

The
WELLNESS CENTER

FAMILY MINISTRIES OF FLORIDA | LEGACY CHRISTIAN ACADEMY

A Case for Support



"In raising healthy children, it's not enough to just focus on the physical aspect of health. To be truly healthy, a child's emotional health must be nurtured and strengthened. Developing a mental attitude of wellness is also essential. When we adopt an attitude of wellness, we take on a belief that being well is a natural, normal state. Our goal is to have outstanding, vibrant health, not just to be free of disease. ***With a wellness attitude, we know that we have control over our own body and how healthy it will be."***

-Jane Sheppard

Table of Contents

On The Verge, 4

Legacy Christian Academy & the BASE Program, 5

The BASE Program: Therapeutic Listening, 8

Our Successes with the BASE Program, 9

The Goal of Legacy Christian Academy, 10

Supporting Documentation, 14

Research Study: Center for Disease and Control, 15

Health Problems and Childhood Obesity, 17

Research Study: Florida Hospital, 19

Ten Benefits of Being Healthy, 22

• • • • • • • • • •





ON THE VERGE...

Family Ministries is on the verge of creating an extraordinary new dimension to it's all encompassing program. With it's beginnings dating back to 1976, Family Ministries began as a satellite unit of Cookson Hills Christian Ministries. After opening it's doors the Florida operation ministered to meet the needs of many children and their families under the umbrella of the main unit in Oklahoma. As the ministry in Florida grew, and the need to serve more children and families grew, it became clear that the Florida operation needed to incorporate in the state of Florida, and have a governing body from the state. In July, 2000, the board of Cookson Hills Christian Ministries turned the Florida operation over to the new organization now known as Family Ministries of Florida. In 2001 a new child care cottage and administrative building were opened. In 2004, under a new board of directors, the ministry expanded it's mission by start Legacy Christian Academy, a fully accredited private Christian School with the goal of using a comprehensive Christian curriculum to help students achieve academic excellence.

Legacy Christian Academy & The BASE Program

Family Ministries of Florida has worked very hard to create a unique approach to reaching students who have been let down on so many different fronts.

This uniqueness is very evident in the form of Legacy Christian Academy. Legacy Christian Academy, a Bible-based Christian School offering grades 1-12, LCA utilizes a mastery based curriculum, in which the student sets his or her own educational goals while being assisted by professional Christian staff.

The special academic needs of children and youth is of paramount concern to us at Legacy Christian Academy. Students that are on or above level are challenged and encouraged to work ahead. For students who are several years behind this specialized curriculum may be the very first success they achieve academically. Many high achieving seniors choose to participate in dual enrollment and earn college credit at Hillsborough Community College.

Legacy Christian Academy is a member of the Central Florida Athletic Conference. Students have the opportunity to compete against other Christian schools in volleyball, basketball, soccer, and golf.

Students learn to use their God-given talents and abilities for His Glory while learning teamwork, self-control and self-discipline. Many of our students have never even had the opportunity to be a part of any organized sports team. It is an honor to watch young people experience such important life undertakings for the first time.

Students are also afforded the opportunity to participate in elective classes such as wood shop, physical education, handbell choir, platform, drama, life skills, Financial Peace University, literature as well as being able to participate in Student Government.

We strive to educate the student beyond the classroom. We want to reach out to them academically, physically and spiritually. Our newest exciting addition to Legacy Christian Academy is our BASE (Balametrics and Sensory Enhancement) Program.

The BASE Program
Balametrics
and
Sensory
Enhancement

According to Balametrics Incorporated (www.balametrics.com), since the 1960's, NASA has supported and funded some of the basic scientific research that has attempted to understand how the sense of balance, or vestibular system, operates, and how balance effects brain processing and sensory integration.

This research has changed our understanding of how the brain works. It has shown that activities that involve balance can have a significant effect on visual processing, reading, and learning efficiency, as well as, academic performance.

The system that the brain uses to project the images we see also determines the motion of the object in the space around us, and is based upon an inertial gravitational process.

That is to say that the brain goes through a complex series of events as it processes the information we see and uses the force of gravity to make those determinations. It can best be explained using the following analogy.

As a quarterback, in the game of football, receives the ball from the center and drops back to pass, his brain must begin to



process and plan a complex series of events. The quarterback must locate the receiver and determine the receiver's rate and direction of motion. He must plan a trajectory for the football, an intercept point for the ball and the receiver, and the amount of energy he needs to impart to the ball. He must maintain a high degree of balance throughout the throwing motion. In order to do this, his brain must compute a counter-balancing movement in order to compensate for the missile launching or throwing motion. All of these calculations must be completed by the brain prior to any action taking place. This is not only a visual process.

