



Thriving for God



"Above all things I will prosper and be in health even as my soul prospers." John 3:2

It is important to grow in *Christ*, and to know that *God* wants us to prosper in all things. This means that it is important to *God* that we maintain our spiritual strength as well as our physical strength. Take steps today to make sure you prosper in your health. By being physically active you will maintain your physical strength, you will protect your temple, and you will be a role model for others to follow. No matter your size, shape age, or ability level, there is a physical activity for you. Step-out, step-up, and step-over because it is time to start moving!

If you have questions about the Health-e-AME Physical-e-Fit program, please contact _____ at _____.

Also visit the website at www.health-e-ame.com.



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