

Domain 5: Community-based, Faith-based and Youth Organizations

“Shaping a Healthy Future” Award- Trena Bennett

Trena Bennett is the founder and CEO of GospelCise Ministries, Inc., an organization with the goal to build healthy minds, bodies and spirits. Trena is an active member of the Mt. Erie Baptist Church, the director of the Mid-City Community Gym and a certified personal trainer and instructor of aerobics, exercise and nutrition. Her organization has coordinated exercise and nutrition classes at the Jackie Robinson YMCA and at several other recreation centers and local churches in the San Diego area.

Through her leadership, numerous special programs have been initiated in the community to help fight childhood obesity. These have included Mt. Erie Children’s Church, a kid’s Gospel Aerobics and nutrition program, and young adult outreach and activities, including dance. Trena adds a healthy lifestyle component to her bible lessons for the children by incorporating such things as the 5-a-Day PowerPlay challenge and a 10-15 minute exercise session set to music.