

WHAT'S GOOD FOR THE SOUL?

Let them praise His name with dancing; let them sing praises to Him with timbrel and lyre.

Psalm 149:3



Next Sunday morning, look on the pew to your right ... then the pew to your left. Are they filled with unhealthy bodies? Sisters who move slowly and often with pain in their joints?

Isn't it time to start a conversation in your church about building a healthier church community—one that is healthy and active in order to better serve God's work?

Breaking the Vicious Cycle ...

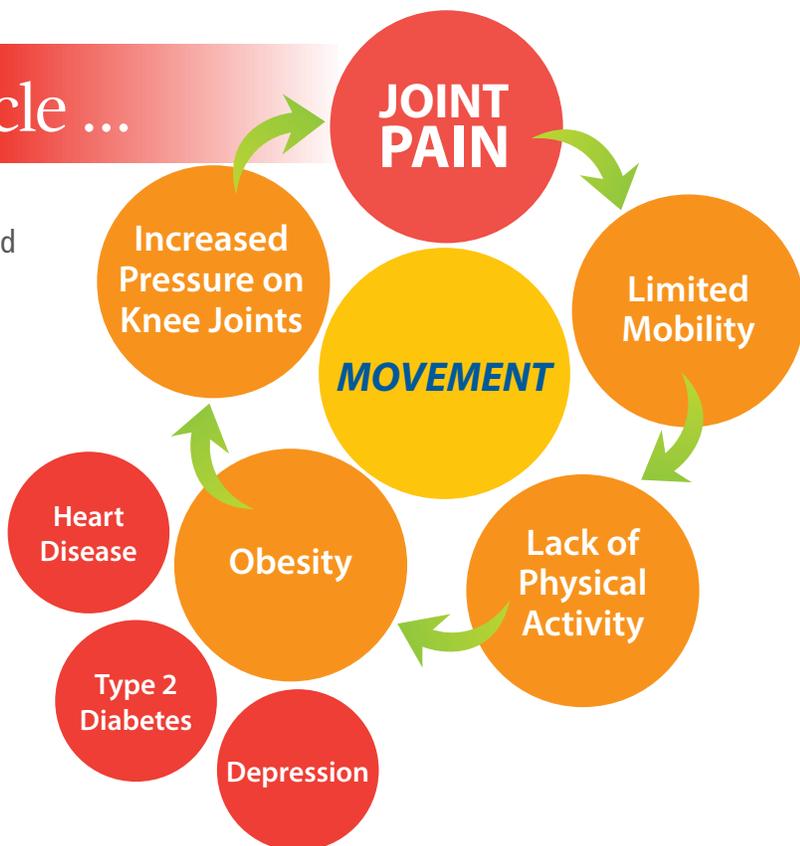
Is not only important ... it is necessary!

Changing attitudes and approaches to a healthy lifestyle and including more movement in your everyday activities will improve your quality of life. It's important for God's people to be able to do the things they want and need to do in order to enjoy a healthy life.

Limited mobility and lack of physical activity can lead to:

- Obesity
- Increased Pressure on the Knees
- Joint Pain
- Heart Disease
- Type 2 Diabetes
- Depression

Together, these are painful and devastating diseases. As women and leaders, it is time to pay attention to our personal health and wellness by bringing the health of our church community into alignment with Biblical teachings—by honoring our bodies as the temples of God?



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EMPOWERMENT AND CHURCH HEALTH

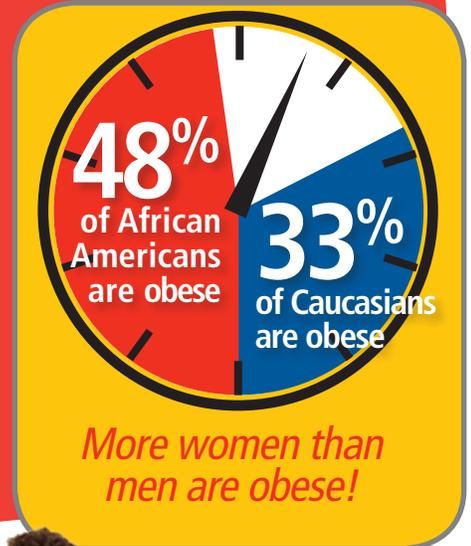
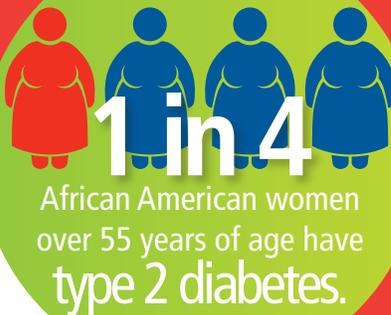
Our quality of life is suffering, and the toll on the African American community is enormous. The church can be the center of dramatic and transforming changes for its members.

Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

3 John 1:2



Arthritis affects more than **4.6 MILLION** African Americans. It's painful!



Promoting Healthy Church Culture ...

Steps you can take ... do it today!

There are little changes that we can implement in our church to get us moving toward health and wellness. Our church can become the center of cultural change in our community with:

- Praise Dancing
- Fitness Buddies
- Walking Clubs
- Health and Fitness Guest Speakers
- Physical Activity Nights
- Baked Only Pot Lucks
- Healthy Recipe Exchanges (and Cookbooks)



Did You Know?

Being only **10 pounds** overweight increases the force on the knees by **30-60 pounds** with each step.

Movement

Movement is critical to better health
Movement is LIFE

Join the Movement at www.startmovingstartliving.com.