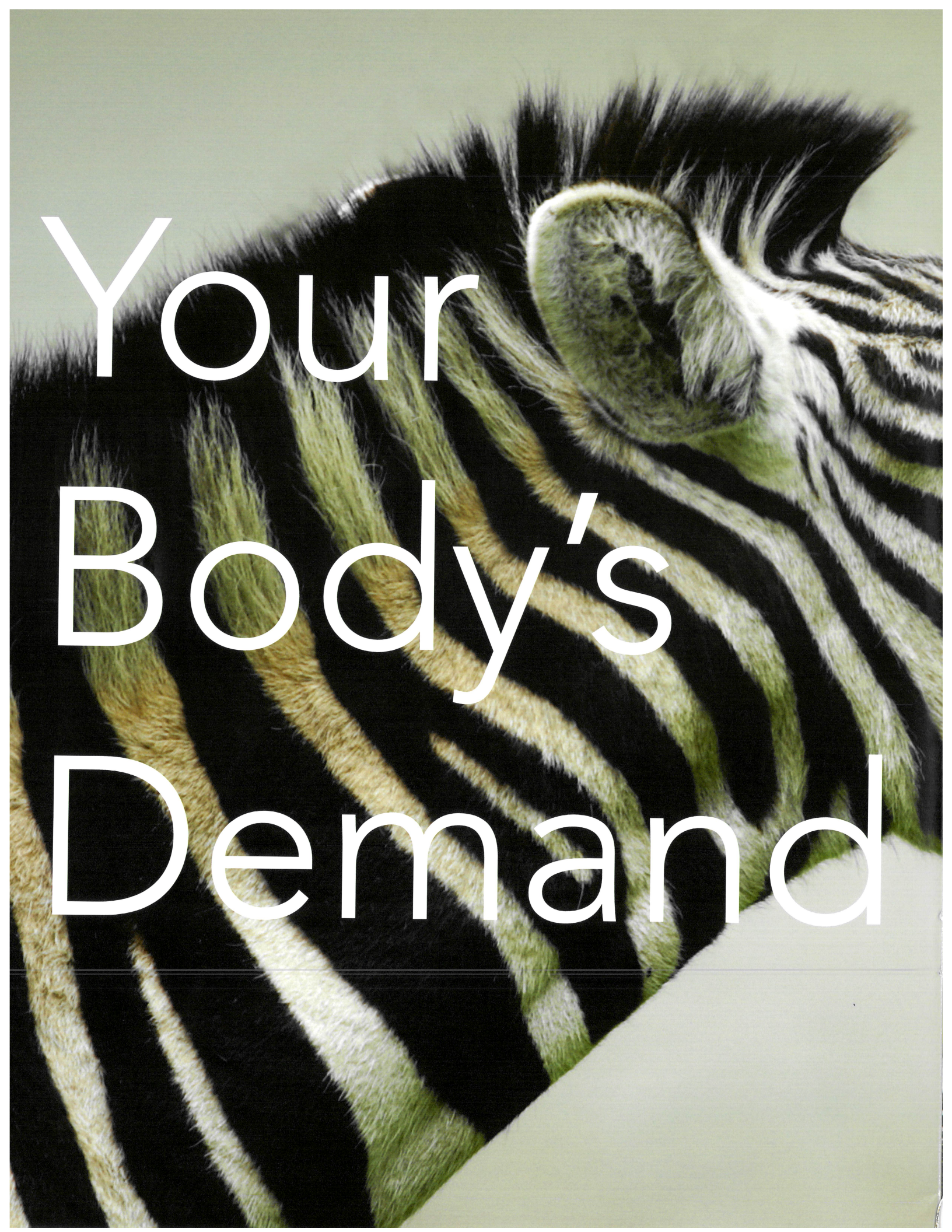
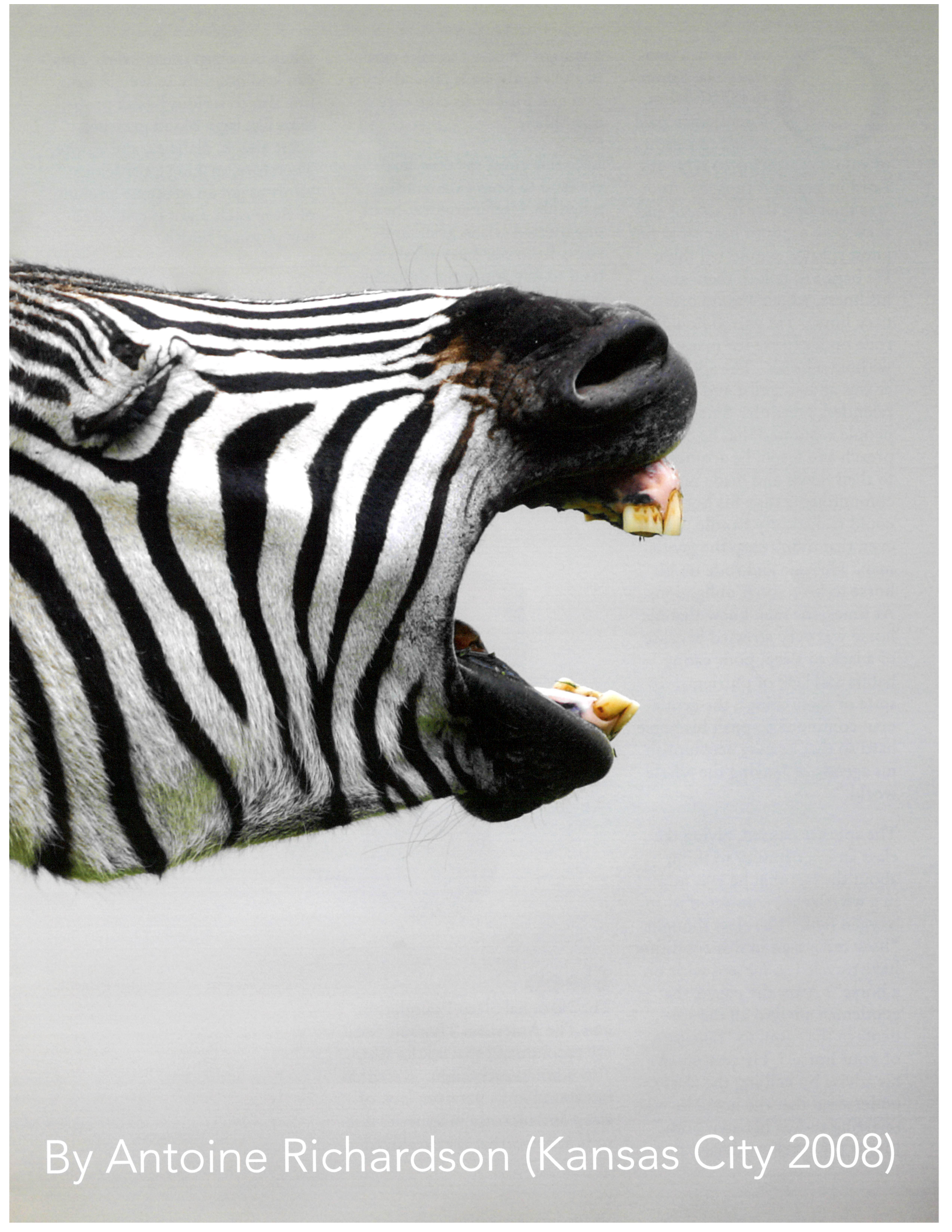


