



Leading By Example



Romans 12:8 reads, "If it is encouraging, let him encourage; if it is contributing to the needs of others, let him give generously; if it is leadership, let him govern diligently; if it is showing mercy, let him do it cheerfully."

In the body of Christ, we have many roles and responsibilities. They go beyond being worshipers, givers, suppliers and educators, we must also serve as leaders guiding by positive example. As we strive each day to develop and maintain healthy lifestyles and habits, we must inform others. 1 Corinthians 8 reads, "Therefore, if what I eat causes my brother to fall into sin, I will never eat meat again, so that I will not cause him to fall." It is our duty to care for one another as we care for ourselves. As we read, walk, grow and become renewed we must set the example allowing others to confidently follow in our footsteps to a healthier more plentiful life. Invite others to join you in your morning physical activity, have a few members over for a healthy meal, and share your success stories and hardships on your way to a healthier lifestyle. Share, nurture, grow - lead!

If you have questions about the Health-e-AME Physical-e-Fit program, please contact _____ at _____. Also visit the website at <http://health-e-ame.com>.



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