



# LET'S MOVE

NATIONAL BAPTIST

Moving the Body of Christ  
for better health & wholeness



The benefits of exercise are abundant and undeniable, yet 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.

This program also includes participation awards and recognition, giveaway opportunities, ongoing encouragement and community.

*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.

Let's Move together for God's glory and our benefit.

Get more information and sign up today at:

**letsmoveNBC.com**



**All of Us**  
RESEARCH PROGRAM