerns of Covid within our group. Please plan to get Vaccinated ☺

With that being said, Please mark your calendars for our 10th Total Health & Wellness Retreat scheduled for June 2nd – 5th 2022 at the Ritz Carlton Bal Harbor in Miami Florida~ *Registration Will Reopen As Soon As We Get Clearance * We are still Closely watching the spread of Covid *

PLEASE Continue To Stay Safe! Wear your Masks, Wash Your Hands Frequently & Keep Your Distance From Others. Please Pray & Get The COVID Vaccine If Lead To Do So.

****Great News Ladies!!!** Ladies in Stride Foundation is now linked with AmazonSmile as a **Fundraiser!!** Please support your sisterhood when you shop on Amazon: Here is our link: Please share it with Family & Friends: <https://smile.amazon.com/ch/84-4532077>

Thank you to everyone who has already added our L.I.S. Link to your Amazon Acct. ** Thank you Sisters for being a part of this AWESOME MOVEMENT called Ladies In Stride, Inc!***

From My Heart To Yours ~ You All Are The BEST!



Love & Blessings

Geonice

Our Next Nat’l Sisterhood Call will be on Tuesday Sept 7th @ 9pmEST

Topic: “Our Financial Future & Legacy~ The Importance of Wills & Trust”

*Please chime in & listen in to be Blessed & Enriched! Your Sisterly Support Is Needed & Greatly Appreciated **Ladies In Stride, Inc. National Book Club **Book Club Members Only****

Our next Book Club Conference Call is scheduled for Tuesday Sept. 21st 2021 @ 9pmEST.

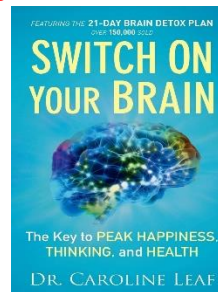
We will be discussing Chapters 1-6 of our next the book(This is our 27th book & it’s entitled “Switch On Your Brain” by Dr. Caroline Leaf~ (Book Club Conf. Calls are Every 3rd Tuesday @ 9pmEST)~

☺NEW BOOK CLUB MEMBERS ARE WELCOME!☺

**** Many Thanks to our Book Club Captains; Pamela Varnado (Atlanta Home Team) & Tomika Booker (Kansas City Missouri Team)**

Our Nat’l Conference Call & Book Club Dial In Number is: 515.604.9607 Access Code: 211864#

If you have a problemcalling in, please try dialing this “Back up” number first (720.477.5046), then enter the original conference call number when prompted.



MAKE TIME FOR YOU!



YOUR’E Worth It!!

Love~ Encouragement~ Sisterhood~Togetherness



****Things To Remember****



**** (FYI: Our Miami Beach Total Health & Wellness Retreat Is Scheduled For June 2022: We Are Asking All Attendees To Pls Get Fully Vaccinated** (Your Health Is Our 1st Priority) New Date: June 2nd-5th 2022 (Thursday-Sunday)**

L.I.S. Sisterhood Covenant

As a Lady in Stride,


I, _____
commit myself to taking better care of MYSELF. I am committed to praying for my fellow sisters of Ladies in Stride, our organization and the world around me. I will "Keep it Moving" toward a more healthy and balanced life.

L.I.S. Vision & Mission

ladies live Healthier, Happier & Longer lives as they reach their full potential in Christ.

Our Mission Statement:

Our mission is to help all ladies live healthy, balanced lifestyles using an holistic approach. We will offer ways to Reduce Stress, while helping to nurture growth & development: Physically, Spiritually, Mentally, Emotionally, Financially

