

# Get Fit While You Sit

Melissa O'Quinn (BS, Nutritionist), Valerie Muehleman (MS, RD, CDE), Terrie Williams (Community Liaison)  
From the Lowcountry Diabetes Initiative and Beaufort Jasper Hampton Comprehensive Health Services, Inc.

**Balancing physical activities to prevent diabetes, obesity, and hypertension through faith-based initiatives in the Lowcountry churches.**

Pre and Post Assess Height, Weight, Blood Pressure, Body Mass Index and %Body Fat.



Kristen Williams



Greater Pentecostal Church Exercise Group

Physician Speaker, Nutritionist, and Personal Trainer



Dr. Edie Richardson



Valerie Muehleman and Melissa O'Quinn

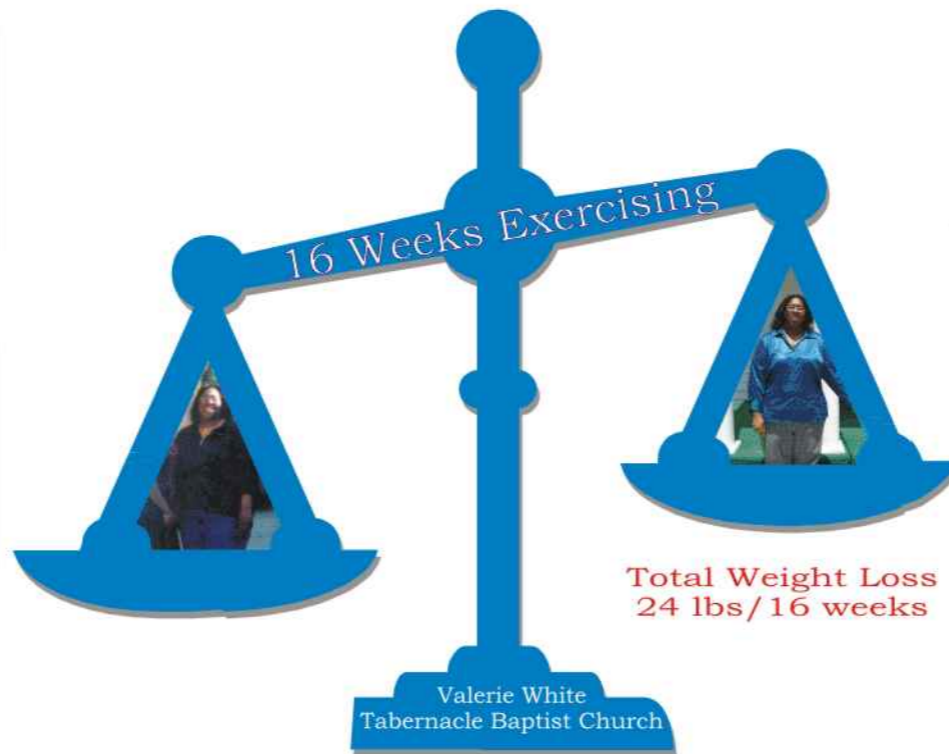


Mary Winburn, personal trainer

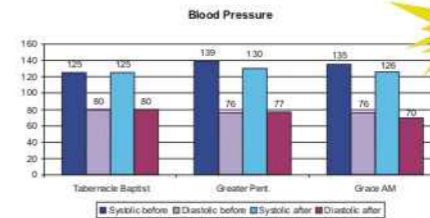
Health Ministry Training and Quarterly LDI Meeting



Rosetta Swinton, Trainer



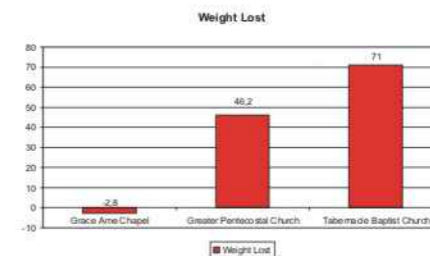
## Results after 16 weeks Program



Most Blood Pressure



Pastor Deloris Young, most individually improved.



Most Weight Lost



Valerie White, most individually weight lost.



Grace AME Average age was 66. No Weight-loss, but Blood Pressure improved for 11 out of 12 participants.



Greater Pentecostal Church has 10 participants with an average age of 52. Total weight lost was 40.2 pounds.



Tabernacle Baptist had 13 participants with an average age of 50. Total weight lost was 71 pounds.