



FEB20

The Kinston Community Health Center is partnering with Fusion

NEUSE NEWS

Fitness by Jelyse (Jelyse Dawson) and Train Them Up for Success CDC (Margo & Lin Dawson) to launch 100 Fit Females™. This free program launches in Eastern North Carolina offering virtual wellness classes for women ages 18 and up with various ability levels. Classes are taught by certified and licensed professionals including cardio, chair exercise, dance, mindfulness, life coaching, strength, and yoga.

Facts:

- According to the 2020 Women's Health Report Card, 25% of women in Lenoir County are physically inactive.
- According to the NC DOA (Department of Administration) 2019 Status of Women in NC: Health and Wellness Report, Among the 50 states and the District of Columbia, North Carolina ranks in the middle or bottom on indicators of health and wellness.

The goal of this program is to empower women to use mindfulness and movement as a tool for disease prevention and management. In 2015, Fusion Fitness by Jelyse partnered with Train Them Up for Success CDC in Kinston to integrate fitness in the youth programs helping kids to stress less and move more. In 2018, Jelyse Dawson graduated from the Jenkins MBA program at NC State University to sharpen her entrepreneurship and community outreach skills. In 2021, Fusion Fitness by Jelyse received a grant from HBCUvc which is being used in part for 100 Fit Females™. Train Them Up for Success CDC supports the program with technology, youth fitness, and community engagement.

Community organizations are invited to partner. Register at kinstonhealth.org. For more information, visit www.fusionfitnessbyjelyse.com or call 919-584-5574.