



Stephanie Joy Jackson-Rowe, B.A., M.S. IMC

Founder, President and CEO
The Christian Aerobics & Fitness Association™
Executive Director
Joy To Be Fit Gospel Aerobics Ministry®

Chicago, Illinois

Stephanie Joy Jackson-Rowe is on a mission. She hopes to save lives by addressing obesity and other health risks such as diabetes and heart disease among African Americans. A fitness expert and trainer for 20 years, she developed Joy To Be Fit Gospel Aerobics Ministry, a faith-based fitness and wellness program for all ages.

Jackson-Rowe is executive director of Joy To Be Fit™, which is associated with 25 places of worship, schools and health centers throughout the Chicago area. It is the premier exercise program of The Christian Aerobics & Fitness Association.

She is the pioneer and creator of Gospel Aerobics. "This is a powerful and spiritually moving high-energy workout; designed to unite the spirit and mind, and tone the entire body," said Jackson-Rowe.

"Churches are powerful change agents, where people seek guidance, direction and spiritual motivation. They are pillars of strength," said Jackson-Rowe. "Joy To Be Fit gives places of worship a partner to lift the lives of people and get them moving! We teach them how to become advocates of their own health and well-being."

The Joy To Be Fit program is taught by a certified instructor. It provides participants with health screenings, nutrition workshops, cooking demonstrations, one-on-one life coaching, scripture reference and prayer. It uses inspirational music, including traditional gospel music integrated with funk, soul and jazz.

Jackson-Rowe is excited to be actively engaged with Gospel Aerobics in the fight against obesity. She will be touring the country in 2011, sharing her book about the ministry and a workout Gospel Aerobics DVD.

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— STEPHANIE JOY JACKSON-ROWE

JOY

March 2011

Health Tip



Jump for joy!

Think about the high points of your day. Write them down and try to repeat them more often.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1914: Ralph W. Ellison, author and educator, born.	2 1867: Congress enacts charter to establish Howard University.	3 1865: Freedmen's Bureau established by federal government to aid newly freed slaves. Maha Shivaratri	4 1965: Bill Russell of the Boston Celtics honored as NBA's most valuable player for fourth time in five years.	5 1770: Crispus Attucks becomes one of the first casualties of the American Revolution. Tibetan (Mahayana) Losar, New Year
6 1857: Supreme Court issues Dred Scott decision.	7 2006: Photographer-filmmaker Gordon Parks, who captured the struggles and triumphs of black America, dies.	8 1945: Phyllis M. Daley becomes first black nurse sworn in as a Navy ensign.	9 1841: Amistad mutineers freed by Supreme Court. Ash Wednesday	10 1869: Robert Tanner Freeman becomes first African American to receive a degree in dentistry.	11 1959: Lorraine Hansberry's <i>A Raisin in the Sun</i> opens at Barrymore Theater, New York; the first play by a black woman to premiere on Broadway.	12 1932: Andrew Young, former U.N. ambassador and former mayor of Atlanta, born.
13 1773: Jean Baptiste Pointe Du Sable, black pioneer and explorer, founded Chicago. Daylight Saving Time Begins	14 1956: Montgomery, Alabama, bus boycott ends when municipal bus service is desegregated.	15 1947: John Lee, first black commissioned officer in the U.S. Navy, assigned to duty.	16 1827: <i>Freedom's Journal</i> , the first U.S. black newspaper, is founded.	17 1890: Charles B. Brooks patents street sweeper. St. Patrick's Day	18 1822: The Phoenix Society, a literary and educational group, founded by blacks in New York City.	19 1971: The Rev. Leon Sullivan elected to board of directors of General Motors. Holi
20 1883: Jan E. Matzeliger patents shoemaking machine. Holi	21 1965: Rev. Dr. Martin Luther King Jr. leads march from Selma to Montgomery, Alabama, for voting rights.	22 1898: J.W. Smith patents lawn sprinkler.	23 1873: Slavery abolished in Puerto Rico.	24 1907: Nurse and aviator Janet Harmon Bragg born.	25 2009: John Hope Franklin, a prolific scholar of African American history who influenced thinking about slavery and Reconstruction, dies.	26 1831: Bishop Richard Allen, founder and first Bishop of the African Methodist Episcopal (A.M.E.) Church, dies.
27 1924: Jazz singer Sarah Vaughan, "The Divine One," born.	28 1870: Jonathan S. Wright becomes first black state Supreme Court justice in South Carolina.	29 1918: Pearl Bailey, singer and actor, born.	30 1870: Fifteenth Amendment ratified, guaranteeing voting rights to blacks.	31 1988: Toni Morrison wins Pulitzer Prize for <i>Beloved</i> .		