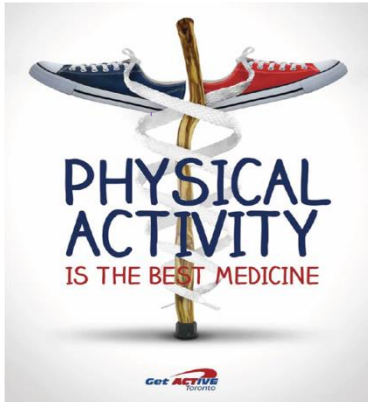


WHY BE PHYSICALLY ACTIVE?



- Strengthen your bones & muscles
- Reduce your stress & depression
- Maintain a healthy body weight
- Lower your risk of disease
- Have better balance & function

Once you get walking, see how you feel.
MORE ENERGY & CREATIVITY?

ALIVE! Pastors & congregational leaders have told us about their experiences walking:

- **“Walking with God”** - getting spiritually connected by getting rid of the clutter in their minds
- Finding time to see all of God’s creations,
- Marveling in how **fearfully and wonderfully made** they are!



Dedicate time EVERY DAY to WALKING FOR HEALTH



- Your step totals will vary from day to day
- Find your *Average Daily Step count* by adding up total steps for 7 days and dividing by the days walked
- Add 500 to 1,000 steps to this week’s *Average Daily Step count* for next week’s SMART goal for physical activity.
- **STAY TUNED for info on our 2015 ALIVE! 5K WALK**

**Ask your doctor before increasing or starting any new physical activity especially if you have any medical conditions*