Do you desire to attend a conference that challenges urban youth and young adults to grow as disciples of Jesus Christ? If so, then The Legacy Conference 2013 is for you. This three-day annual conference, which began in 2007, takes place each year in July, at Moody Bible Institute in the heart of downtown Chicago. Attendees of the conference will be challenged by dynamic session speakers and can choose from over twenty, four-hour workshop tracks on subjects such as Disciple-Making, Biblical Manhood and Womanhood, Evangelism, Hermeneutics, Community Impact Ministry, Basic Bible Doctrines and much more. Attendees will also have the opportunity to network with other urban youth and young adults from 35 different states and 3 different countries.

<http://legacymovement.org>



Your Body's Demand



By Antoine Richardson (Kansas City 2008)

One day in a seminary classroom in the Midwest, a gentleman paid a visit to a group of students aspiring to serve the Lord in a greater capacity. It was their first day of school and they were eager to hear what this guest speaker would tell them. He began to talk to them about his horse, which was no ordinary horse. He shared how he rode on his horse for many miles without a break. The speaker was an evangelist and had a relentless schedule. Since many people requested that he come preach and teach, he acquiesced to their needs and made more commitments than his horse could realistically handle. However, that didn't stop the gentleman. He rode and rode on his horse to keep those obligations. At times, the man knew that his horse was very stressed because of a lack of sleep, poor eating habits and lack of nutrients. In spite of these things, the gentleman continued to push his horse hard so that he may accomplish his agenda of "saving the whole world."