His ability to execute such a complex series of actions depends on many different brain processes which have been developed over many years and which must work together effectively in order for the pass to be completed.



As the act of passing the ball is executed, the vestibular system (sense of balance), the visual, auditory, and motor systems, as well as many other systems in the brain which are not directly linked to the main special sense organs (eyes, ears, etc), begin the process of evaluating the result of the throwing action compared to the plan.

The brain then goes through a process of recalibrating itself. It stores the information gained from the event for future planning. There are four distinct phases in this sequence of events: planning, executing, evaluating, and recalibrating for future use.

Sensory integration activities that require individuals to balance precisely, make spatial judgments and provide a means of allowing feedback are the most powerful and effective activities available for maintaining and improving brain-processing efficiency and allowing an individual to become an efficient learner which improves academic success.

When a person engages in balance therapy that includes motor activities involving many different sensory systems, the brain utilizes neural networks to organize and execute the activities effectively. As the difficulty of a task increases, the number of neurons the network requires to perform the task increases.

The **BASE Program**

Therapeutic Listening

////////////////////

The second part of our BASE Program is Therapeutic Listening.

According to Vital Links (www.vitallinks.net), Therapeutic Listening is an evidence-based auditory intervention intended to support individuals who experience challenges with sensory processing dysfunction, listening, attention, and communication.

Since the auditory system has connections to many parts of the brain, sound is a powerful way to access the nervous system and affect changes at all levels. The music in Therapeutic Listening albums gives the listener unique and precisely controlled sensory information. The music is electronically modified to highlight the parts of the sound spectrum that naturally trigger attention and activate body movement.

In addition to the electronic modifications, Therapeutic Listening capitalizes on the organized rhythmical sound patterns inherent in music to trigger the self-organizing capacities of the nervous system.

Students listen to specifically recorded and enhanced music via headphones as a part of an in-clinic and/or home therapy program. There are five different series of music, with over 45 album selections, from which therapists can choose to develop a custom therapy program to suit the individual needs of each client.

Teachers and caregivers commonly report seeing improvements in:

- *sensory modulation*
- *posture & movement*
- *attention*
- *social interactions*
- *increased engagement in the world*

...all leading to gains in day to day function and communication

Our Successes in the BASE Program

Alex, has been in foster care since he was 7 months old. He has been diagnosed with Attention Deficit Hyperactivity Disorder and Sensory Processing Disorder. Alex was a boy who was easily frustrated, anxious, intense, explosive and could not “shift gears” to regulate his behavior. Alex began the BASE program in September of 2015 .

The B in Base program stands for Balametrics which is balance, posture and core. These are the very things that challenge Alex each day and contribute to his ADHD and SPD .

We worked with Alex on improving his Balametrics and he went from barely being able to sit on the exercise ball without falling to standing on a BOSU ball while catching a medicine ball with ease. We also worked with Alex on his auditory listening and sensory therapy skills (the A and S in BASE). This helped Alex to attain and multitask. The results, an amazing boy who is 85% more respectful, obedient and academically successful than before he started the program.

My student Mary, who is in the Autism Spectrum also started the program in 2015. In the beginning Mary lacked confidence and communication skills.

She rarely made eye contact with others and when she talked it would be in mumbles. She was extremely low tone and carried herself as if she were a ragdoll.

Through Balametrics and auditory listening, Mary steadily gained strength in her core.



Successes Continued...

This increased her balance and gave her the ability to hold her tall body in a more presentable and stronger manner.

This has opened an entire new world for her. She now has confidence. She now makes eye contact with people she comes in contact with and her communication skills have improved dramatically. Today, Mary strives to be successful.

These are only two of the success stories the BASE program has produced. The rest are just as amazing.

When we asked the students if the BASE program has been helpful they all answered YES! When we asked them how the program has helped them they said “I can balance”, “I can jump rope”, “I can do math”, “I am learning to switch off my anger switch”, “I can run farther” and “I have more confidence”. I truly believe that the BASE program is providing fundamental learning and training to help improve the quality of life for our students.



It is the goal of Legacy Christian Academy to meet the educational, physical & nutritional, therapeutic and spiritual needs of the students.

It is also the mission of Family Ministries to be a resource for families in our community.

