



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



Nettie Johnson
RESEARCH PROGRAM

All of Us
RESEARCH PROGRAM