

SUNDAY MORNING Health Corner

Faith and Fitness

Discover the powerful connection between **faith and fitness**. Integrating spiritual practices into your physical wellness routine can strengthen both your body and soul. Here are some ways to combine faithful movement with prayerful exercise:

- 1. Start with Gratitude:** Begin your workout with a moment of prayer or reflection. Take a few deep breaths and express gratitude for your body and the opportunity to move. This sets a positive tone for your session.
- 2. Practice Mindful Movement:** Activities like yoga, stretching, or walking can be opportunities to meditate or reflect on spiritual teachings. Focus on your breathing and let each movement be a moment of connection.
- 3. Create a Prayerful Playlist:** Music can uplift your spirit and energize your body. Curate a playlist of inspirational or worship songs to accompany your workouts.
- 4. End with Reflection:** After exercising, spend a few moments in quiet prayer or journaling. Reflect on how your physical activity aligns with your spiritual journey and how it nurtures your overall well-being.

Faithful Movement, Holistic Health By blending spiritual practices with physical wellness, you can create a routine that nourishes your entire being. Remember, even small steps can lead to profound growth in both body and soul.



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