

SUNDAY MORNING Health Corner

Active in Our Neighborhoods

Staying active is essential for heart health, weight management, and **mental well-being**, but you don't have to do it alone!

Find Motivation in Your Community

- **Join a Walking Club** – Walking together makes exercise fun and encourages consistency.
- **Faith & Fitness Groups** – Look for dance classes, yoga sessions, or exercise ministries at your local church.
- **Community Exercise Events** – Local recreation centers, parks, and health organizations often host free fitness classes, boot camps, and Zumba sessions—a great way to stay active without breaking the bank!
- **Family & Kids Play Days** – Get the entire family involved! Weekend community fitness days, playground workouts, or family-friendly bike rides make exercise a joyful experience for all generations.

Why Move Together?

- ✓ **Stay Accountable** – Having a workout partner or group helps you stay consistent and motivated.
- ✓ **Make Fitness Fun** – Exercising with friends makes it feel less like a chore and more like a celebration of movement!
- ✓ **Improve Your Health** – Regular physical activity reduces the risk of diabetes, high blood pressure, and heart disease.

Health is a journey, and you don't have to walk it alone.



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