

According to the Centers for Disease Control, physical activity provides the following benefits: Control your weight; Reduce your risk of cardiovascular disease; Reduce your risk for type 2 diabetes and metabolic syndrome; Reduce your risk of some cancers; Strengthen your bones and muscles; Improve your mental health and mood; Improve your ability to do daily activities and prevent falls, if you're an older adult; Increase your chances of living longer.

*But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."*

ISAIAH 40:31

## DESIRED ENVIRONMENT

### GOOD

- Church employees allowed at least (1) 10 minute physical activity break during the work day

### BETTER *Above, plus:*

- Church employees allowed at least (2) 10 minute physical activity breaks during the work day
- Church employees allowed to bike or walk to meetings
- Support "meetings on the move"
- Include "Activity Breaks" in church programs (such as Sunday School Classes, Prayer Walks, etc)

### BEST *Above, plus:*

- Church employees allowed to use flexible lunch hours for physical activity
- Provide shower/locker facilities for bicycle commuters or employees that workout over lunch break
- Incentivize church employees by paying a monthly stipend for a gym membership