



HEALTHY BODY

HEALTHY SPIRIT

A Handbook for Active Living

A Program Of The Rollins School of Public Health

Emory University

This is Your Handbook...

It is designed so you can use any part that interests you. Like the original disciples, we are called to follow Jesus from different points in our lives, physically as well as spiritually. Whether you're thinking about beginning a physical activity program, you're physically active on an infrequent basis, or you're already active and interested in maintaining your current activity level, this handbook can help you.

Others Have Done It...So Can You!

Every year, millions of Americans make a commitment to their health by including physical activity in their daily lives...and so can you! Small changes can make a difference, a message echoed throughout this handbook by real people who volunteered to take part in a physical activity program conducted at the Rollins School of Public Health at Emory University. As part of the program, participants wore pedometers to measure the number of steps they took each day and were encouraged to increase their steps over a 6-week period. Throughout this handbook you will meet some of these participants and read, in their own words, how walking and physical activity made a difference in their lives.



"I believe I will see a brand new me."
Arlecia Battle,
Healthy Body,
Healthy Spirit
Participant

