

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.

LET'S MOVE NATIONAL BAPTIST

Moving the Body of Christ
for better health & wholeness



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.

This isn't another 21 or 30-day **challenge**.

It is support for a lifelong **commitment** to faith-empowered fitness.

Sign up today at:

LETSMOVENBC.COM



Nettie Johnson
From Faith to Fitness

All of Us
RESEARCH PROGRAM