



Every Journey Starts With the First Step



"If the Lord delights in a man's way, he makes his steps firm; though he may stumble, he will not fall, for the Lord upholds him with his hand." Psalms 37:23-24.

For many of us, a healthy lifestyle is often more of a vision than a reality. Sometimes making changes to our lives seems like a looming task, and it's easier to avoid changing than to start on the journey toward better health. The first step toward a healthier lifestyle doesn't have to be big, it could be as simple as taking the stairs instead of the elevator, or replacing your afternoon candy bar with a piece of fruit. Once you make the decision to improve your health, start with something easy to change and every change after that will seem easier.

If you have questions about the Health-e-AME Physical-e-Fit program, please contact _____ at _____.

Also visit the website at www.health-e-ame.com.



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