



2026

THE YEAR OF THE PASTOR

"I will give you shepherds according to my heart."

Jeremiah 3:15

Get Moving!

How to begin and sustain exercise as a lifestyle.

Steps to a Healthier You

Decide Today. Either start your program or get it on the calendar.

Check with your doctor before beginning an exercise routine.

Make exercise part of your weekly schedule. Find out what time works best for you and make it a non-negotiable part of your life.

Do what you will stick with. Finding what gives you joy and energy is the key here.

Join an exercise group or have someone to be accountable to.

Set goals to chart your progress.

Benefits

Being a good steward of your body is part of your personal responsibility. 1
Corinthians 6:19-20

Regular exercise is part of a healthy lifestyle.

Working out improves your mental health and offers stress relief.

It can be a wonderful time to connect with God.

Greater sociability occurs if you have a partner or group working together.

Exercise has been a joy for me for over 50 years. Road and Mountain biking was part of my routine as well as running. I stopped tracking my running mileage at 27,000+ miles a few years ago but I still run almost daily. Racing 5Ks to marathons in the hundreds, also have been part of the mix if you want to talk competitive running.

I would love to help you "Get Moving"! Connect with me at Lmeadors@appconf.org



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