- 1) Please keep your L.I.S. Sisters lifted in prayer on a daily bases. Contact your L.I.S. Accountability Partner on a regular bases. Thanks for encouraging your fellow sisters & young sisters of L.I.S.! Please email us if you do not have a L.I.S. Accountability Partner
**** Ladies, Please invite a friend to join L.I.S. in another state soon. Ask them to put Your name on their membership form when asked "How Did They Hear About L.I.S." Help L.I.S. to connect Hearts with new ladies. With your help, L.I.S. will connect hearts in all 50 states, and beyond. Together we can create a healthier world one lady at a time!! Thank you for helping to grow our sisterhood!**
- 2) Please Participate On our Monthly Nat'l Sisterhood Conference Calls~ **"NEW" CONFERENCE CALL NUMBER: 667.770.1158 ACCESS CODE: 211864#**
*Nat'l Sisterhood Conference Calls are held on the 1st TUESDAY of Every Month at 9:00pm EST. (Unless rescheduled due to a holiday or other important reasons) **And Please Remember to Support our L.I.S. Foundation On AMAZON This call is open to ALL L.I.S. members everywhere. "Members Only" Please~ This call has been put in place so that all members can receive information concerning our focus of the month, & stay in touch with their sisters across the U.S.**
Please call in each month to say "Hello" to your sisters & get updated☺
- 3) **Great Facebook Participation!! ☺**** Thank you ladies for posting in our Facebook "Group". If you are not in our Facebook Group, please send a friend request to "Ladies in Stride~ Keeping It Moving" & one of our fb administrators will add you to our group. Thank you! Our fb page/group is now public. We enjoy hearing from each of you in our Facebook Group, so please post more often Ladies!! ☺ Thanks!!
- 4) *Please remember to check your L.I.S. emails, Text Messages and our L.I.S. Website for upcoming Events & Activities. New Committees are being forms. Please consider joining a committee. Let us know if you are willing to work on our Youth Committee by emailing us at ladiesinstride@gmail.com
- 5) ****Please take time to memorize our "L.I.S. Sisterhood Covenant"- (To the left of this Page)****
- 6) Try our Delicious Recipes by our L.I.S. Chef: Chef Joe!!! Posted on the left side of each newsletter (A Recipe from the Chef's Corner). If you are in the Atlanta area, try to attend some of Chef Joe's FREE Healthy Cooking Classes offered by Kaiser Permanente. A text message will be sent out from time to time.
- 7) Congratulations to all of our L.I.S. Captains/Teams that have regularly scheduled Monthly sessions!! Keep up the good work! You are a blessing to others and yourself!!
- 8) **A Special "Thank you" to our Retreat Committee & all Board Members, Advisory Board Members & other Committee Members: Prayer Warriors, Founder's Day Committee, Planning Committee, Book Club Captains, Care Team, Y.L.I.S. Committee, Team Captains/Co-Captains & I.I.S. Distinguished Speakers!!**
- 9) **Keep Walking~ "Walking Women of L.I.S.!!" And Post Your Steps☺** 
- 10) Y.L.I.S. Conference Call is Sunday Sept. 19th @ 8pmEST~ (Every 3rd Sunday at 8pmEST, unless rescheduled by our Home Office due to a conflict)
*** If anyone is aware of a Virtual Event in your area that goes along with our L.I.S. Monthly Focus for the current Month, Please email it to us at: www.ladiesinstride.com**

L.I.S. COVID REMINDER ~ DON'T LET YOUR GUARD DOWN YET

******PLEASE GET VACCINATED LADIES ~ Be Aware of the New Delta Variant******

MASK



If you are attending a small gathering or event, protect yourself and others from getting infected with COVID-19

ALWAYS COMPLY WITH THE FOLLOWING 3 BASIC MEASURES...



MAINTAIN AT LEAST 1 METRE DISTANCE FROM OTHERS



COVER A SNEEZE OR COUGH WITH A TISSUE OR BENT ELBOW, AND IMMEDIATELY DISPOSE OF TISSUE IN A CLOSED-LID BIN. AVOID TOUCHING EYES, NOSE AND MOUTH.



CLEAN YOUR HANDS FREQUENTLY



SOCIAL DISTANCING



HAND WASHING

L.I.S. August "Spotlight Sister"

CONGRATULATIONS Ms. Fraser "Sunny" Hunter!!

Our August "Spotlight Sister" Represents the State of Maine L.I.S. Team!

