



Health and Wellness Have Come to Church

"...your body is a temple of the Holy Spirit within you, which you have received from God." I Corinthians 6:19
(NRSV)

The Health and Wellness program is designed to help UMC members lead healthier lives. Being physically active and eating healthy foods helps keep a person in good shape. Did you know that regular physical activity can:

- Prevent high blood pressure, diabetes, heart disease, and obesity?
- Help control high blood pressure, diabetes and weight?
- Make a person feel well and energized?

Recommendation is 30 minutes of moderate intensity physical activity (like brisk walking) on most days of the week. A person is never too old to start moving!

For additional Great Plains Health & Wellness Committee and other resources, visit <http://healthfund.org/hcresources.php> or contact your congregation's Health & Wellness liaison.

(Used with permission from Melissa Bopp, Ph.D., Assistant Professor, Department of Kinesiology, Kansas State University, and the Health-e-AME Physical-e-Fit program, 2010.)



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