

meaning and purpose and our spirit enables us to love one another, our self and God. It's through our spirit that we have communion and fellowship with God. Our spirit gives us intuition between right and wrong.

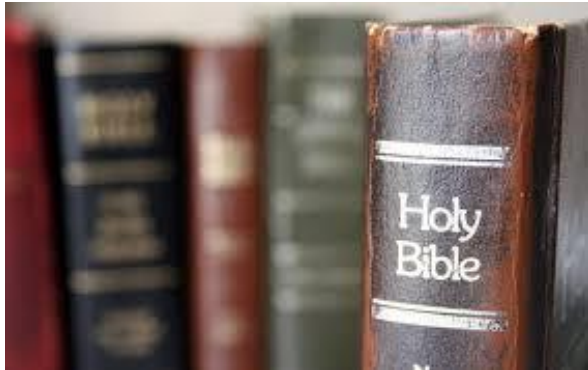
Our spiritual health will have a significant impact on our emotional health which will have a major influence on our physical health.

The inter-connection between the spirit, the soul and the body is certainly a complex connection, nevertheless, the connection is very real.

The apostle John was inspired by God to write in **3 John 1:2**, "*Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.*" This is an indication of the importance of attending to matters of the soul as it relates to being healthy.

Information Retrieved from:

http://www.faithandhealthconnection.org/the_connection/spirit-soul-and-body/



One way to focus on spiritual health is by reading the Word of God. The Bible is filled with hope and promises from God.

1 Timothy 4:8

For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come. (KJV)

Jeremiah 33:6

Behold I will bring it health and cure, and I will cure them, and will reveal unto them the abundance of peace and truth. (KJV)

Let's Get Physical

Everyday Physical Activity Tips



Small steps that get your family to **move more** can help **all of you** maintain a healthy weight.

Choose a different tip each week for you and your family to try. See if you or they can add to the list. Here are a few:

Walk Whenever Possible

- Take the stairs instead of the escalator or elevator
- Take a family walk after dinner
- Go for a half-hour walk instead of watching TV
- Park farther from the store and walk
- Make a Saturday morning walk a family habit

Move More in Your Home

- Do yard work. Get your children to help rake, weed, or plant
- Wash the car by hand

Live Actively

- Join an exercise group
- Enroll your children in community sports teams or lessons
- Do sit-ups in front of the TV. Have a sit-up competition with your kids
- Choose an activity that fits into your daily life/lives
- Play with your kids at least 30 minutes a day
- Dance to music... with your kids

Information Retrieved from:

<http://www.nhlbi.nih.gov/health/educational/wecan/get-active/getting-active.htm>

Tips for Staying Mentally Healthy

Enjoying mental health means having a sense of wellbeing, being able to function during everyday life and feeling confident to rise to a challenge when the opportunity arises. Just like your physical health, there are actions you can take to increase your mental health. (<https://www.betterhealth.vic.gov.au/health/tentips/10-tips-to-stay-mentally-healthy>)

- ❖ **Connect with others.** Develop and maintain strong relationships with people around you who will support and enrich your life. The quality of our personal relationships has a great effect on our wellbeing. Putting time and effort into building strong relationships can bring great rewards.
- ❖ **Take time to enjoy.** Set aside time for activities, hobbies and projects you enjoy. Let yourself be spontaneous and creative when the urge takes you.

Upcoming Events

There are many opportunities in/near your city that offer opportunities for you to take part in both healthy and fun exercises. Choosing to add a little physical activity could not only benefit you, but could help you make a contribution to a worthy cause.

St. Jude Walk/Run to End Childhood Cancer - Little Rock, AR September 17, 2016

LOCATION

First Security Amphitheatre
400 President Clinton Avenue
Little Rock, AR

To find out more information or to register go to
<https://stjude.org>

Event schedule

Registration Start Time-7:30am
Ceremony Start Time- 8:30am
Walk/Run Start Time- 9:00am

Sign up, form a team, and invite your friends and family to join. Or, join an existing team.

- Walk: age 6 and up – \$10
- 5K Run: age 6 and up – \$20
- Age 5 and under – participation is free



Komen Arkansas Race for the Cure October 22, 2016 Downtown Little Rock/North Little Rock

Whose Life Are You Running For? Sign up for the 23rd Annual Susan G. Komen Arkansas Race for the Cure® and show everyone whose life you are running for. Are you running for your mother, your sister, a co-worker, a friend? Are you running for your own life? Or are you running for the future? No matter whose life you are running for, now is the time to support your loved ones and join the fight against breast cancer. Sign up, donate and fundraise for the cure!

Where Does the Money Go? The Arkansas Affiliate gives 75% of the money raised during Race for the Cure back to Arkansas communities to fund breast cancer education, screening and treatment grants throughout our 63 county service area. The remaining 25% goes to the national headquarters directly for research grants related to the treatment and cure of breast cancer; and, not one cent goes to overhead. www.komen.org

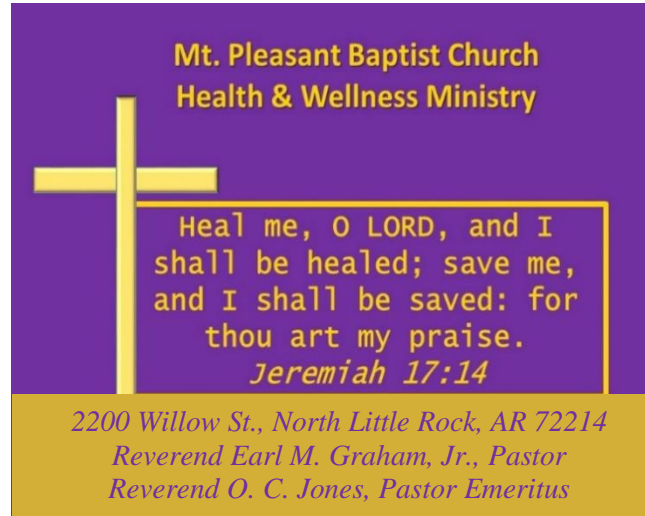
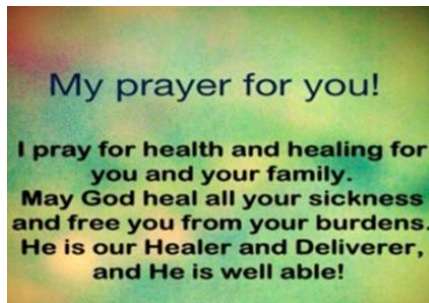
2016 Walk to End Alzheimer's - Little Rock, AR Saturday, October 29, 2016

To find out more information or to register go to
www.act.alz.org



Each **Saturday** during the month of **September**. Meet at the Clinton Library to participate in a 1-hour walking exercise. **Join us at 6:50 a.m. for prayer. The walk begins at 7:00 a.m.** We look forward to seeing you there (weather permits). See Carolyn Washington or Felicia Hollis for additional information.

If you have any medical concerns, please consult a physician before starting any exercise routine.



Thank you for picking up a copy of the Health & Wellness Ministry Newsletter. Our prayer is that you find something that will help you maintain or move towards a healthy lifestyle. Many times we take our health for granted and as a result, we find ourselves in poor health. Awareness is the key to helping others.

Through this newsletter we want to build awareness of health related issues or circumstances. Taking care of our mind, body, and soul puts us in a better position to take care of others.

Faith Space



It's in our **spirit** that we have meaning and purpose in life. At the deepest level our spirit gives us