

Increase your activity by babysitting. Sounds silly, but if you've never kept up with a toddler, you're in for a surprise. They move and they move fast.

Our faith is not seasonal. Taking care of our physical well-being is not seasonal, either. Find things you like to do in every season.



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LABEL READING

Percent Daily Value

- The percentage next to each nutrient value is a guideline for how much of the daily recommended value is offered in the product for that serving size.
- Consumers should be aware that the percentages are based on a 2,000-calorie diet, so be conscious that the percents are an average provided as a guide.
- 5% DV is considered low and 20% DV is considered high.
- Make sure nutrients such as cholesterol and fat are in the low range and nutrients you do want, such as calcium or fiber, are in the high range.

FaithCommunitiesalive!

Table tent text developed by Concordia College as part of a General Mills Champions grant for the Faith, Food and Fitness Program.

“Therefore since we are surrounded by such a large crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily hinders our progress. And let us run with endurance the race that God has set before us.”

Hebrews 12:1

Paul uses the image of running to illustrate the difficulty we will encounter following the path that God has set before us. What is weighing you down? What is holding you back from being the best you can be?

