



Physical-e-Fit and Fun with the Family!



"...Children are a gift from the Lord: they are a real blessing..." *Psalm 127:3*

Youth need physical activity for healthy growth and development. With physical activity levels decreasing and obesity increasing in today's youth, its time we get the whole family moving! Usually active parents have active kids, so play with them and encourage them to be active. Be a role model.

As a family there are many active things we can do together that are fun and put us on the road to better health. Go for a walk, bike ride, shoot hoops, put music and dance, rake leaves and make a game of it. The family that prays and plays together stays together!

More information about the programs being offered at our church will be announced soon. If you have questions about the Health-e-AME program, please contact _____ at _____.



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