



RESOURCES FOR A HEALTHY LIFESTYLE



Click on the titles to try out these fitness videos to assist you in living a healthy life

B.O.D.Y. BY CHRIST MINISTRY MEETING (LOCAL)

B.O.D.Y By Christ is every Wednesday from 7pm–9pm via Zoom. B.O.D.Y stands for Believers Overcoming Destructive Yokes. Our goal is to motivate, educate and inspire the kingdom of God to live holy & healthy lives, so we can fully carry out the assignments that God has given us. **This program is lead by James Tate. Learn more about James [HERE](#).**

FREE



STANDING AND CHAIR EXERCISE

The exercises in this 20 minute workout can be done either sitting in a chair or standing.

FREE

LOW IMPACT DANCE WORKOUT

This 30 minute video is an upbeat, moderate intensity, low-impact guided dance workout



FREE

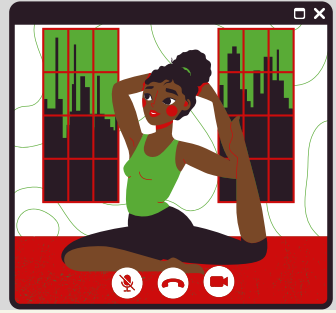
TOTAL BODY SEATED STRENGTH WORKOUT

This 28 minute seated workout focuses on cardiovascular endurance, stability, mobility, and flexibility

FREE

OBE FITNESS PROGRAM

This is a workout program that is \$27/month. Obe offers live and on-demand classes including dance, boxing, yoga, pilates, etc.



MYPLATE HEALTHY EATING STYLES

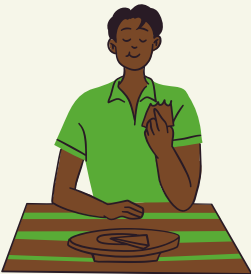
FREE

This quick video shows how small changes to what you eat and drink add up. MyPlate can help you find a healthy eating style that works for you.

FREE

EATING HEALTHY ON A BUDGET

Includes 10 tips about how to eat healthy on a budget.



MYPLATE FOR OLDER ADULTS

FREE

This quick video goes over the Myplate with a focus on older adults