



# New Charter Information Packet

*Philippians 4:13: I can do all this through Him who gives me strength.*

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# For the Mom/Instructor



*Philippians 4:13: I can do all this through Him who gives me strength.*

## **About Mommy and Me Fitness**

Our bodies need regular exercise and good nutrition. Without it, we become more prone to weakened cardiovascular systems, muscle atrophy and weight gain. A combined program of aerobic exercise, stretching, weight resistance and nutritional balance can fulfill all of your needs! The Journal of the American Medical Association reports that a moderate, twice weekly weight resistance training program can help increase and maintain bone density, muscle strength and balance.

It is the mission of Mommy and Me Fitness to help you make exercise and nutritional balance a part of your daily life now, so that you will see wonderful results, physically, emotionally, and spiritually. Mommy & Me Fitness offers women and children a healthy start. This begins with a nurturing environment in which to spend time together, receive health education and play.

Mommy and Me Fitness is a not-for-profit organization that desires to help moms grow through physical exercise while providing emotional and spiritual encouragement. The Strong Mom Team members go through an extensive training and gain a certification to teach Mommy and Me Fitness classes within the charter. One class is available FREE of charge to everyone, Strolling Strong. This class has a specific Christ-centered focus and is an outreach to all moms. The other classes that are offered are fee-based and provide money for the outreach of Mommy and Me Fitness.

Over half the money taken in is kept right in your community; this is used to further the ministry and reach out to mothers, children and families. We want to see every person come to a saving knowledge of Jesus Christ. It is even better if people can have fun and fellowship while working towards this goal!

## **Why would you want to charter with Mommy and Me Fitness?**

### **Benefits to a Church/Parachurch**

MMF offers a common ground and meets a common need for women to care for their bodies as the temple of the Holy Spirit (1 Cor. 3:16). The fitness classes are a fun way to fellowship and offer support to those in the church.

MMF gives moms from the community a chance to meet Jesus and experience Christ's love in a non-threatening environment. This provides a way to get moms into the fellowship, helping them feel valued and establish a good rapport so they become comfortable with the church. MMF gives your church a recognizable presence in your community among young families. Revenue from MMF classes will go back into the community however your church decides.

MMF taps into the need or desire a mom has to work out with the added benefit of bonding with her child(ren) & teaching healthy habits at a young age. This ministry promotes health into your church family.

In essence, MMF is an outreach to a group of people that sometimes do not prioritize God. They are either young moms who don't make time for God or they are athletes and don't make time for church. Some just haven't realized that exercise can also include their spiritual life. This is your chance to make the connection for them! It is also an encouragement and growing opportunity to help mature established Christians. It is a win-win situation!

### **Benefits to a Community**

Strollering Strong will remain a free gift to the community. MMF will promote unity among mothers in our community as it connects women. The fitness program demonstrates a healthy lifestyle, in all aspects, to children attending. Christ's love will be shared through the Strong Mom Team, the curriculum and the wonderful women in the group. The Strollering Strong attendants will hold an annual outreach for moms and children in their community. An example of this could be holding a 5k or working with a Pregnancy Center.

**Strong moms = Strong families= Strong communities**

## **Leadership Structure**

Each charter will have a STRONG MOM TEAM consisting of at least a certified Mommy and Me Fitness Strolling Strong Instructor and then a class volunteer who will serve as the Treasurer. Both positions have to be approved by the chartering church/parachurch. We will provide job descriptions so you will know what is required by both team members. If your charter grows and additional instructors are wanted or needed, the charter can train more instructors through our training program for \$100.00 per instructor. Once the class grows to 15 members another instructor needs to be trained.