Currently, the enrollment at Legacy Christian Academy is limited to about 30 students. The school is located in a building that was once a child care cottage. Although, we have tried to enhance the building and give it an education feel and environment.

However, some of the feedback we have received from prospective students and families is that it looks like a home school and is kind of small. In our quest to be a community resource we would like to have the space to have more than 30 students.

Our plan is to have a facility that will allow us to put all of our programming (Educational, Physical & Nutritional, Therapeutic and Spiritual) under one roof. We are calling this the Wellness Center.

The Wellness Center will include classroom space for 150 students, rooms for physical education, a full size gymnasium, a small chapel/media center, kitchen, dining area (inside and out), counseling meeting rooms, etc.

Our goal will be to include not only the LCA and Family Ministries community, but to reach out to the families in the greater Brandon community through the Wellness Program. Beyond the education scope, the Wellness Center will be a resource for youth and adults to come and participate in athletic activities in the evenings.

The chapel will be used for weddings and community meetings. The gym will be used for senior citizen activities, organized athletic events, concerts, receptions etc.

The design of the building will allow for community activities even while school is in session. Our goal is to be a good steward of what God is providing and have some kind of programming in the Wellness Center as often as possible.

The ultimate goal however is to provide a place where the educational, physical & nutritional, therapeutic & spiritual needs of students can be met while also providing a safe, Christian environment for youth at-risk.

With this type of facility and programs, Family Ministries, thru Legacy Christian Academy, will be able to reach more youth through education, fine arts, music, athletics, etc. This programming will help build their self esteem and self worth thereby giving these youth the opportunity to be positive, productive members and leaders of our communities.

Family Ministries has been working with Spectrum Contracting to design a facility that would encompass all of the programs and activities of the Wellness Center. The facility will be approximately 26,000 sq ft.



The total cost of the Wellness Center Project is \$5,000,000. The following is a breakdown of that cost.

Wellness Center constrution will be \$3,500,000

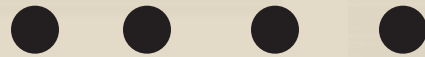
It will cost approximately \$250,000 to equip (Furniture, AV, Physical Fitness etc.)

Retire all other long-term debt which totals approximately \$750,000

\$500,000 would be used for operations for the first year. With this type of business plan, Legacy Christian Academy would always be one year ahead financially causing us to be more fiscally sound.

Often people ask what is our most important need? That has always been kind of a loaded question for me. But as I have been working on this Wellness Center Project, the one thing that I would encourage people to do is to get to know our program. Come out and see what we are doing. See the Child Care Cottages. Get to meet the staff and the children. Get to see how God is working in the lives of these at-risk youth. Check out the new BASE Program.

Listen to God, if He leads you to partner with Family Ministries in serving our community...then take action.





