

Kalamazoo to Jerusalem

The Health Ministries Committee invites everyone in the congregation to get healthy by getting moving this spring!

Join us in our 'Walk to Jerusalem!'

We need to collect

3,589 miles to make our
imaginary trek from Kalamazoo to Jerusalem.

What's in this packet?

- * *A personal calendar for you or your family to track your daily exercise.*
- * *'Mileage slips' to complete weekly (by Sunday morning) with name/ miles. Please clip and stuff in the '**mileage box**' in the Gathering Place. Alternatively, you may submit your name and weekly miles by Sunday of each week to the following special email:
fpckazootojerusalem@gmail.com*
- * *A calendar of group and congregational walks . We encourage everyone to find a scheduled walk and enjoy the camaraderie. Each of the congregational walks will have a Health Ministry leader.*
- * *Mileage from Kalamazoo to Jerusalem with stops along the way!*

Each week the Health Ministry Committee will tally the miles from the box and the email site, and mark our progress on a large world map in the Gathering Place.

*What kind of exercise counts? **EVERYTHING!** Swimming, biking, running, walking, strolling, tai chi, yoga, walking the dog,
*** **20 minutes of any exercise = one mile!!******

Questions? Contact Pat Farris (patfarris@gmail.com) (ph. 350-5307)
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