The speaker paused, giving the class an opportunity to think about the fact that he was now in a wheelchair, connected to an oxygen tank. The class thought, "how can a man in this condition have traveled so far and wide on a horse"? After the pause, the gentleman advised all the students in the room to "take care of your horse." He continued his advise by helping the class to understand that the horse he was referring to was his own body. Just as the speaker advised that

group of students to take care of their body, he is also advising you and I today to take care of our "horse."

Like this guest speaker, leaders tend to keep a demanding schedule. Under conditions of unexpected crises, grief, and stress from our busy lifestyle, we tend to develop some unhealthy habits. We sleep less, miss our vitamins, and eat on the run. Just as we diligently make plans for our ministry, likewise we must diligently seek to live in balance, which leads to a lifestyle of good physical health. Three things to consider are:

when our sleep is too brief. This can lead not only to weight gain, but also to serious health problems like high blood pressure, heart attack, diabetes, and stroke. Therefore, making a conscious effort to get an adequate amount of sleep each night is critical to our physical health.



Sleep

The National Sleep Foundation and The American Thoracic Society recommend that adults sleep 7 to 9 hours each night. Research has found links between lack of sleep and increase in appetite due to hormones that are produced

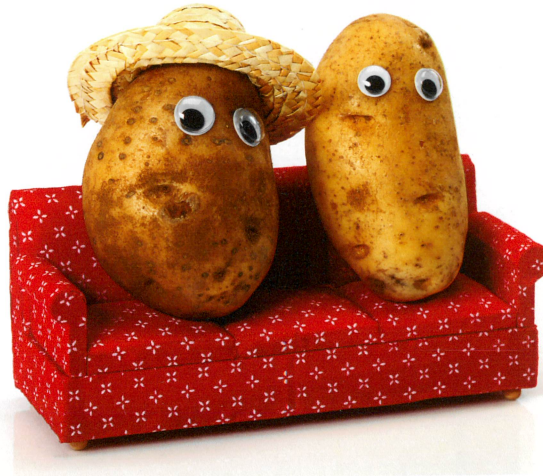
Healthy Eating



Unfortunately, in our highly active lives, we tend to eat while we are “on the run”. This can lead us to overeat as well as encourage unhealthy food choices. Over-eating leads to obesity, which increases our risk for developing cardiovascular disease. Utilizing some type of food journal is a great way to combat overeating. For those of you who use smartphone for “life management,” you can download an app called MyFitnessPal to help you in your quest for accountability. The app allows you to input your food intake and exercise to assist you in reaching/maintaining your weight goals. As you input the information, the app calculates your caloric intake and how many calories you burn when you exercise. When you

encourage your friends to also use MyFitnessPal, you can connect with them through the app to motivate each other. Utilizing a tool like this one can help us to stick to our plan for physical well being. We should also take a multi-vitamin daily to ensure that our bodies are receiving adequate minerals and nutrients.

Exercise



Another important key to a physically healthy lifestyle is regular exercise. The American Heart Association recommends that we get:

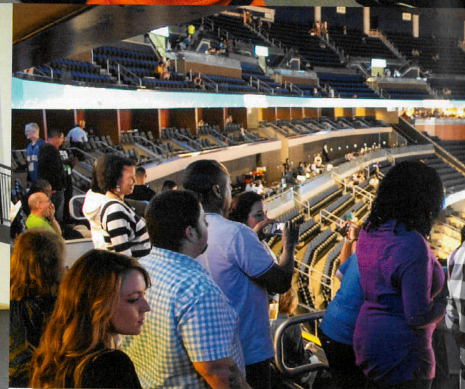
- 1) at least 30 minutes of moderate-intense aerobic activity (such as walking) at least 5 days per week for a total of 150 minutes
- 2) at least 25 minutes of vigorous aerobic activity (such as Zumba) at least 3 days per week for a total of 75 minutes
- 3) a combination of the two

We may feel that our schedule would not support an additional

75-150 minutes per week. However, the real key is to make some sort of commitment to exercise on a regular basis. Some exercise is definitely better than no exercise. Working out with a friend and selecting an activity that you enjoy are two excellent ways to stay consistent in your commitment to exercise. The only question that remains is what are you going to do? Are you going to “take care of your horse”?

Dr. Antoine Richardson (Kansas City 2008) is President of Carver Bible College, and youth pastor of Macedonia Baptist Church in Kansas City. He has Doctor of Pharmacy from the University of Missouri-Kansas City.