The
WELLNESS CENTER

FAMILY MINISTRIES OF FLORIDA | LEGACY CHRISTIAN ACADEMY

Supporting Documentation

Center for Disease and Control

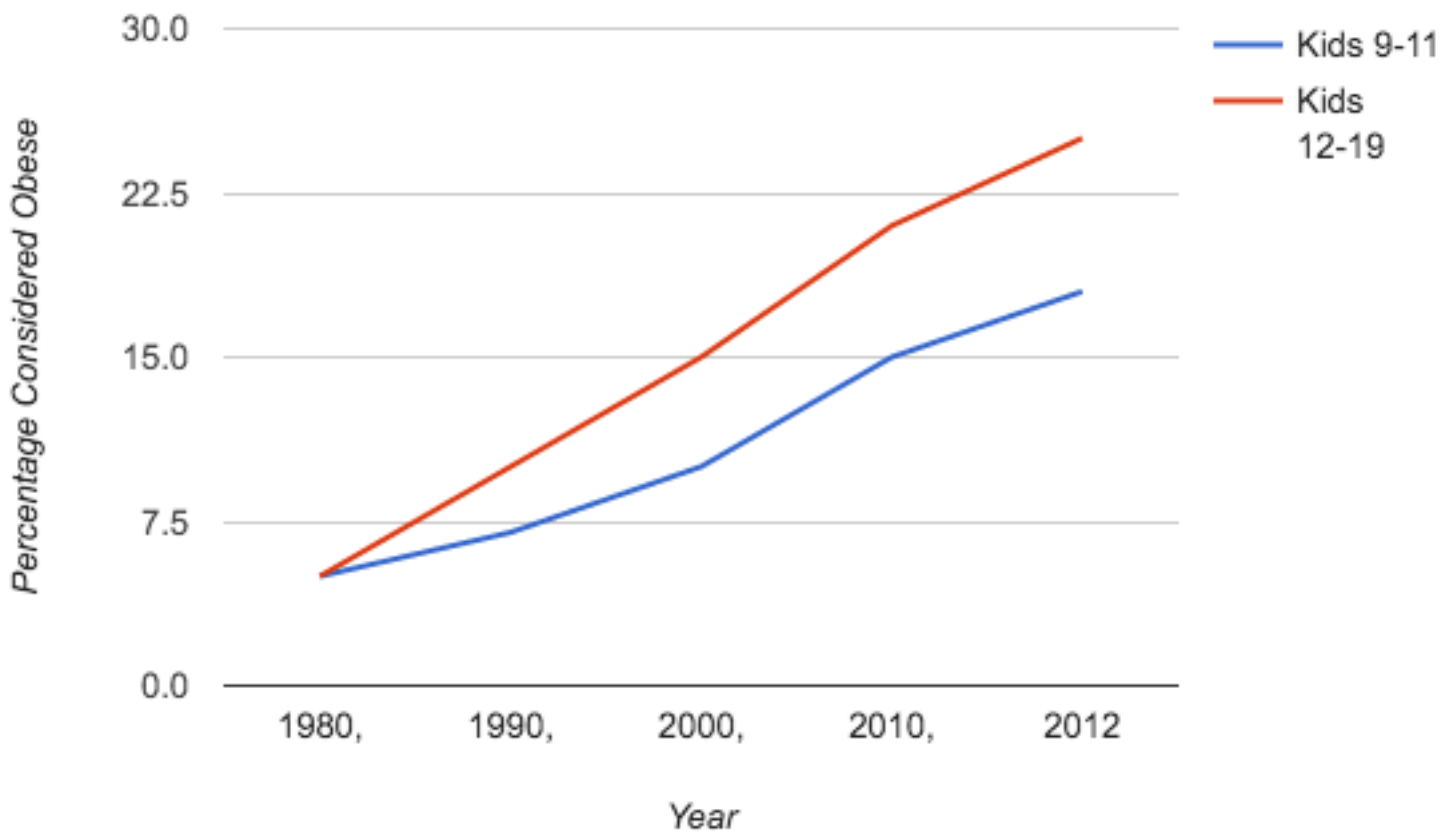
Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.

In 2012, more than one third of children and adolescents were overweight or obese. Overweight is defined as having excess body weight for a particular height from fat, muscle, bone, water, or a combination of these factors.

Obesity is defined as having excess body fat.

Overweight and obesity are the result of “caloric imbalance” – too few calories expended for the amount of calories consumed – and are affected by various genetic, behavioral, and environmental factors.

Childhood Obesity Rates 1980-2012



Childhood Obesity: Immediate Health Effects

- Obese youth are more likely to have risk factors for cardiovascular disease, such as high cholesterol or high blood pressure. In a population-based sample of 5- to 17-year-olds, 70% of obese youth had at least one risk factor for cardiovascular disease.
- Obese adolescents are more likely to have prediabetes, a condition in which blood glucose levels indicate a high risk for development of diabetes.
- Children and adolescents who are obese are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem.

Childhood Obesity: Long-term Health Effects

- Children and adolescents who are obese are likely to be obese as adults and are therefore more at risk for adult health problems such as heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis.⁶ One study showed that children who became obese as early as age 2 were more likely to be obese as adults.
- Overweight and obesity are associated with increased risk for many types of cancer, including cancer of the breast,



colon, endometrium, esophagus, kidney, pancreas, gall bladder, thyroid, ovary, cervix, and prostate, as well as multiple myeloma and Hodgkin's lymphoma.

"Today about 1 in 3 kids is overweight or obese. And studies show that overweight kids are likely to become overweight and obese adults. Healthy kids have higher attendance rates, higher test scores and behave better in class."

-Alliance for a Healthier Generation

Health Problems & Childhood Obesity

What are the health risks for children who are overweight or obese?

Doctors and scientists are concerned about the rise of obesity in children and teens because obesity may lead to the following health problems:

- *Heart disease*
- *Type 2 diabetes*
- *Asthma*
- *Sleep apnea*
- *Social discrimination*

Obese children may experience immediate health consequences which can lead to weight-related health problems in adulthood. Obese children and teens have been found to have risk factors for cardiovascular disease (CVD), including high cholesterol levels, high blood pressure, and abnormal glucose tolerance. In a sample of 5-to 17-year-olds, almost 60% of overweight children had at least one CVD risk factor and 25% of overweight children had two or more CVD risk factors. In addition, studies have shown that obese children and teens are more likely to become obese as adults.

