

## Fit 4 Him

“Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship.” Romans 12:1

- What: Exercise classes for ladies at HBC
- When: Beginning the week of September 18
- Days/times: Leslie Sansone “Walk Away the Pounds”  
Mondays at 5:30 p.m., Thursdays at 9:30 a.m.
- Stretching, toning, balance while sitting  
Tuesdays and Fridays at 9:30 a.m.
- Where: Youth building
- Bring: Loose, comfortable clothing and tennis shoes  
One- or two-pound weights (Wal-Mart, athletic stores, TJMaxx, amazon.com)

Any questions? Call, text, email Nanette Kibbe at 337-789-9503, nanax3x4@gmail.com.

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.” 1 Corinthians 6: 19, 20

“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.” 3 John 1: 2

“She sets about her work vigorously; her arms are strong for her tasks.” Proverbs 31: 17

“So whether you eat or drink or whatever you do, do it all for the glory of God.” 1 Corinthians 10: 31

“Two are better than one because they have a good return for their labor. For if either of them falls the one will lift up his companion. But woe to the one who falls when there is not another to lift him up.” Ecclesiastes 4: 9

“Our health is a means of praise. Good health extends our ability to make an impact for the cause of Christ. Without our health, we just aren’t going to be as effective in all the aspects of our lives that God needs us to be active in – our churches, our families, our jobs, our communities.” Jimmy Pena, “The PrayFit Diet”

September	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18 "Walk Away the Pounds" 5:30	19 Stretching, toning, balance 9:30	20	21 "Walk Away the Pounds" 9:30	22 Stretching, toning, balance 9:30	23
	24	25 "Walk Away the Pounds" 5:30	26 Stretching, toning, balance 9:30	27	28 "Walk Away the Pounds" 9:30	29 Stretching, toning, balance 9:30	30

October	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 "Walk Away the Pounds" 5:30	3 Stretching, toning, balance 9:30	4	5 "Walk Away the Pounds" 9:30	6 Stretching, toning, balance 9:30	7
	8	9 "Walk Away the Pounds" 5:30	10 Stretching, toning, balance 9:30	11	12 "Walk Away the Pounds" 9:30	13 Stretching, toning, balance 9:30	14
	15	16 "Walk Away the Pounds" 5:30	17 Stretching, toning, balance 9:30	18	19 "Walk Away the Pounds" 9:30	20 Stretching, toning, balance 9:30	21
	22	23 "Walk Away the Pounds" 5:30	24 Stretching, toning, balance 9:30	25	26 "Walk Away the Pounds" 9:30	27 Stretching, toning, balance 9:30	28
	29	30 "Walk Away the Pounds" 5:30	31 Stretching, toning, balance 9:30				

