

**First Baptist Church
Recreation Ministry**

WALK TO JERUSALEM



Call the church
office or email
gabrielle@fbcjc.org
to sign up today!!

Let's get fit
in
2011!!!

What? WALK TO JERUSALEM is a 12-week exercise program to promote physical, emotional, and spiritual health in 2011.

How? Count the miles that you walk or run, **OR** utilize the conversion chart on the Activity Log to turn activities into miles. Keep track of your miles (to the nearest 1/4 mile) on the Activity Log and e-mail your totals to Gabrielle Wittenberger (gabrielle@fbcjc.org) each week. Your progress will be charted on the banner on the 3rd floor.

Who? Anyone! We encourage you to create a group of 3-5 people. You do not have to exercise together every time but your contributions will help your team achieve the goal and go the distance! This is a great opportunity to exercise with family and friends.

When? Participants can sign up now by visiting the church office, calling or emailing Gabrielle (gabrielle@fbcjc.org). Once you have signed up you will receive your Activity Log. You can “officially” start keeping track of your miles on **Sunday, January 30** and finish on **Easter Sunday, April 24**.

Where? Anywhere! You can exercise in your neighborhood, at a gym, at home, even while you are out of town!