## **Training**

Becoming a Mommy and Me Fitness Instructor is an exciting opportunity to teach Mothers about exercise, nutrition, health and to share God's love by combining faith and fitness. Once you have been approved to begin instructor training, the following process will be initiated:

You will receive your t-shirt along with all the education materials you'll need to study and take the exam. These include books, access to instructor videos of sample classes, individual exercise clips and stretches. Once you have read the material, study the sample exercises and taken the test, you will be required to make a video of yourself instructing a class. Both the exam and video will be read and graded by a certified Mommy and Me Fitness Director. You will have access to an instructor and/or mentor throughout your training process to answer any questions or concerns you may have.

## **Promotional Materials**

Mommy and Me Fitness can assist your church with a variety of promotional materials, including (but not limited to):

Customizable fliers to place around your church and community

Customizable posters, various sizes

Press releases

Bulletin blurbs

Promotional videos with pictures and class samples

Website

## Chartering with Mommy and Me Fitness

1. On [www.mommyandmefitnessfun.com](http://www.mommyandmefitnessfun.com) apply for more info and click “Instructors” then “Get Certified and Lead a Group.”
2. MMF New Charter Team will set up a phone interview and send an application.
3. Upon review of application, MMF will contact the interested mom and provide New Charter Information materials for mom to share with her church. (Includes: Application/Contract, Benefits to Church, Promotional Materials, Program Overview, Job Descriptions and required trainings for Strollering Strong Instructor and Class Volunteer [Treasurer]), Explanation of Outreach Requirements and Examples)
4. MMF New Charter Team Member will help walk the mom through process of presenting information to church leadership.
5. Church/Parachurch fills out application and Church/Strong Mom Team signs contract.
6. Church/Parachurch pays \$349 chartering fee, which covers one instructor certification and training, one complete year’s worth of curriculum, and advertisement on our website and social media.
7. Instructor training can then begin. Instructor will be e-mailed a link to the online training and class materials. Instructor kit will be mailed which includes: Her t-shirt, any other promotional material we may have, copies of Code of Ethics and Non-Compete she will be required to sign and return with self-addressed envelope.
8. After instructor training is complete and Strollering Strong Instructor is now certified to teach Mommy and Me Fitness classes, promotional materials can be used and classes can begin.
9. Charter will receive:
  - Strollering Strong curriculum for the entire year
  - Strollering series class samples (on website upon certification)
  - Handbook (upon certification)
  - Strong mom class Treasurer and additional team position descriptions and contracts (so when they are ready to grow into a larger leadership team they will have these).
10. MMF will then add this Charter information to our website and announce on social media when the instructor completes training.

## **MMF Programs Overview**

MMF offers women and children a healthy start. This begins with a nurturing environment in which to spend time together, receive health education and play. Our classes are designed for all fitness levels and life stages. Below we have them broken down into categories. Read our descriptions below to find the perfect class to start and experience how family fitness can be fun. Please take a look at <http://mommyandmefitnessfun.com/about/classes> for details on each individual class.

### **I. Strolling / Strolling Strong Series (Free outreach classes)**

These classes incorporate movement and mommy/baby interaction while all children are seated in strollers; they vary by fitness level and are great for women attending with or without young children.

1. Strolling Strong Series
  - a. Strolling Strong Newbie
  - b. Strolling Strong
  - c. Strolling Strong Power
2. Strolling Series
  - a. Strolling Newbie
  - b. Strolling
  - c. Strolling Power
3. Grooving Grannies

### **II. Mommy and Me**

These classes include fitness techniques and training that coincide with our Strolling classes to expand and stretch your routine. Bringing a child in a stroller is not a necessity, but stroller riders are welcome.

1. Yoga
2. Tummies
3. Belly Boogie

### III. Children's Fitness Fun

These classes are designed for children who are old enough to be able to take an active role in their developing personal fitness. Children learn and grow through playing, running, stretching, biking, social interaction, peer encouragement and adult guided instruction. These classes are offered concurrently with our other Mommy and Me classes to allow women the opportunity to exercise while bringing their children who are beyond stroller age.

