

FORTY DAYS OF FITNESS - LENT 2020

During Lent (February 26 – April 12) we encourage everyone to participate in exercising at least 5 days a week for a minimum of 30 minutes each day. By exercising during this time you will prepare yourself spiritually, physically, and mentally for Easter. You are on the honor system to keep this exercise program going each week. We will have a sign-up sheet in CAC, or you can email ldunn@fumct.org to add your name to our list for FORTY DAYS OF FITNESS 2020. Put your name on the list, complete the 40 days of fitness activity, and we will give you a certificate. To make your participation successful, we suggest the following:

- 1. Drink more water.**
- 2. Honor your body by doing some kind of exercise a minimum 30 minutes 5 days a week.**
- 3. Eat healthy, eat more lean meats, fish, fresh vegetables and fruits, and avoid fried foods, sugar, and white flour.**
- 4. Calculate your (BMI) Body Mass Index.
We have the forms for you.**
- 5. Find a buddy to do this program with you and make a commitment.**
- 6. Pray daily for everyone (friends and family) to try to adopt a healthy lifestyle.**

**If you have questions contact Linda Dunn
(205) 345 -7261 Ext. 120 or email Linda at
ldunn@fumct.org**