



## Keep Moving

*"Our steps are made firm by the Lord, when he delights in our way; though we stumble, we shall not fall headlong, for the Lord holds us by the hand." Psalm 37:23-24 (NRSV)*

With every New Year, people tend to make resolutions to be more active, eat better and lose weight. When those expectations are not met, people often abandon the program completely. God wants faithful, diligent *and* healthy servants. Therefore, when one feels a little weak, has not walked or participated in physical activity in a couple of days, or has eaten one treat too many, ask for direction from the Lord. Find a partner to encourage and maybe even accompany this journey to health. Pick self up and keep on keepin' on!

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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