



Making a Team Effort

"Two are better than one, because they have good return for their work: If one falls down, his friend can help him up!" Ecclesiastes 4:9

Adopting a healthy lifestyle and exercise regimen is never an easy task, but with the help of others it can be an enjoyable and fellowshiping occasion. As in the body of Christ, we must uplift and encourage each other in fellowship; the same attitude should be taken with fitness. Encourage members to join you for your physical activity. Invite others over for a healthy meal and share health education information with the church. A fit congregation is a faithful congregation!

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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