In April at the Core Values & Healthy Change conference Rich DeVos and his son Dan met with the class of 2013 before a Magic game at the Amway Arena. It was a power packed week in Orlando as Gordon MacDonald kicked it off with a Monday night inspirational talk on “Leadership Virtues.” Then as always the Core Values and Change presentations were all excellent and the new class is eager to dive into the material they learned. The week ended at the Sportsplex with competitive team building games, food, fellowship, and comedy.

Join the discussion: <http://goo.gl/eUWza>

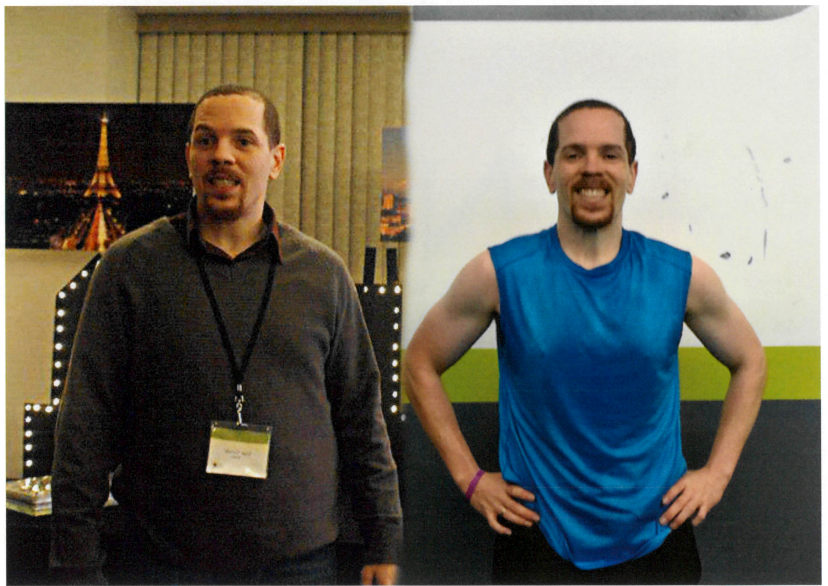




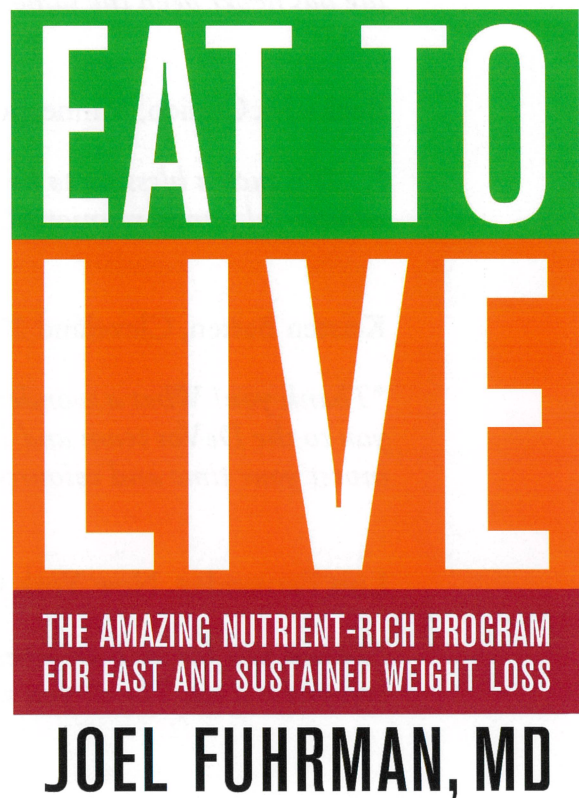
ICHOSE

By Sean Goode (Seattle 2012)

After being overweight my entire life I made a decision to see a different possibility; I chose. If we can choose anything, why not choose to be healthy. My wife and I joined a healthy living accountability group, started pre-planning meals, exercising daily and I started seeing myself as an asset to the goal of healthy living. Making a commitment to a lifestyle and not a diet! My journey hasn't been about losing weight but about gaining life. Negative self-talk was a big challenge, now it's staying focused on living and not losing. Remembering it's a journey to be the healthiest me and not a race to a size or weight. Between NC2 and now I've lost a little over 30lbs!



Want to follow in Sean Goode's footsteps? He highly recommends the book *Eat to Live* by Joel Furhman. Several doctors and scholars from New York to Hawaii are endorsing this resource. Visit Dr. Furhman's website for a complete guide to healthy eating and living.





