

# The Church's Commitment To Good Health

JUST AS THE CHURCH NOURISHES OUR SPIRIT –  
WE MUST ALSO NOURISH OUR BODIES.

All members of \_\_\_\_\_ (name of church) have a responsibility to care for their bodies as temples of God. Healthy minds and spirits need healthy bodies, healthy diets, regular physical activity, and preventive medical care.

Therefore, \_\_\_\_\_ (name of church) will participate in the Body & Soul program. Our goal is to inspire church leaders and congregation members to adopt nutritious food practices — especially, eating a diet rich in fruits and vegetables each day.

Our Body & Soul program will consist of:

- A kick-off on \_\_\_\_\_ (date)
- Activities that teach about healthy eating and good health at least twice a month for the duration of the program
- Opportunities to try fruits and vegetables at the church
- Fruits and vegetables served at church functions

The church commits to establishing and maintaining a Planning Team to plan and manage these activities. The Team will be coordinated by \_\_\_\_\_ (name of coordinator)

The church's mission is soul salvation (Matthew 28:19–20, Romans 10:9–10). We must also focus on our bodies.

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(Signature of pastor)

SO WHETHER YOU EAT OR DRINK  
OR WHATEVER YOU DO,  
DO IT ALL FOR THE GLORY OF GOD.

I CORINTHIANS 10:31