

# Body & Soul in Motion

## A Celebration of Healthy Eating & Living in Motion

### What is Body & Soul in Motion?

Body & Soul: A Celebration of Healthy Eating and Living is a proven health program developed for African American churches. The program empowers church members to eat a healthy diet rich in fruits and vegetables every day for better health. We have added physical activity to increase motion to create a healthy exchange and balance. Churches that embrace Body & Soul in Motion help their members take care of their bodies as well as their spirits.

### Why Body & Soul in Motion?

Many minority populations are at high risk for many serious and often fatal diseases. These include high blood pressure, diabetes, heart disease, and many types of cancer. A healthy diet rich in fruits and vegetables promotes good health and can help lower the risk for these illnesses. Being in motion through physical activity or exercise is important to our body.

### How does Body & Soul in Motion work?

Church members customize and run Body & Soul in Motion to fit the needs of their church. You can draw upon the many talents of your church members to nourish and sustain your congregation as they move toward a healthier “body and soul in motion.”

### What are the benefits of Body & Soul in Motion?

Body & Soul in Motion congregations embrace and celebrate good health through healthy eating. By implementing Body & Soul in Motion, your congregation can help meet its health ministry goals:

- Learn how health and spirituality are connected
- Feel empowered to take charge of their health
- Eat more fruits and vegetables every day
- Live healthier, by eating less fat and getting more physical activity
- Gain access to vital health information at the church

To learn more about bringing **Body & Soul in Motion** to your congregation contact:

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