



Being a role model



Psalm 127:3, reminds us that our children are a gift from the Lord and they are a real blessing.

In our modern world, our children are falling prey to the temptations of unhealthy foods and are not playing and running as many generations before them have. Because of this, many of our children are suffering from obesity, and developing diseases that were once only found in adults who had lived an unhealthy life.

Teaching our children to respect their bodies as temples of the Lord by eating healthy foods and being physically active helps them to learn about honoring God physically, mentally and spiritually. Being physically active and making healthy choices sends a strong message about the importance of taking care of our health to our children and families.

If you have questions about the Health-e-AME program, please contact _____ at _____. Visit our website at www.health-e-ame.com.



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