STIGMA & SELF-ESTEEM

In addition to suffering from poor physical health, overweight and obese children can often be targets of early social discrimination. The psychological stress of

social stigmatization can cause low self-esteem which, in turn, can hinder academic and social functioning, and persist into adulthood. While research is still being conducted, there have been some studies showing that obese children are not learning as well as those who are not obese. Further, physical fitness has been shown to be associated with higher achievement.

MAYO CLINIC STUDY

Childhood obesity is a serious medical condition that affects children and adolescents. It occurs when a child is well above the normal weight for his or her age and height.

Childhood obesity is particularly troubling because the extra pounds often start children on the path to health problems that were once confined to adults, such as diabetes, high blood pressure and high cholesterol. Childhood obesity can also lead to poor self-esteem and depression.

One of the best strategies to reduce childhood obesity is to improve the diet and exercise habits of your entire family. Treating and preventing childhood obesity helps protect the health of your child now and in the future.

Contributing factors
— usually working in combination —
increase your child's risk of becoming
overweight:

- *Diet. Regularly eating high-calorie foods, such as fast foods, baked goods and vending machine snacks, can easily cause your child to gain weight. Soft drinks, candy and desserts also can cause weight gain.*
- *Lack of exercise. Children who don't exercise much are more likely to gain weight because they don't burn as many calories. Too much time spent in sedentary activities, such as watching television or playing video games, also contribute to the problem.*
- *Family factors. If your child comes from a family of overweight people, he or she may be more likely to put on weight. This is especially true in an environment where high-calorie foods are always available and physical activity isn't encouraged.*
- *Psychological factors. Some children overeat to cope with problems or to deal with emotions, such as stress, or to fight boredom. Their parents may have similar tendencies.*
- *Socioeconomic factors. People in some communities have limited resources and little access to supermarkets. As a result, they may opt for convenience foods that don't spoil quickly, such as frozen meals, crackers and cookies. In addition, people who live in lower income neighborhoods may not have access to safe places to exercise.*



FLORIDA HOSPITAL RESEARCH

Prevention of Obesity.

Prevention of obesity is critical because it is difficult to treat and leads to serious chronic diseases and life threatening conditions. Preventing obesity in children becomes more important since an obese child is likely to carry the condition into adulthood. Studies show that babies who are breastfed have a lower likelihood of becoming obese, although that alone does not mean a child will or will not achieve healthy weight.

Important lifestyle factors for preventing obesity include:

- *Eating a healthy diet of meals with small portions that include fruits, vegetables and whole grains*
- *Avoid highly processed foods, sugary snacks and beverages and saturated fats*
- *30 minutes of moderate-intensity exercise, such as walking a mile in 15 minutes, most days (or every day) of the week*
- *Do not eat as a reward or as a reaction to stress and anxiety*
- *Reduce TV watching in favor of some physical activity*



WEB MD, SOURCE STUDY

A child's total diet and activity level play an important role in determining a child's weight. Today, many children spend a lot of time being inactive. For example, the average child spends approximately four hours each day watching television. As computers and video games become increasingly popular, the number of hours of inactivity may increase.

Obese children are at risk for a number of conditions, including:

- *High Cholesterol*
- *High blood pressure*
- *Early heart disease*
 - *Diabetes*
 - *Bone problems*
- *Skin conditions such as heat rash, fungal infections, and acne*

10 Surprising Facts About Childhood Obesity

by Blank Children's Hospital -
February 4, 2014

Obesity in America is a growing problem, and not just in adults. Today, about one in three American kids and teens are overweight or obese; nearly triple the rate in 1963. Child obesity has quickly become one of the most serious health challenges of the 21st century.

More often than not, obesity is the result of a flawed lifestyle. Although genetics can be a factor, it is more common now for children to be obese or overweight because of environmental and behavioral factors. These 10 frightening facts display how dangerous and costly childhood obesity is in society.

1. Only 2 Percent of Kids in the U.S. Eat Healthy:

Based on diet recommendations established by the United States Department of Agriculture, only 2 percent of children have a healthy diet. In fact, in a survey of high school seniors, only three out of every 10 report eating vegetables “nearly” every day. Of the vegetables consumed, one-fourth is in the form of french fries or potato chips.

