



Mission:

The mission of Manuselapak.com is to apply the use of physical, mental fitness and healthy life as a means of intellectual, spiritual, and social enrichment.

Program Overview:

Manuselapak.com provides lessons in fitness and conditioning, martial arts, and healthy dietary habits to all of her individual and group clients. These courses emphasize the value of physical fitness, health, and wellness.

Physical fitness requires physical conditioning. Classes cover weight lifting, body weight, and cardiovascular exercise. They not only teach clients proper form and effective means for gaining strength and building muscle, but also ingrain the progressive resistance and dietary principles upon which the body works. Clients of these classes understand how the body works at a very fundamental level, and master its efficient, effective, and safe use.

The primary martial art being taught is Kickboxing, a grappling and wrestling seamlessly. The choice to use KICKBOXING was made because though people think a striker should be ready to observe damages, yes striking could be more traumatic, involve more injury, and therefore can be trained at a higher repetition than grappling arts. IF a client is ever unfortunately pressed into a situation where they needed to use their training in the real world, he or she will be far more likely to punch, kick, or dominate an opponent rather than grappling them, because how you train is how you fight. This goes a long way to cause a legal or physical repercussions and consequences to their attacker or opponent.

At Manuselapak's, fitness and martial training incorporates directly the movement principles a client learns through physical conditioning. There is a direct carryover between the force vectors generated in the weight room and those applied in martial technique. It also fosters a culture of healthy competition, which enables us to teach people the value of struggle, personal improvement, and to realize what achievement that has been earned through hard work feels like.

Classes in healthy eating show that the cost to cook a nutritious and filling meal is significantly lower than eating fast food, instant ramen, or rice and beans and that one does not have to suffer metabolically just to save financially. The blanket misconception of the Dollar Menu mentality is one of the greatest barriers to healthy eating currently.

The ultimate goal of the program is to provide a vehicle for people with sufficient desire and drive to be presented with options which make it actually possible to change their life circumstances. Physical training is used as a means to create social change. Clients learn healthy habits that translate to all aspects of their lives. When they can take care of their bodies and work through plateaus and sticking points, then they can resolve issues confronting them in the other parts of their lives. When they know how beneficial showing up every day and giving your best is, they feel the same way about all of their choices. When they know how satisfying it is to face a challenge and overcome it, they will then understand the benefit in making the high value choice every time.

Identified Needs:

The underserved people out there faces many difficulties in trying to get ahead in the world. One issue is the lack of resources available to educate and improve oneself. Another issue is the lack of awareness of opportunities and life paths that can lead to a better place. There is a lack of physical and dietary education, which leads to poor habits, preparedness, and conditioning that increase the rates of obesity, heart disease, and Type 2 diabetes. These factors come together to make people generally unwell. Diseases, syndromes, and numerous other long-term health problems pervade the underprivileged people.

Many individuals in society feel as though they do not have a personal identity. They are treated like cogs in a system. In school and at work, they are told to sit down and shut up. They are trained to do as they're told instead of thinking for themselves. This results in people being disconnected from themselves and from each other; it strips them of their humanity.

Numerous scientific studies have shown that involvement in sports and physical activities in children and teenagers lead to lower levels of drug use, violence, and incarceration, and increased literacy, test scores, graduation rates, employment rates, and job performance.

How the Needs Will Be Addressed:

An understanding of what wellness is and how to identify it is crucial to success in the program. Manuselapak.com provides clients with knowledge of physical fitness, including effective forms of exercise, martial arts, and how to eat nutritiously for less than the cost of eating poorly. Through these classes, clients are able to acquire not only the skill sets they're in, but also certifications to teach and practice the skills they learn. This provides the opportunity to have a full career in fields such as personal training, kinesiology, nutrition, and martial arts.

Intended Clientele:

Anybody who owns a body. However, in order of preference, the program is striated to be increasingly

supplemented as the income level of the patron decreases.

Manuselapak.com offers services to children, teens, and adults. The accessibility to all age groups is intended to reach as many as possible. Programs that help only children, or only single parents, or any other individual segment of society, end up refusing service to many others who could use it. Therefore, our program will never turn away any who wish to participate.

Urban children are at particular risk. School budgets are consistently being cut, especially in physical education and the arts. Many children become lost in the shuffle and can feel like they've lost their identity, and have no means of expression. When the young feel like they have no place, it is far more likely that they will turn to using and selling drugs, run in gangs, start stripping, or engage in other delinquent behavior. For this reason, reaching out to the youth in these areas is a necessity.

