



LET'S GET PHYSICAL THROUGH MOVEMENT

PHYSICAL WELLNESS (BODY)

Physical wellness relates to maintaining a healthy body and seeking care when needed. Physical health is attained through exercise (movement), eating well, getting enough sleep and paying attention to the signs of illness and getting help when needed.



Let's Get Physical-Fitness through Movement

Girl Talk

- Wellness, what is it?
- Wellness Vs. Fitness what is the difference?
- Exercise Vs. Movement, what is the difference?
- Explore the importance of the topic of physical health and why it is important
- How physical activity can help in areas of mental, social, spiritual and financial aspects of their lives.

GOOD HEALTH IS AT YOUR FINGERTIPS
USING APPS ON CELLULAR DEVICES TO ASSIST IN HEALTHY LIFESTYLES




The image shows three women in athletic wear (dark tank tops and leggings) performing a synchronized dance or fitness routine. They are captured in a dynamic pose with their arms raised and bodies arched. The background is dark, and the overall mood is energetic and joyful. The text is overlaid on the upper left portion of the image.

Let's demonstrate that movement can be fun and how it can change your mood and to encourage. Explore various channels to find the Wellness plan that works for you.

LET'S GET MOVING

PROGRAM ENGAGEMENT 2019

- ▶ This program includes Physical wellness discussion and activity with elements of spiritual wellness.
 - ▶ Summer Workshops
 - ▶ Fall Workshops
 - ▶ Shiloh Baptist Church Plainfield NJ
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- A decorative graphic consisting of several parallel white lines of varying lengths and thicknesses, arranged in a diagonal pattern from the bottom right towards the top right of the slide.