

# Body & Soul

## A Celebration of Healthy Eating & Living

### What is Body & Soul?

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. Churches that embrace Body & Soul help their members take care of their bodies as well as their spirits.

### Why Body & Soul?

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.

### How does Body & Soul work?

Church members customize and run Body & Soul 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.”

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

Body & Soul congregations embrace and celebrate good health through healthy eating. By implementing Body & Soul, 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 **Body & Soul** login to:

<http://www.floridahealth.gov/programs-and-services/minority-health/body-and-soul-toolkit>