2. Childhood Obesity Results in Reduced Life Expectancies:

Unless a significant change occurs, experts warn that the effects of childhood obesity could reduce average life expectancy by five years or more over the next several decades.

3. Obesity Among Children is Mainly Caused by a Lack of Exercise:

The U.S. Department of Health and Human Services recommends that children and teens exercise at least at the intensity of a fast walk for 60 minutes every day. But did you know one in every four children does not participate in any free-time physical activity? Unfortunately, more and more children are spending their time doing stationary activities.

4. Television's Correlation with Childhood Obesity:

A typical child spends approximately 4 to 5 hours a day watching TV, using the computer or playing video games. Studies have found that the more TV children watch, the more likely they are to gain excess weight. There's also evidence that early TV habits may have long-lasting effects. Two studies that followed children from birth found that TV viewing in childhood predicts obesity risk well into adulthood and even into their mid-life.

5. Unnecessary Snacking Leads to Weight Gain

Thirty years ago, kids ate just one snack a day, whereas now they are trending toward three snacks, resulting in an additional 200 calories a day. Children and teens in states with strong laws that restrict the sale of unhealthy snack foods and beverages in school gained less weight over a three-year period than those living in states with no such policies.

6. Overweight and Obese Children May Miss More School

Many know that a healthy body makes for a healthy mind. But did you know that overweight children miss four times more school than a child at a normal weight? A number of factors could be to blame including, a fear of being bullied or teased, or being embarrassed about participating in physical activities.

7. The Risk for Heart Disease Jumps for Children with Obesity

70 percent of obese youth had at least one risk factor for cardiovascular disease, such as high cholesterol or high blood pressure. Researchers predict that, if current adolescent obesity rates continue, there will be more than 100,000 additional cases of coronary heart disease attributable to obesity by the year 2035.

8. Childhood Obesity and the Link to Asthma

Overweight and obesity are associated with a 52 percent increased risk of a new diagnosis of asthma among children and adolescents.

9. Health Care Costs Skyrocket

Did you know health care expenses directly related to childhood obesity are \$14 billion every year? If obesity rates continue on their current pace, by 2030, medical costs associated with treating preventable obesity-related diseases are estimated to increase by \$48 billion to \$66 per year in the United States.

10. The Relationship Between Childhood Obesity and Diabetes

45 percent of children diagnosed with diabetes have Type 2 diabetes due to being obese or overweight.



10 Benefits of Being Healthy

When someone is physically fit, she feels and looks better, and she stays healthier. The earlier a child starts getting in shape, the more she'll reduce her risk of numerous illnesses. Here are some of the benefits that physical activity offers your child:

1. It strengthens the heart.

The heart is a muscle. Like other muscles, its performance improves when it's regularly challenged by exercise. The heart responds to exercise by becoming stronger and more efficient. Strengthening the heart muscle can help ward off heart disease -- the leading cause of death in the United States, according to the U.S. Department of Health and Human Services -- even in early childhood.

2. It helps keep arteries and veins clear.

Exercise reduces the amount of harmful cholesterol and fats in a person's blood. It increases the flexibility of the walls of blood vessels, and helps to lower blood pressure. This can reduce a person's risk for heart attack and stroke.

3. It strengthens the lungs.

Working hard increases lung capacity, and their efficiency in moving air in and out of the body. As a result, more oxygen is drawn into the body and more carbon dioxide and other waste gases are expelled. Regular exercise helps prevent the decline in oxygen intake that occurs naturally with age or as a result of inactivity.

4. It reduces blood sugar levels.

Exercise prevents sugar from accumulating in the blood by triggering muscles to take up more glucose from the bloodstream and use it for energy. This can reduce a person's risk of developing diabetes.

5. It controls weight.

When a person is sedentary, he tends to be taking in more calories than are needed. These unused calories accumulate as fat. A person who is physically active may have a deficit of calories, which takes fat away and lowers weight. Lowered weight is good for the heart and can be beneficial in people with diabetes.

6. It strengthens bones.

Just as muscles grow stronger when physically stressed, bones also respond by getting stronger. Exercise increases bone density, which helps prevent osteoporosis, a condition in which bones lose density, weaken, and become porous and fragile.

7. It helps prevent cancer.

People who exercise regularly have lower incidences of cancer. The cancers most affected include colon, prostate, uterine, and breast cancers.

8. It regulates blood pressure.

Exercise has been shown to reduce stress levels. As the levels of stress in a person's body subside, his blood pressure and his risk for heart disease decline.

