

The background of the entire page is a soft-focus photograph of a peaceful interior. On the left, white curtains hang in gentle folds. To the right, a green plant with dark leaves sits in a white cylindrical pot on a white surface. In the foreground, two white candles are visible on a white circular tray. The overall atmosphere is calm and minimalist.

# TEMPLE CARE<sup>12</sup>

12 DAYS TO BETTER BALANCE IN BODY, MIND & SPIRIT

## PROGRAM GUIDE

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Nettye Johnson, CHES

<http://faithapplied.today/012>

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# Welcome to TEMPLE CARE<sup>12</sup>

TempleCare is a way of living that involves faith focused action in the areas of nutrition, exercise, and lifestyle modification for improved health and wellness. It engages our triune nature, our mind, our body, our soul for nurture and good physical stewardship.

TempleCare12 is a sequence of strategically selected daily activities that edify our mind, body, soul, connection with God, and connections with other people. The activities stack, or build on each other, developing helpful habits in a progressive yet manageable way. Use this focused plan to jumpstart positive change. Return to TempleCare12 to fortify existing behaviors during busy or challenging times.



This document provides an overview of the 12 steps and a place to plan/track your progress. (See page 4.)

Further exploration of each day in the process is available on the Faith Applied podcast.

Click **here** to listen.



To get the most from this program:

- **Pray.** God desires that we be in good health, and proper care of our bodies honors Him. Apart from God, we can do nothing. Devote this effort to Him. Don't rely on your willpower, want power or strength. Rely on the Holy Spirit for guidance and empowerment.
- **Prepare and Plan.** Read the activity and listen to the accompanying audio the day before it is scheduled so that you can prepare.
- **Put in the work.** Wishing and wanting won't get it. If we want to change, we have to make a change. Be a doer.

You can do this! I'm pulling and praying for you.

Take care, God bless and be well.

*Nettye*

# RELEASE & WAIVER FOR PARTICIPATION

I hereby agree to the following:

I am participating in physical activities as part of the #TempleCare Twelve™. I recognize that any physical activity may be strenuous and may cause injury, and I am fully aware of the risks and hazards involved in such activities. I further acknowledge and understand that Nettye Johnson, Nettye Johnson Faith and Fitness Services LLC (NJFFS), its owner, and other employees are not physicians and that any information or guidelines provided by the NJFFS, its personal trainers or other employees is for educational purposes and carries no warranty of any kind, expressed or implied.

I represent and warrant that I have no medical condition that would prevent my full participation in these exercises. I understand that it is my responsibility to consult with a physician regarding my participation in this program prior to beginning. If I have any existing medical condition, I have been cleared by my doctor to participate in this program.

I agree to assume full responsibility for any risks, injuries or damage, known or unknown, which I might incur as a result of participation in these activities or as a result of negligence. Also, I knowingly, voluntarily and expressly waive any claim I may have against Nettye Johnson, Nettye Johnson Faith and Fitness Services LLC, and/or TempleCare Twelve or its agents or assigns for injury or damages that I may sustain as a result of participating in this program. Myself, my heirs or legal representatives forever release from liability, waive, discharge and covenant not to sue Nettye Johnson, Nettye Johnson Faith and Fitness Services LLC, and/or TempleCare Twelve and its agents or assigns for any injury or death caused by any negligent act or omission.

I have read the above release form and waiver of liability and fully understand its contents.

I voluntarily agree to the terms and conditions stated above.

# TEMPLE CARE<sup>12</sup>

Reflect																			<input type="checkbox"/>
Connect to Correct																			<input type="checkbox"/>
Express Gratitude																			<input type="checkbox"/>
Power Push-Ups (Record # Completed with good form)																			
Stop at Satisfaction (Check if you stopped eating before full at each meal)																			<input type="checkbox"/>
Drink Up (Check if 8 glasses of water consumed)																			<input type="checkbox"/>
Feed Your Mind (Check each day you purposely learned something new)																			<input type="checkbox"/>
Made to Move (Record total moderate activity minutes)																			
Bread of Life (Record selected scripture of the day)																			
Veggies Rule (Check if half-plate guideline was met)																			
The Perfect Plank (Record time held with good form)																			
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12							



## Nettye Johnson, CHES, CHC

NCHEC Certified Health Education Specialist  
Wellness Applied, Founder and Program Director  
NBC USA, Inc. HOPE , National Physical Fitness Coordinator  
Robert Wood Johnson Foundation Culture of Health Leader

