

FITNESS FUN @ WCA

1 Corinthians 6:19-20

“Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.”



Fall Family Activities

Fall is the perfect time of year to develop good exercise habits as a family. The weather is cooler and the scenery is amazing! It is important to take time from our busy schedules to spend quality time together and be active while doing so. Here are a few fun activities that you can do as a family to enjoy the beautiful change of season God has given us.

- ❖ Take a walk around the neighborhood or park.
- ❖ Go hiking together on the trails at one of our state parks like William B. Umstead State Park in Raleigh.
- ❖ Take a bike ride together on one of the many trails in our area.
- ❖ Go to the farmer's market and walk around and sample the many tasty fall treats.
- ❖ Drive to the mountains and visit an apple orchard and pick fresh apples together.
- ❖ Go to a pumpkin patch and pick out pumpkins for carving. Take a walk through the corn maze while you are there too!
- ❖ Get together with your neighbors or friends from church and have a cookout and play games such as volleyball, kickball, corn hole, etc.
- ❖ Make outdoor chores, like raking leaves, a fun activity for the whole family.

Take the time this fall and enjoy not only the cooler weather, but also your time together as a family. Don't forget, for every thirty minutes of activity your child gets one fitness unit!

Happy Fall Ya'll!

Mrs. Michaellynn Hughes
2014-2015 Fitness Coordinator

