



JCSC Wellness Challenge



THE PROBLEM

HEART

- (1) Incidence of Heart Disease is **4 times greater** in South Asians
- (2) 50% of South Asians with Heart Disease are under the age of 50!
- (3) South Asians have inherited genes with high risk of disease

DIABETES

- (1) Every third diabetic person in the world is Indian!
- (2) Risk of Type 2 Diabetes is four times higher in Indians.
- (3) Nearly half of Indians have Central Obesity

WHY US?

Inherited high risk genes
DIET
LIFESTYLE CHOICES
Nutrition?
Physical Activity?

Indian meals contain:
High Calorie Intake
High Saturated Fats
Refined Carbohydrates
Fried Foods
No fruits and minimal vegetables

Grandparents

Parents

Children

Do nothing?
Pass the gene to the next generation

Make the difference
Take the challenge
Improve your health

Turn the page to learn how



JCSC Wellness Challenge



THE PLAN

April 29th, 2012 and May 6th, 2012

500 participants from the community can obtain baseline Biometrics readings:
BP, BMI (Height and Weight), Sugar, HgbA1c, and Lipid Profile

What can we do? Healthy Meals option, Yoga classes, Walking clubs, Lectures from health Experts, Food Intake Recommendation, Health competitions, Habit Changes, and Awareness.

WELLNESS CHALLENGE

500 Participants (18-75 years old)

Sarva Mangal Family Trust will donate for Wellness at JCSC up to
No Improvement - Up to \$20,000 for expenses
Within 6 months

Reduce BMI 1% Receive additional Donation \$5000

Reduce BMI 2% Receive additional Donation \$15000

Reduce BMI 3% Receive additional Donation \$30000

Reduce BMI 4% Receive additional Donation \$50000

Reduce BMI 5% Receive additional Donation \$80000

Total Challenge up to \$100,000 Donation

For participation and volunteering, please visit:
www.jaincenter.net and go to the "Wellness" tab