1. Bike-n-Trike
2. Preschool in the Park
3. Kid Strong Conditioning

### IV. Family Fitness

These classes keep the whole family in mind. They are stroller-free and are designed to help individuals young and old reach their fitness goals. They include classes where you can exercise side-by-side with your children, along side your workout buddy, or breathe in the fresh air alone while striving to be a more healthy you.

1. Wee Fit Together
2. Core Conditioning
3. Run Like You Did As a Kid
4. Personalized Goal Training

Please take a look at <http://mommyandmefitnessfun.com/about/classes> for details on each individual class.

## **Information for the Charter**

1. Establish Leadership Team (Strong Mom Team) of 2-3 volunteers who will organize ministry, promote, register moms, collect and document monies coming in, and give monthly reports to the church via phone, email or pastor's preference.
2. There should be a minimum of two classes a week, one of which is required to be the free Strolling Strong. The other class(es) should be fee based from Strolling Series. The specific classes from the Series would vary based on the fitness level and/or interests of your group. (Our handbook will go into detail on how to set up a great MMF program.) The goal would be to offer as many classes as possible to accommodate the different needs of your group.
3. Instructor member ratio 1:15 (required). Once there are more than 15 members, another instructor needs to be trained, which costs \$100.
4. Church would perform a background check on all instructors and volunteers.
5. Church collects fees and church treasurer accounts for them. Strong Mom Team has a treasurer who gives monthly financial report to church (see example on later page). Participants pay \$25 a year for a registration fee directly to Mommy and Me Fitness. Church sets paid class fees based on geographical area and needs/abilities of community.  
  
45% of class fees go to Mommy and Me Fitness.  
  
55% of class fees stay at the charter and can be used for:
  - Outreach to women and children in your community. (Strong Mom Team will have ideas.) \*This is the primary goal!
  - Ministry expenses such as charter renewal fee or background checks.
6. Church Strong Mom Team will find replacements before a leader decides to step down; make sure the church approves the new leader.
7. Offer summer programs if enough Mom Power is available. This would eliminate the opportunity to loose class members over the summer as well as involve other children in the fitness program. (This is optional.)

# For the Pastor/Leader



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## Charter Financial Sample

2 members of Strong Mom Team. (Strolling Strong Instructor and Treasurer, neither of which pays for classes)

10 class members (besides Strong Mom Team)

Class fee for paid classes would be \$5.00

Classes offered by this charter are Strolling Strong (free) and Strolling (paid)

For this example each paying member pays for 3 classes a month (since moms sometimes aren't able to come every week) = \$15/member.

$\$15 \times 10 = 150.00$  month

$\$150.00 \times 45\% = \$67.50$  back to Mommy and Me Fitness

Remainder \$82.50 stays at Chartering Organization to be used towards outreach.

$\$82.50 \times 9$  (if operating 9 months) = \$742.50 stays at Charter for outreach.

The \$742.50 can be used solely for outreach, or parts of it can go towards ministry expenses such as the charter renewal fee and background checks. The remainder of the money should be used for outreach in the community. (Strong Mom Team will provide ideas.) Examples of how money could be used would be buying car seats for a pregnancy center, having a baby shower for some families in need, etc.

### Church Outreach Portion Sample

\$742.50

- \$150.00 (Charter Renewal Fee- covers Instructor CEUs to renew certification and next year of \$592.50 Strolling Strong Curriculum – *Optionally from Church Outreach Portion*)

- \$80.00 (Strong Mom Team Background Checks – *Optionally from Church Outreach Portion*)

\$512.50 To be used for Outreach!!!! (Could use all \$742.50 for outreach too.)

### Church Fees to MMF (Can be reimbursed from outreach fund if necessary)

Initial Charter: \$349 (Covers one instructor certification and training, one complete year's worth of curriculum, and advertisement on our website and social media.)

Additional Instructor Training and Certification (Once you have over 15 members): \$100

Renewal of Charter: \$150 (Instructor CEUs, next year of curriculum, continued support and advertisements on web and social media)-**13-**

## **Chartering with Mommy and Me Fitness**

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