♥ Our Spotlight Sister for the Month of August is Ms. Fraser "Sunny" Hunter! Sunny is our L.I.S. Sister from the State of Maine. She worked in Management for many years & did an amazing job, but her true love is Designing. Sunny....just like her name indicates, adds sunshine to everyone in her circle. Sunny has fought many battles in her life and she has always comes out on top. We are proud to have Sunny as one of our Sweet Sisters of Ladies in Stride Incorporated! Please help us say Congratulations to "Sunny", our L.I.S. August Spotlight Sister! ♥♥♥

We Love You "Sunny"!!



Congratulations to our Sweet L.I.S. Sister!



July - Sept. will be L.I.S. "Simple Core Workout" Months

Exercises by Our L.I.S. Sister: Mrs. Vanessa Vaughters
(Personal Fitness Trainer)



Our Standard Weight Maintenance Tips

1. Stay Hydrated - Drink at least 64 ounces of water daily.
 2. Try to get 8 hours of sleep each night.
 3. Plan your meals each morning (or the evening before) so you know what you are going to eat for each meal before you get hungry. This will help you stay on track.
 4. Include 5-9 servings of fruits and vegetables, especially green vegetables in your intake each day.
 5. Keep a detailed food log of everything you eat so you are aware of your daily food intake.
 6. Exercise at least 20 minutes per day
- ~~~~~

Attached is a "Simple Core" Workout for the Month of July

Look at this... 👁👁

It's time for another core workout!

<https://pin.it/5wz3UCE>



- * Oct. Exercise was Core/Abdominal Muscles (The Vacuum Exercise)
- * Nov. Exercise was Toning Arms
- * Dec. Exercise was Buttocks
- * Jan 2021~ Core Toning
- * Feb. Back Fat
- * March was Thigh Workouts
- * April was Back & Chest
- * May was a Thigh Exercise
- * June Shoulder Workout

**** Check out last month's e-newsletter for details**

L.I.S. Sponsors & Partners

Top Sponsors

~Tucker Kroger
~Geonice Unique Boutique
~Janel Gonzalez
~ Marilyn Harvey
~G.W. Jackson Family Park
~Southern Royalty Investment

L.I.S. Partners

~Tucker Habitat for Humanity
~Atlanta Regional Office:
U.S. Dept. of Health & Human Services

Important “New L.I.S. Website” Update Reminder!!

Greetings Ladies!! Thanks to Ms. Janice Flowers(Website Designer)...we are on our way to an update, new L.I.S. Website! Please be patient with us as we get each area of our new site up & running.

We will need each of you to do a couple of things in order to be able to utilize our L.I.S. **“Members Only”** Areas for Resources, Women’s Health Updates & Other Helpful Information. This will be information ONLY AVAILABLE to our L.I.S. Sisters & Not The Public Eye~ Because All Of You Are SO VERY SPECIAL To Us! 😊

**** Please go to www.ladiesinstride.com/login**

New User Names & Password were created for every member account.

To update & review your account, you will need to Login with NEW CREDENTIALS.

SAMPLE: Your Name: Jane Doe

Member Phone Number: 555-123-4567 (YOU MUST USE THE NUMBER ON YOUR ORIGINAL L.I.S. APPLICATION WHEN YOU JOINED)

Your New Login Name Is: JaneD (Using Your Name)

Your New Login Password Is: JaneD5551234567 (Using Your Phone Number)

**** Once you Login, immediately go to “My Profile” page & change your password under “Settings”**

It must be 12-16 Characters, using Capital Letters, Numbers & Symbols in order to make it a STRONG password.

Once you’re logged in, please review & update any information needed under the “My Profile ABOUT” fields.

Please enter N/A in any unnecessary fields. All Fields must be completed. Click “EDIT PROFILE” to make changes & CLICK SAVE before leaving the page so that you don’t lose your information. **Please Make Sure That ALL Information Is Correct.**

Thanks So Much!!

**** If you can’t login after using these instructions, please reply back to this email with your FULL NAME, AND CURRENT CELL PHONE NUMBER for account verification.**