



E.D.S.

EXERCISE, DIET & SPIRITUALITY

INTRODUCTION

The Hate The Weight Challenge and Hip-Hop 4 A Healthy NYC project is proud to announce the launch of the **E.D.S. (Exercise Diet & Spirituality)** project. This new groundbreaking Holistic Health initiative was created by The “Fitness Sheriff” to help young citizens better understand how to use Exercise, Diet and Spirituality to Lose Weight and Stay in Shape, Connect to a Higher Power, Avoid Mental Illness, Prevent Sickness & Diseases, Reduce Healthcare Cost and Live a Positive Drug Free Lifestyle.

Through workshops, seminars, conferences, online activities, social media, videos, reports, legislative policies and consultation we will show you why “Your Wealth is Your Health” and the steps you can take to live a Healthy, Stress-Free, Productive Life.

To accomplish this monumental task we must envision our “Health Journey” as a marathon and not a sprint. The focus must be on: Eating the Right Foods, a Balanced Diet, and researching what you put in your body; The Benefits of Vitamins, Minerals & Nutrients; Fasting & Cleansing; Herbs, Teas & Spices; Sleep; Water Power; Friendships & Associations; Lifestyle Choices; Spiritual Enlightenment; and Substance Abuse Prevention. Each is key to achieve good health because through “Preventive Healthcare” we can help participants live a long, strong and productive life.

