

THE BALM
IN GILEAD^{INC.}

Sunday Morning

HEALTH CORNER



Physical Activity for Families: Moving Together for Better Health

August is recognized as National Wellness Month, a time to focus on healthy habits for the whole family through regular physical activity, shared movement and self-care. Staying active together supports stronger bonds, better health and long-term wellness.

Regular physical activity keeps families healthy, reduces stress, and strengthens relationships.

Physical activity offers long-term health benefits for both adults and children, including better heart health, improved sleep, and reduced risk of chronic diseases like diabetes and obesity. Yet, Black communities, especially Black women, face higher rates of inactivity due to barriers such as time, cost, and access to safe spaces (Obi et al., 2023).

Family-based physical activity not only improves fitness but also provides emotional and mental health benefits. Moving together, whether through walking, dancing, or sports, helps families build stronger bonds while creating healthy lifelong habits.

Why It Matters

- Black women are 38% more likely to report little or no physical activity compared to 23% of white women.
- Physical inactivity is linked to obesity, diabetes, heart disease, and certain cancers.
- Family-based activity helps overcome social and environmental barriers to exercise (Obi et al., 2023).

What Can You Do

- Schedule daily family walks, bike rides or dance breaks.
- Find free or low-cost fitness programs in your community.
- Encourage group participation to make exercise a fun family habit.
- Set family fitness goals, like step counts or activity challenges, to stay motivated together.
- Explore local parks or trails as a family to make regular physical activity enjoyable and fun



For more Information, visit <https://www.cdc.gov/>



The mission of **The Balm In Gilead, Inc.** is to improve the health of individuals who are most at risk for chronic and acute diseases by supporting faith and community organizations in areas that mobilize and strengthen their capacity to increase awareness in areas of prevention, treatment, and access to care through education, programming and advocacy. Learn more at balmingilead.org

The Balm In Gilead supports your health journey. The content we share is for informational purposes only and is not a substitute for medical advice. Always consult your doctor or qualified healthcare provider. Additionally, any medical professionals contributing their general expertise are not providing personal medical care or forming a patient-provider relationship.