



Physical-e-Fit and Fun at Our Church!



The Physical-e-Fit program is designed to help AME members lead healthier lives. "I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." *III John 1:2*. Being physically active and eating healthy helps you to keep your temple in good shape.

The Physical-e-Fit program has something for everyone!

8 Steps to Fitness is an 8-week course designed to increase physical activity and healthy eating behaviors. **Praise aerobics** has AME members doing aerobics to gospel music. **Chair aerobics** involves doing lower-intensity exercises in a chair, following an instructor, and **walking clubs** where groups of AME members join together to walk and enjoy fellowship.

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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