

# HOPE IN FAITH + FAMILY + FITNESS MOTION

**Our Lady of the Presentation February 11 - March 4**  
Supporting Catholic Charities of Kansas City-St. Joseph

Our church community will spend time connecting faith, family, and fitness through healthy choices. Remember in your prayers those who go without the food they need, choose healthy meals for your family, and cultivate a healthy spirit through family fitness and community connections.

## HERE'S HOW IT WORKS:

- Have each family member make a commitment to connect faith, family, and fitness from **February 11 - March 4**
- Log on every day to **[ccharitieshopeinmotion.org](http://ccharitieshopeinmotion.org)** to report your activity
- Encourage donations from friends, family and others at **[ccharitieshopeinmotion.org](http://ccharitieshopeinmotion.org)**

## EVERY DAY, COMMIT TO FAITH, FAMILY AND FITNESS BY:

- Eating five servings of fruits and vegetables
- Exercising or playing for at least 30 minutes a day
- Making a family connection:
  - Eating dinner as a family
  - Sharing something about your day with a family member
  - Doing a family activity
- Saying a gratitude prayer

Remember those who do not have supportive families, access to nutritious food, or struggle with their health. Consider a donation to Catholic Charities to help meet their needs and give hope to those who hunger.

Log activities and donate at  
**[ccharitieshopeinmotion.org](http://ccharitieshopeinmotion.org)**