Nearly 350 alumni, spouses and guests were at the Woodlands Resort in Houston, TX for the 2013 Reunion. If the Facebook postings are any indication, it wasn't hard to have an awesome experience.

Fritz Williams, San Antonio 2001

The Houston reunion was outstanding. This was my wife's first encounter with DVULI and she loved it, and certainly enjoyed being pampered Devos style. Thanks again Devos family, staff, and alumni..."

Amy Williams, Chicago 2007

"What a GREAT reunion! Thank you DeVos for continuing to love us, pour into us and continue to impact the work we do. You have no idea how humbled and thankful I am...my life has never been the same. Thanks again for the Reunion."

Becky McConico, Minneapolis 2008

"...It is such a blessing to be treated like royalty! It was a wonderful family reunion! Can't wait for the next one!"

Kristen Batten, Cleveland 2009

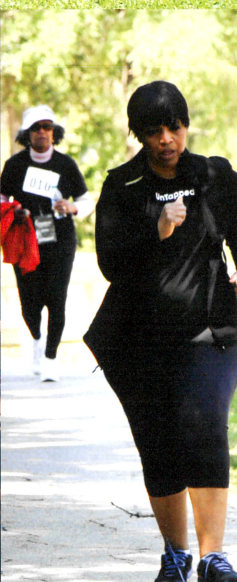
"Thank you! What a wonderful reunion in Houston! Thank you to the DeVos team and DeVos family for continuing to invest your time and resources into our lives."

Luis Fernandez, New York City 2011

"Thank you for such an awesome reunion. My wife and I enjoyed it a lot. Thank you so much"





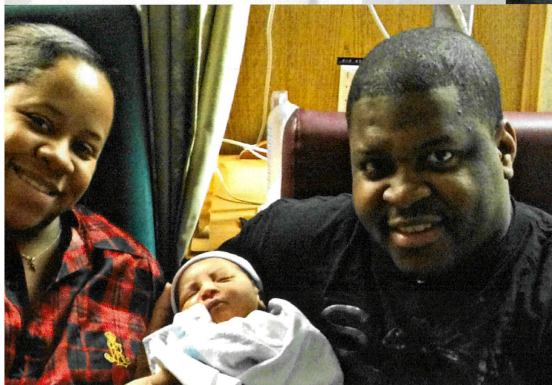




Jesus Origel (Pittsburgh 2012) & Hannah Reichart on 2.16.13



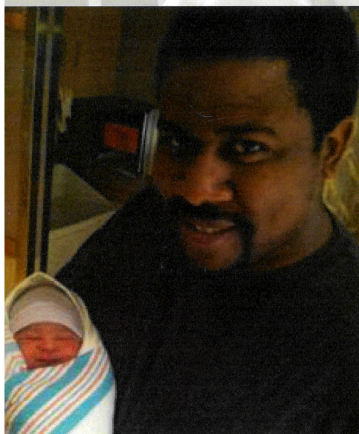
Daer Kyle (Houston 2005) & Sharon Wynn on 2.27.13



Sharod Tomlinson (NYC 2009) & Lauren had Isaiah Lafayette Tomlinson on 1.2.13



Leroy Barber (Atlanta 2006) is the International Executive Director of Word Made Flesh



Robert Smith (Cincinnati 2012) & Ashley had Kingston Robert Smith on 2.15.13



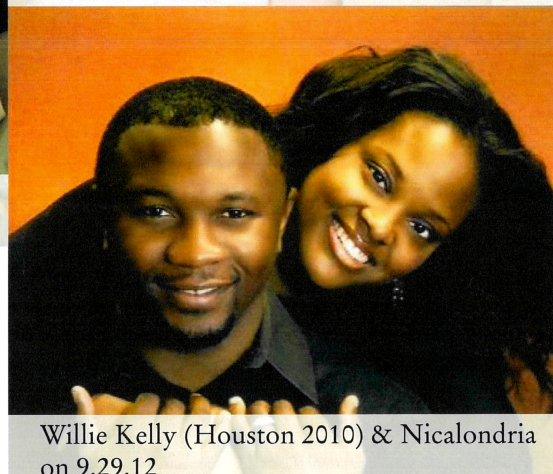
Alvin Chu (D.C. 2011) & Ruth had Daniel Pan Chu on 1.3.13



Michaelanne Harriman (Philadelphia 2012) & Daniel Helms on 9.1.12



Antoine Richardson (Kansas City 2008) named President of Carver Baptist Bible College & Seminary



Willie Kelly (Houston 2010) & Nicalondria on 9.29.12