9. It improves energy levels.

Regular exercise often makes people feel more energetic, allows them to be more active, and reduces the likelihood that they'll tire during the day.

10. It enhances emotional well-being.

Most people report that they feel calm and have a sense of well-being after they exercise. Exercise, according to one theory, releases beta-endorphin, a natural substance in the body that is hundreds of times more potent than morphine. Another theory points to serotonin as the cause of the exercise high. Increased levels of serotonin in the central nervous system are associated with feelings of well-being, heightening of appetite, and lessening of mental depression. The weight loss that accompanies exercise can also cause people to feel better about themselves.

*Sources: American Academy of Pediatrics;
American Medical Association; U.S.
Department of Health and Human Services*



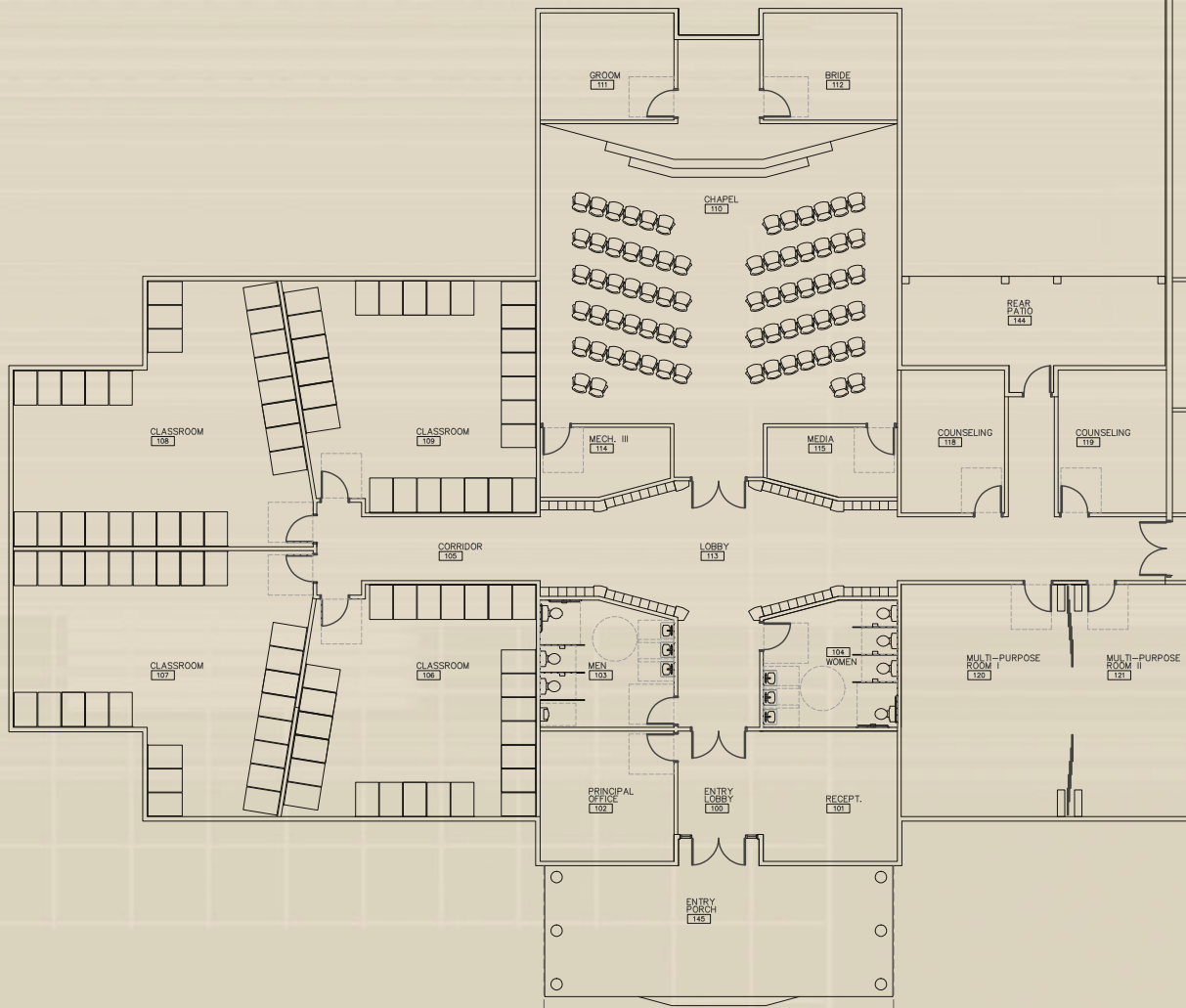
*For more information on the Wellness Center Project,
or to schedule a meeting or tour
please contact our Executive Director, Bob Sharp.*