American Council on Exercise Certified Health Coach  
American Council on Exercise Weight Management Specialist  
Road Runners Club of America Certified Running Coach  
National Exercise Trainer's Association Certified Barre Instructor

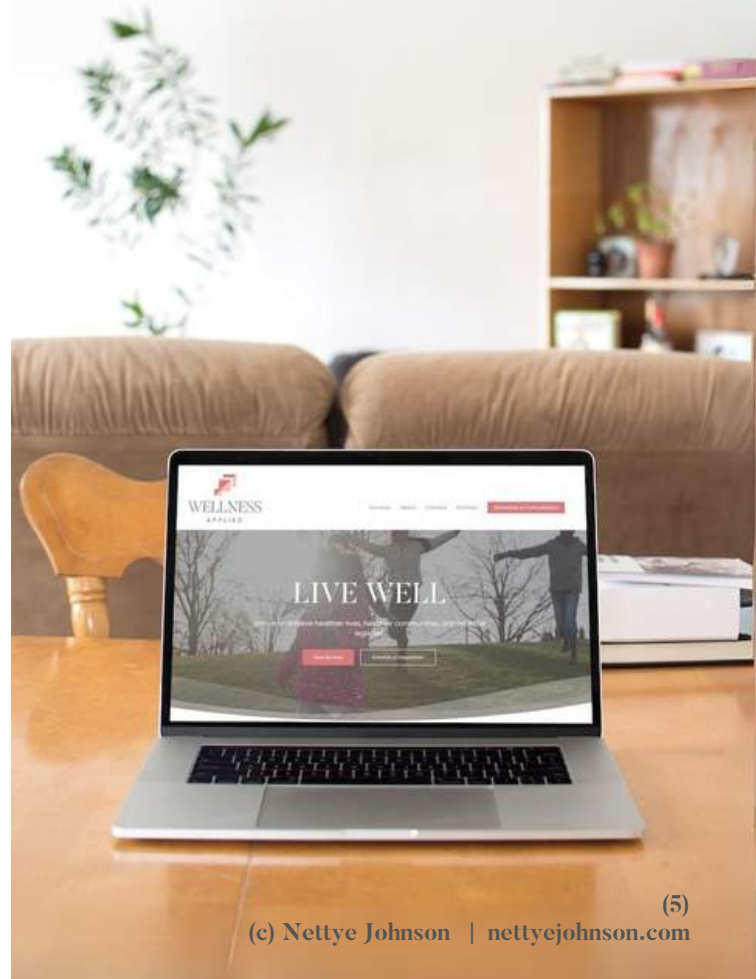
Creator and Director of Let's Move National Baptist, TempleCare  
Matters Framework, Pew2Pavement and TempleCare Cooking  
congregational and community wellness programs.

Host of the Faith Applied Podcast

Member of New Hope Baptist Church, Baton Rouge, LA  
the Society for Public Health Education (SOPHE), and Delta Sigma  
Theta Sorority, Incorporated.



Connect with Nettye  
<https://linktr.ee/nettयेjohnson>



# Helpful Health RESOURCES

## TempleCare Fitness

God made our bodies to move and regular activity benefits our health and wholeness.

TempleCare Fitness is a faith-based community that educates, supports, and celebrates exercise. Join us and move for your health and God's glory. <https://bit.ly/LMNB-Band>



## TempleCare Matters

Sponsored by the NBCUSA H.O.P.E. HHS Partnership Health Initiative this series of monthly webinars shares information and resources to impact health knowledge, mental health, nutrition, fitness, obesity in Black America, church safety and preparedness and health ministry growth.

Webinars are held the first Tuesday of the month.  
Click [here](#) to register and get webinar link.



## Veganish Eating Kit

Health up your meals by eating good food the way God made it. The Veganish Eating online workshop and workbook helps you identify your current and best eating patterns, discover how to choose, prepare, and enjoy plant-based food, and ward off chronic diseases through clean eating.

Learn more at <https://nettyejohnson.com/veganish-eating>



## All of Us Research Program

Health care is often one size fits all. Imagine a future where prevention, treatment, and care are tailored for YOU. That future of precision medicine starts with research that includes all of us.

Part of the National Institutes of Health, All of Us is changing how health research is done by building one of the largest and most diverse health databases of its kind.

Learn more about this groundbreaking program and see how you can join a community of people who are already making a difference in advancing health. Learn more at <https://joinallofus.org/nbcusa>

