

Health Wise

Dear Family and Friends,

As we begin our Lenten journey, we can use this time to reflect on our PHYSICAL ACTIVITY. Perhaps this Lent, we can consider adding something to our lives rather than giving up something. “Do you not know that your body is a temple of the Holy Spirit...Therefore, honor God with your body” (1 Cor. 6:15, 19 – 20).

TOP 10 REASONS TO BE PHYSICALLY ACTIVE:

10. Helps us to FEEL YOUNGER and delays some changes associated with aging.
9. Helps us to LOOK BETTER, control our weight and feel better.
8. Increases alertness and can help us to be MORE PRODUCTIVE.
7. BOOSTS our ENERGY levels.
6. FIGHTS off CHRONIC ILLNESSES like cancer, heart disease, and osteoporosis.
5. ENHANCES MOOD and self esteem.
4. FIGHTS CHRONIC PAIN and promotes relaxation.
3. It's FUN!
2. People who are physically active LIVE LONGER & FEEL BETTER.
1. GOD INVITES US to be active participants in caring for this awesome gift of life.

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