

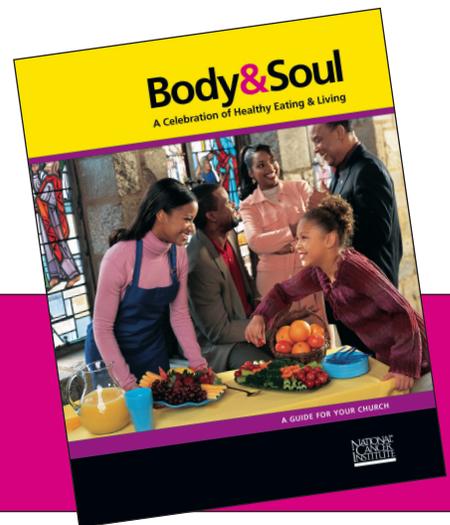
# “Churches across the nation are singing the praises of Body & Soul.”

*Vickie Winans, gospel artist and  
national Body & Soul spokesperson*

“Body & Soul is a program designed for African American churches to embrace and celebrate good health through healthy eating.

As stewards, we have a duty to encourage the people we love to eat a healthy diet that can help reduce the risk of high blood pressure, diabetes, heart disease, stroke and many types of cancer.

Many churches have successfully used Body & Soul to inspire members to nourish their bodies as well as their souls. And what better place to start than in the church, where so many changes begin.”



To request a copy of the Body & Soul program guide for your church, call 1-800-4-CANCER (1-800-422-6237), TTY: 1-800-332-8615. Online orders may be placed at <http://www.cancer.gov/publications>.

To learn more about Body & Soul, visit  
[www.bodyandsoul.nih.gov](http://www.bodyandsoul.nih.gov)

# Body & Soul

A Celebration of Healthy Eating & Living

## What is Body & Soul?

*Body & Soul: A Celebration of Healthy Eating and Living* is a health program developed for African American churches. The program empowers church members to eat a healthy diet rich in fruits and vegetables every day for better health. Churches that embrace Body & Soul help their members take care of their bodies as well as their spirits.

## Why Body & Soul?

African Americans are at high risk for many serious and often fatal diseases. These include high blood pressure, diabetes, heart disease and many types of cancer. A healthy diet rich in fruits and vegetables promotes good health and can help lower the risk for these illnesses. Eating plenty of fruits and vegetables is a smart thing you can do to improve your health.

## How Does Body & Soul Work?

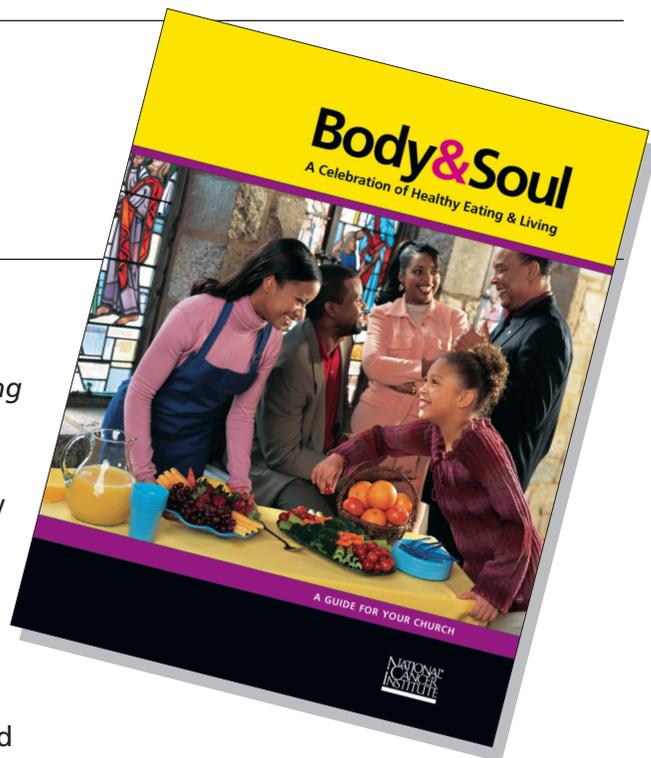
Church members customize and run Body & Soul to fit the needs of their church. All of the information needed to create the program is provided in the program guide. You can draw upon the many talents of your church members to nourish and sustain your congregation as they move toward a healthier "body and soul."

## What Are the Benefits of Body & Soul?

Body & Soul congregations embrace and celebrate good health through healthy eating. Your congregation will:

- Learn how health and spirituality are connected
- Feel empowered to take charge of their health
- Eat more fruits and vegetables every day
- Live healthier in other ways, such as eating less fat and getting more physical activity
- Gain access to vital health information at the church

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