



# LET'S MOVE NATIONAL BAPTIST

Moving the Body of Christ  
for better health & wholeness



Most US adults don't get enough physical activity for substantial health benefits.

Body of Christ, let's step up our physical stewardship and move for our health.

Join the **Let's Move National Baptist** initiative.

Sign up and receive information, inspiration, and support to get and keep moving for your health.

*Participation is FREE and appropriate for all fitness levels.*

Let's Move National Baptist isn't another 21 or 30-day **challenge**.  
It is support for a lifelong **commitment**  
to faith-empowered fitness.

Get more information and sign up today at:

**letsmoveNBC.com**



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**All of Us**  
RESEARCH PROGRAM