

## **Aloha MCO Ohana,**

We are Tammie and Arnold Akau here from CrossFit Kawaihae and we hope that all is well with you and your families. Blessings to you all. Like you, we have been going through many life-altering changes and have had to adjust our daily lives and businesses to do our part to help battle this global health crisis. For the time being we have had to transition over to a Virtual Model to keep people connected, moving and motivated. We have found a simple APP called SugarWOD that has been working well to accomplish this and thought that this could also be a useful tool to benefit the larger community.

Like our Kahu and the Entire MCO Team who's job it is to keep you SPIRITUALLY healthy, we feel that we could help keep you PHYSICALLY healthy during these challenging times. Our goal is to keep you moving, get the blood flowing, staying connected, staying motivated, and to help provide some structure to our daily routines. We will create a separate MCO Track where the daily workouts and programming is geared to you and can be done by anyone right from your own home. Each day we provide you with everything you need to follow along, it normally takes no more than an hour of your day and may include:

- A Daily Motivation (could be a daily scripture) & Picture
- 1 WARMUP Session
- 1 Workout of the Day (we call them WODs)
- An optional Skill/Strength Session (where members can work on skill movements, strength sets, etc)
- Sometimes, A follow along video for some ab-work/yoga/or anything to get you moving or motivated

If you feel like you would like to join us or know someone who can benefit from this please join us or pass this info on! It's FREE to you and it will help you feel better, feel stronger and help keep you connected in a new way. Here's some simple instructions to get started:

1. Email [office@manachristianohana.org](mailto:office@manachristianohana.org) for the access code
2. Download the SugarWOD App from any App Store
3. Create a Username and Password for your Account
4. Search for Gyms, enter " CrossFit Kawaihae"
5. Use code provided by MCO when prompted
6. Follow MCO Active and Healthy Track

That's it! Once you have the APP loaded you will have access to all our programming. You will also see your peers, can interact with them and you can start moving! We will be here for you with all the support and resources you need to be successful. Remember that you go at your own pace, you can structure your days how you like, and you can choose what you want (or don't want to do). We hope that this service will help some of you in this time of need and that we can all stay connected Spiritually, Physically, and Mentally. Aloha and God bless.

### **Jeremiah 30:17**

*For I will restore your health and I will heal your wounds, declares the LORD.*