



## **The Health-e-AME Physical-e-Fit Program Has Come to Our Church!**

This program is designed to help AME members lead healthier lives. Your body is the temple of the Holy Spirit, who is in you, whom you have received from God. *Corinthians 6:19*. Being physically active and eating healthy helps you to keep your temple in good shape.

Did you know that regular physical activity can:

- Prevent high blood pressure, diabetes, heart disease, and obesity
- Help control high blood pressure, diabetes and weight
- Make you feel good and energized

It is recommended that you get 30 minutes of moderate intensity physical activity (like brisk walking) on most days of the week. You are never too old to start moving!

More information about the programs being offered at our church will be announced soon. If you have questions about the Health-e-AME program, please contact \_\_\_\_\_ at \_\_\_\_\_.



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