



Exercise Your Faith



Mondays at 2 PM

“For we are all God’s masterpiece...created anew in Christ Jesus so we can do the good things God planned for us long ago.” Ephes. 2:10

Researchers have discovered a ‘wonder drug’ for many of today’s most common medical problems – the drug is called “walking”.

Every Monday at 2PM at Van Meter Methodist Church, we offer a half hour of light aerobic exercise followed by discussions on living and eating healthy.

We use Leslie Sansone’s *Walk Away The Pounds* program. There is no floor work and participants work at their own pace. This activity and the group support can help you lose the extra weight gained over the holidays. It can also help you feel better, have a more positive body image, more energy, vitality, and vigor.

Whenever your schedule permits, join us at the church for this time of faith, fellowship, and wellness.

The class is free, works for all fitness levels, and is easy to follow. Check with your doctor before starting any exercise regimen. If you have questions or need more information, contact Marilyn Herrick, 515-729-4404.