W: (813) 681-1942 ext 101

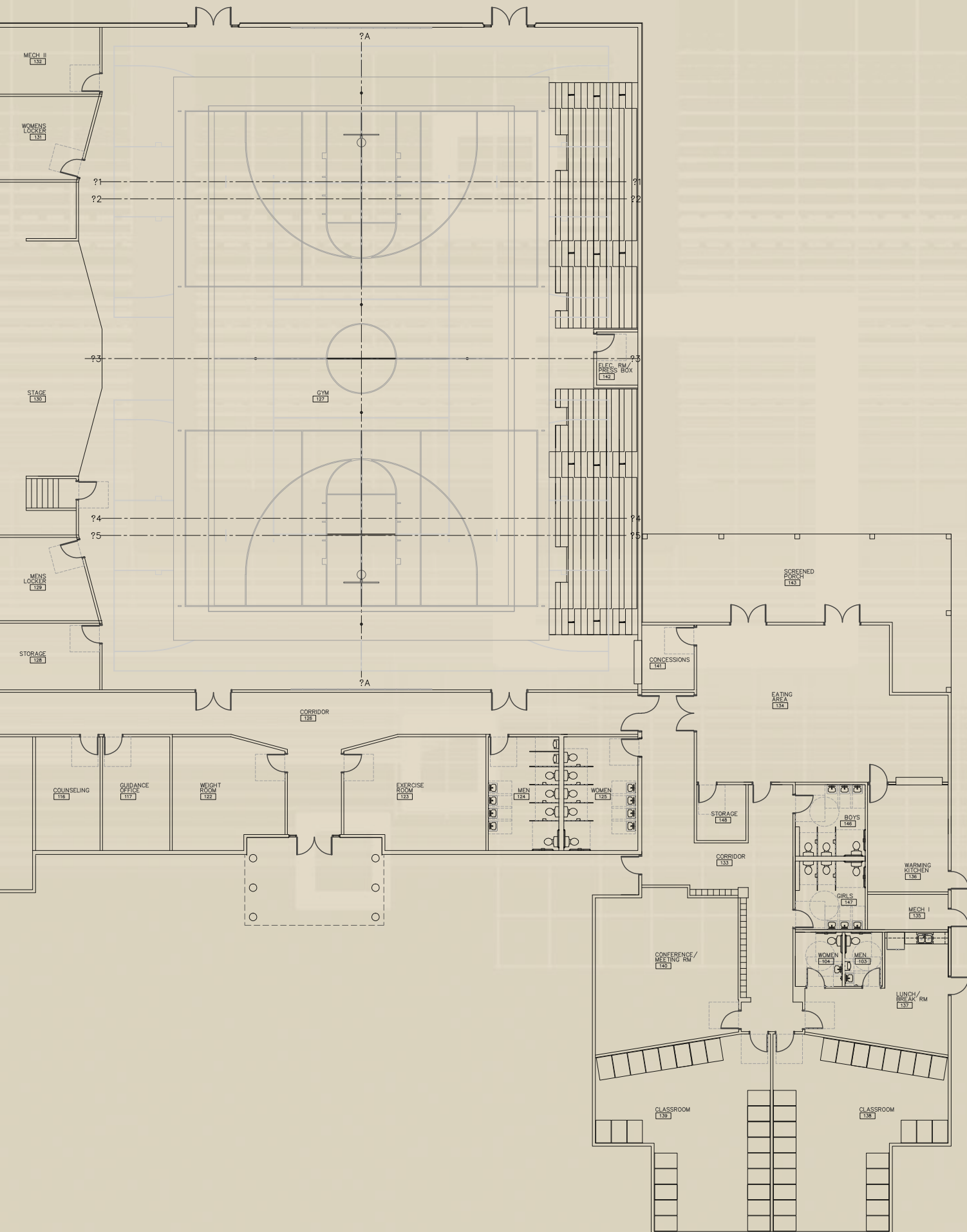
C: (813) 478-8994

bobsharp@familyministriesfl.org





1 **FLOOR PLAN - OVERVIEW**
 3/32" = 1'-0"





FAMILY MINISTRIES OF FLORIDA

LEGACY CHRISTIAN ACADEMY

www.familyministriesfl.org
131 New Legacy Dr.
Seffner FL, 33584
(813) 681 - 1942