



Prosperity

Deuteronomy 32:15 tells us: Prosperity comes to us in one of three ways: inherited and honest effort, hard work, or dishonest effort. Regardless of how we achieve prosperity, there is a danger if we abuse our health and are not obedient to God by making our body a temple of Him who is in us. God is good to us in all that he has given! Don't misuse God's blessing. Be honest and work hard at keeping your body, mind and spiritual being in line with God. We need to encourage others to do likewise, and grow strong with the word, sharing our knowledge and the will of God. As prosperity and power increase, the health disparities that have affected African American will decrease. Therefore, we must work hard to be physically active and eat better to reduce the risk of diabetes, heart disease, cancer, obesity and other diseases.

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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