



## Physical and Spiritual Healing

*"...that your way may be known upon earth, your saving power among all nations."*

Psalm 67:2 (NRSV)

For a variety of reasons, many believe that improving health is hard. Instead of buying expensive gimmicks or "miracle drugs," invest free time in daily physical activity. Being active at least 30 minutes a day can help reduce stress, body aches, and depression. Daily physical activity helps cleanse the mind, cleanse the body, and revive the spirit. A good way to start a physical activity program is to create a log. Writing personal goals and accomplishments may help motivate. With God's help, become a role model. Being an example convinces others that physical activity is good for the body, inside and out. A healthy Christian can better serve God at church and in community relationships.

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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