

## FAITH and FITNESS

**PURPOSE:** Get all church family members physically active at their own pace.

**MISSION:** Bring awareness of how important physical active is at any age.

**OBJECTIVE:** Get a commitment from you to improve your health.

Proposed start month: **August**

The sign-up sheet is located in the foyer.

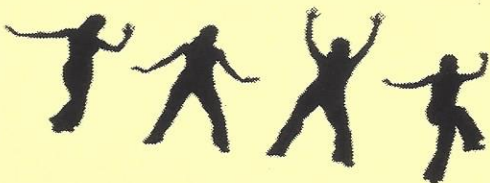
What day would you commit to coming to the church for one hour of exercise?

**Monday** 6:00 pm – 7:00 pm

**Tuesday** 6:00 pm – 7:00 pm

**Thursday** 6:00 pm – 7:00 pm

Please circle the day you prefer and place in the neon ballot located in the foyer. We are so exciting about the opportunity to help you to become a healthier you!



**1 Corinthians 6:19-20 New King James Version (NKJV)**

<sup>19</sup> Or do you not know that your body is the temple of the Holy Spirit *who is* in you, whom you have from God, and you are not your own? <sup>20</sup> For you were bought at a price; therefore glorify God in your body<sup>[a]</sup> and in your spirit, which are God's.

**Sponsored by the Health Ministry**