

With your help, The New Beginnings Center has grown to serve 400 women a year. We achieved measurable outcomes including the following:



Average body weight loss: 7.4 %

Average decrease in BMI: 3 pts.

CLIENT TESTIMONIALS:

"I am so excited about all the things my body can do now! I haven't had this much energy in a long time."

"This program has taught me that it's ok to take time for me."

"I've taken so many life changing messages and lessons away from this program, things I will use every day of my life."

"The coaches never stopped encouraging me or anyone else in the class. They have a genuine care and concern for everyone who goes through the program."

"This program has given me a new perspective on life and has helped me realize the strength within me that I had forgotten I possessed."

"The New Beginnings program has not only transformed my life physically, but emotionally and spiritually."

"This program was a Godsend and it came at a time in my life when I needed support, encouragement, accountability and friendships to keep my life going forward and not quit."

100%

of women improved strength and mobility

93%

of women increased physical ability in their daily life as a result of completing the program

100%

of women feel The New Beginnings program had a positive impact on their life

new beginnings

We've enhanced the quality of life for participants through increased physical activity, strength, mobility and cardiovascular capacity as well as improved self-concept, increased energy and improved outlook on life

>50%

of women have stopped taking prescription medication

92%

of women experienced improvement in self-confidence and self-concept

95%

of women experienced a decrease in physical aches and pains



The New Beginnings Center

A woman who is strong and physically fit is a woman empowered



The New Beginnings Center is a nonprofit organization with a mission of empowering low-income women through the process of physical fitness training, nutrition coaching and behavior change classes.

The program is FREE to women who:

- Meet income requirements

**We have a sliding scale for clients over the maximum income limits*

Household size	Maximum Income*
1	\$45,675
2	\$52,200
3	\$58,725
4	\$65,775
5	\$70,500

- Are willing to commit one year to the program (3 months intensive training/9 months group exercise classes).
- Have the desire to become healthier and create positive change in their lives.

Program Components:

- 36 Fitness, Nutrition and Behavior Change coaching sessions
- Individualized training program
- A sustainable nutrition system that guarantees results
- Built-in social system
- Access to nutrition and personal development seminars



“ I have tried for years to lose weight and keep it off. The New Beginnings program has given me the tools I need to do just that. I am forever changed. ”



CLASSES MEET TWICE EACH WEEK

Tuesday & Thursday, 6 p.m. & 7 p.m.

509 Craighead Street, Suite 100 | Nashville, TN 37204

TO LEARN MORE, VISIT:

thenewbeginningscenter.org | 615-432-2725

MAIL APPLICATIONS TO:

509 Craighead Street, Suite 100 | Nashville, TN 37204