

2019  
WINTER

# Christ Memorial Fitness Witness

Tips for healthy mind, body, & spirit!

The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" Matthew 4:3-4



Christ Memorial Health Center  
[CMHealthCenter.org](http://CMHealthCenter.org)

**Fitness Center and R.E.H.A.B \***

*\*Orientation required for use of fitness center*

**Fitness Center Hours:**

**Mon – Sat:** 8am – 11am

**Mon – Thurs:** 3pm – 9pm

(FC closed from 11am-3pm for REHAB)

**R.E.H.A.B.** By appt. only

*We offer a free, safe, comfortable atmosphere in which to exercise. Call 314-631-0304 for upcoming orientation dates.*

We also offer a FREE rehabilitation program; Rehabilitation, Education, Health, And Blessings—R.E.H.A.B. Call Lisa, 314-722-2106, for an appointment.

Need a little help getting motivated? We have a Personal Trainer and Health Coach to help guide and encourage you.

Call 314-722-2106 to schedule an appointment for either of these services.

## **GO! ST. LOUIS 2019**

Registration is underway for GO! St. Louis Marathon & Family Fitness Weekend

held April 5-7, 2019. Christ Memorial Health Center (CMHC) is encouraging participation in the 2019 GO! St. Louis. CMHC sponsors this event to encourage fitness and raise operational funds through sponsors. CMHC is extremely excited and honored to have been chosen as a 2019 GO! For a Cause Charity.

To register with CMHC team, please use this link: <http://register.chronotrack.com/r/32181>. When prompted use the following code; **CMHC19** which will give you the charity discount and put you on our team.

Does your schedule or health prevent you from participating in this weekend? Don't worry, you can show your support by sponsoring one of our runners/walkers. Or consider volunteering throughout the weekend at any number of places. For questions or additional information please contact Donna Wilkinson at 314-631-0304, [donna.wilkinson@cmstl.org](mailto:donna.wilkinson@cmstl.org), or go to CMHC's website at [CMHealthCenter.org](http://CMHealthCenter.org).

**GO!**  
**St. Louis**

## **CHANGE FOR THE BOTTLE**

Because we are loved in Christ and sent into the world, we want to reach others who are in need or hurting. Our goal is to do this on a quarterly basis; choosing a different organization. In December, reading books were bought for Bethlehem Lutheran School.

Look for info to come on our next project.  
The bottle is located in the Fitness Center.

Thank you in advance for your help.

Your change is making a change!

## **EXERCISE ENCOURAGEMENT**

No matter your age, the best exercise is one that you enjoy the most. Keep in mind exactly what you want and need to get out of your workout. No doubt this will change throughout the years. You may want to focus on strength building, maintaining muscle mass, staying mobile, or balance. Always check with your doctor first before beginning a new fitness program. Here are some exercises that might be of interest to you: swimming, yoga, Pilates, resistance-band training, and walking. This list is not all inclusive; so be creative and get out there and move!

But the angel said to her, "Do not be afraid, Mary; you have found favor with God. You will conceive and give birth to a son, and you are to call him Jesus. He will be great and will be called the Son of the Most High. The Lord God will give him the throne of David, and he will reign over Jacob's descendants forever; his kingdom will never end. Luke 1:30-33

### **CHILI SUPPER**

Join us Sunday, January 27, 2019 from 12pm-6pm for Christ Memorial Men's Club chili supper. Enjoy delicious chili, hot dogs, or tamales. All for the price of a 'FREE WILL' offering.

Carry out is also available.  
Proceeds will benefit Christ Memorial Youth.

### **CHRIST MEMORIAL PRODUCTIONS**

Join Christ Memorial Productions (CMP) Friday, April 12, 2019, for a Trivia Night at Christ Memorial Lutheran Church, 5252 S. Lindbergh Blvd. Doors open at 6:30 pm, trivia starts at 7 pm.

For reservations:

Tickets@cmpshows.org or 314-223-3163  
\$20 Admission—Tables of 8—Cash prizes  
For more details go to: CMPSHOWS.org

### **HOW TO DONATE TO CM HEALTH CENTER**

If you would like to make a donation, please send a check made payable to:

**"Christ Memorial Lutheran Church"** with "Health and Fitness" in the memo line, and mail to:

Christ Memorial Lutheran Church  
5252 S. Lindbergh Blvd.  
St. Louis, MO 63126

**ATTN: Health and Fitness Center**

By donating to Christ Memorial Health Center, your contribution helps support these programs:

- Fitness Center (new and/or updated equipment)
- FREE R.E.H.A.B. Program
- Low cost fitness classes (Stretch, Yoga)

**THANK YOU FOR YOUR SUPPORT!**

**Christ Memorial Lutheran Church \* Loved in Christ—Sent into the World**

5252 S. Lindbergh Blvd. Campus, St. Louis, MO 63126 \* 314-631-0304

**Traditional Worship**

Saturday 5 PM

Sunday 7:45 AM & 9 AM

**Reliant Church (Crave Coffee House)** 3500 Caroline Street, St. Louis, MO 63104

**Worship**

10:30 AM

**Contemporary Worship**

Sunday 11:00 AM

**Bible Classes/Connections**

9 AM and 10:00 AM



### **LENTEN WORSHIP OPPORTUNITIES**

**Join us Wednesdays at:**

**Noon, 5:15 p.m., or 7 p.m.**

March 6—Ash Wednesday

March 13

March 20

March 27

April 3

April 10

Soup Supper served 5:30 p.m. to 6:45 p.m. on Wednesdays.

### **HOLY WEEK SERVICES**

April 14 Palm Sunday — 7:45am, 9am & 11am

April 18 Maundy Thursday — 7pm ONLY

April 19 Good Friday — Noon, 5pm & 7pm

April 20 Easter Vigil — 5pm

April 21 Easter Sunday — 7:45am, 9am & 11am

### **SOUP SUPPER SPONSORED BY THE HEALTH CENTER**

Join us **Wednesday, March 6, 2019** for soup supper. The Health Center staff and volunteers will provide the food for this week. There is a 'FREE WILL' offering with proceeds to benefit the Health Center.

Thank you in advance for your support.

### **EXERCISE CLASSES**

It's not too late to join Yoga class on Thursdays, from 6:00 pm to 7:00 pm. Also, Tuesday morning exercise from 9:00 am to 10:00 am. If you are interested in joining one of the above, please call Carolyn Crisler at 314-631-0304 x2312.

