



Body & Soul

*Beloved, I wish above all things that you may prosper and be in health,
even as your soul prospers. (3 John 2)*

The FAME Body & Soul Ministry invites you to join us for...

FOOTPRINTS MORNING WALK SATURDAY MARCH 19TH 9:00 AM

Come get a healthy start to your day and enjoy one of the best kept secrets in South L.A.—the Rueben Ingold Park.

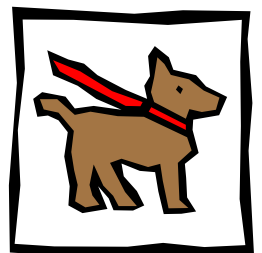
Join us Saturday, March 19th at 9:00 AM for an all-ages, all fitness levels morning of shared fellowship.

We'll enjoy healthy snacks and some special prizes as we stroll the bluffs and enjoy gorgeous views of the city.

Come find the FAME booth next to the start of the trail and help us leave our “footprints” behind.

**Rueben Ingold Park
4400 Mt. Vernon Drive
Los Angeles, CA 90032
(at the top of Mt. Vernon, near the
intersection of La Brea and Stocker)**

*Rueben Ingold is a “dog friendly” park, so
bring your puppy along for the fun!*



BE ACTIVE TO BE YOUR BEST SELF!

For optimal health it's important that adults get at least 30 minutes of physical activity a day and that children get at least 60 minutes of physical activity a day.

Break It Down

Your daily 30 minutes of physical activity can be broken down into segments. Here are a few tips to help you achieve that goal:

- Take the stairs instead of the elevator
- Park your car further from your destination
- Take a walk around the block during your lunch break
- Walk with family or friends in the afternoon or after dinner
- Join a Praise Stretch or Praise Dance group—if your church doesn't have one, get one started!

Beneficial Activities

Strength Training

Resistance bands or small handheld weights allow you to target specific muscle groups, while avoiding trouble areas of the body (such as a bad hip or knee) — even if you are confined to a wheelchair or walker. All women, including seniors, should aim for at least two days of strength training activities each week to improve fitness and combat bone loss.



Walking

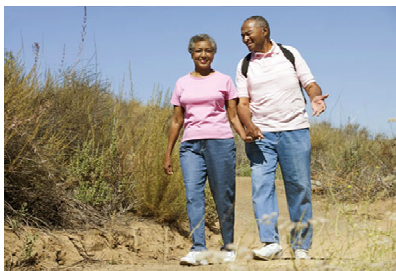
Walking provides a gentle way to increase muscle mass and stay fit. Walking around your block or to the local mall, can help increase your activity and fitness level. Start a Sisters Moving Together walking club at your church.

Your Stairway to Heaven

Using the stairs is a fantastic form of exercise. It is not only aerobic for your heart and helps your metabolism pump up, it is excellent strength training for your legs.

Hobbies

Physical activity doesn't have to occur in a gym or be boring. Active hobbies, such as gardening, can be useful in elevating your physical activity level. Doing something you enjoy makes exercise more appealing.



Make a Date

Find a friend or family member who shares your physical activity goals, and make a date that focuses on being active. Rather than having lunch at a restaurant, meet at a park or public garden and take a walk together. Even walking around the mall counts as exercise!

For More Information about Body & Soul, please contact:

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