



## Rejuvenate the Mind, Body and Spirit

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Boost morale and metabolism. Reduce personal stress. Reach one goal after another and watch the body change while personal successes soar! Bodily needs are a complete process; physical, mental and spiritual involvement equip the body with the tools needed to seize life to its fullest potential. Start today by being physically active, eating healthier and meditating with God. Experience life transformation! Live dynamically and effectively - body, mind, and spirit!

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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