In addition, many teenagers and adults have slipped through the school system without being functionally educated. As the school system cuts Physical Education, Music, Art, and Libraries, they are removing resources for individual expression. Having no self-identity leads to having no self-worth, which causes several internal problems. And it is when children have no knowledge and no self-worth that they cannot see any positive paths to solutions.

Adults are also at risk. For example, people who go to jail and are released have very little incentive to stay out of jail. A felony on their record makes it next to impossible to get many jobs, so the option of repeating their initial illegal actions can feel as if they are the only avenues available. Adults who go through the classes can acquire certifications to teach personal training, martial arts, and nutrition. They can also go on to competitions, which can become its own career. This presents non-negative options illustrating a path that can be taken to stay out of prison and live a productive life.

Measuring Success:

Numerous factors are used to measure the success of the program. Reduced levels of obesity and Type 2 Diabetes among clients show that the physical fitness and healthy eating lessons are succeeding. For children, additional success includes improved attendance and higher GPAs, as well as lower levels of delinquency. For adults, success will also include higher than average levels of employment and lower than average rates of incarceration.

Key Personnel:

Emmanuel Onyedikachi -CEO, Chief Executive Director, head coach and Trainer

Emmanuel Onyedikachi is a self-driving personal who has a lifetime of experience in physical conditioning, dietary wellness, and martial arts training, beginning at the age of 12. Emmanuel, holds certificates in business and Economic Management, Muy Thai, and personal training. Clients under his tutelage have getting a perfect results they ever wanted mixed and excel in other parts of their lives competitions or challenges.

Recently, Emmanuel worked as a professional personal trainer and healthy life coach at Sofitel hotel gym, Cambodiana hotel gym, and super fit - fitness and health club, and some other private companies. There, he worked in several roles and capacities. He taught physical fitness and healthy life, where he was able to get lots of people in good shape. In addition to working with individual clients, he also worked with high class government officials; he designed and taught training programs for support them on how to deal with their daily stressful work. He designed the facilities to be more friendly and approachable for children as he is currently working with Awareness Cambodia Incorporation (NGO), and designed unique program for them to use as part of their self-defense programs.

Emmanuel has hosted and ran seminars and coordinated other events, such as educational seminars on fitness and healthy life for a Russian private company team and self-defense tutoring for civilians and law enforcement personnel. Mr. Emmanuel has worked as a personal trainer for over eight years.

Community Partners:

A goal of Manuselapak.com is to involve the entire community. Physicality and healthy life is the core of the program, but it does not need to be limited to exercise and martial arts. The key is that they are teaching skills that also work as life skills and open up new possibilities that members may not have otherwise been aware of.

Revenue Sources:

To keep a facility running, several sources of revenue are expected.

- Memberships – Classes will be free to people below a certain income level, but there will be membership fees for those who can afford it. Because the quality of instruction will be of the highest caliber, people from all socio-economic levels will want to come.
- Private Instruction – Individuals who are interested in one-on-one lessons can pay for private instruction.
- Speaking Engagements – Schools, universities, and other organizations can pay to have our teachers come to give lectures on the program and the lessons that are

taught. This also can be used as a means to attract more people to sign up for classes.

- Workshops – Separate from the ongoing classes, one-time workshops can be done, either at the facility or at another location, again showing what the program has to offer.
- Donations – Both individual and corporate donations will be accepted to support the program.
- Grants – With a professional grant writer on staff, local, regional, and national grants will be applied for.
- Sponsorships – We will approach companies with an interest in supporting our program.

Planned Growth:

Year 1 – Manuselapak.com opens and trains its first students. Word spreads and more people try it out. Though growth may be small at first, it is steady. New people regularly sign up for classes. Local partnerships are developed at the grassroots level; community members who wish to support the organization have begun teaching classes, hosting apprenticeships, etc. By

the end of the first year, Manuselapak will have acquired 501 (c) (3) non-profit status.

Year 5 – The Manuselapak is now self-sufficient. Clients have recognized and consistent results. Some clients who began in the program are now teachers of program elements themselves. Having been through certification, they understand exactly what is involved in teaching and how beneficial the program is. Recognition of the program has reached regional/national level. The facility hosts professionals who come from other regions to teach lessons. A satellite location(s) will be up and running.

Year 10 – Manuselapak wants to go viral. Multiple locations will be operating in regions across the country. The goal at this point is to have a center in every underserved region so that every person has the opportunity to learn how to have a happy, healthy life.