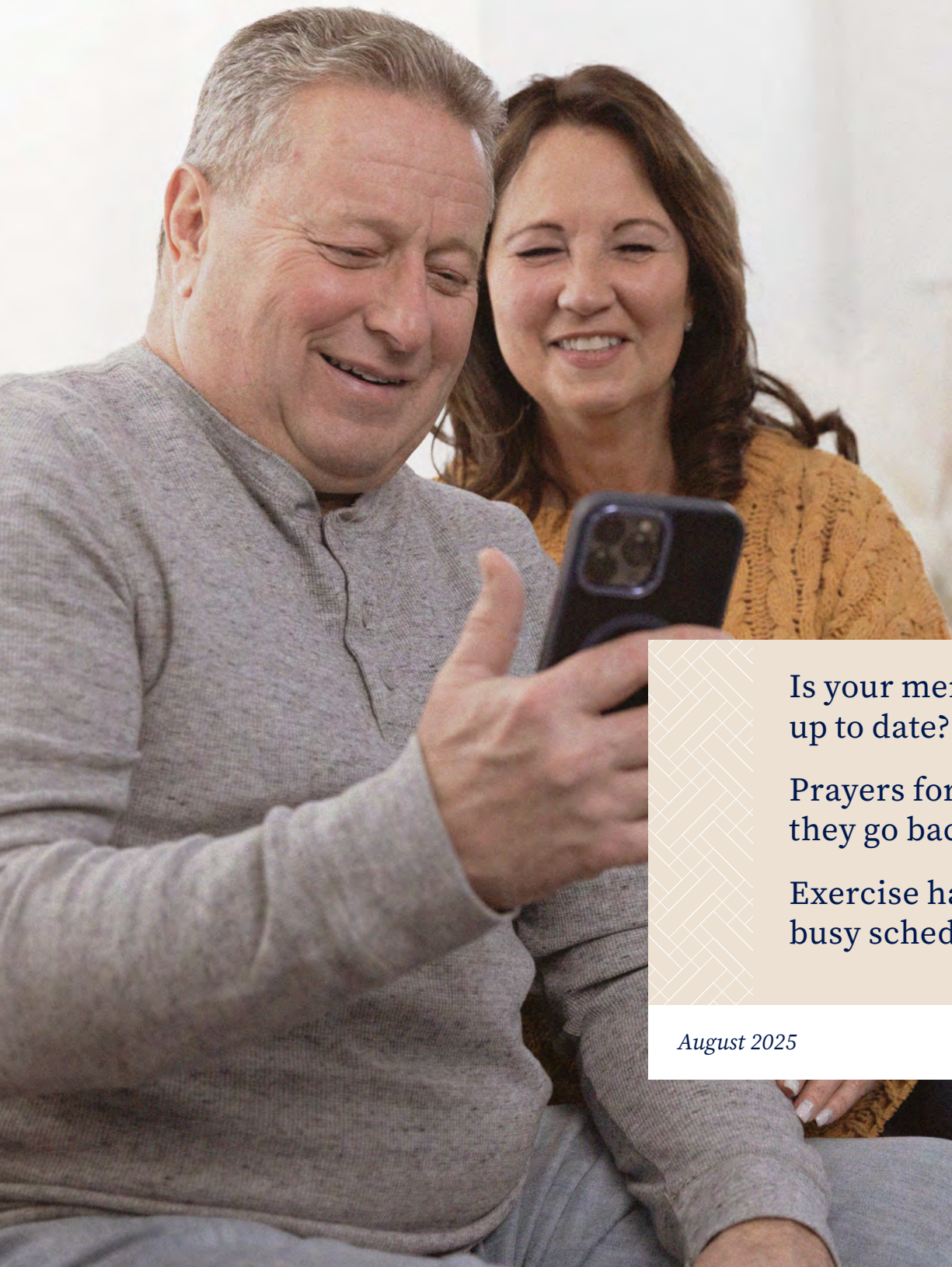


Heartfelt

MAGAZINE



Is your membership
up to date?

Prayers for your child as
they go back to school

Exercise habits for
busy schedules

August 2025

CHMinistries.org

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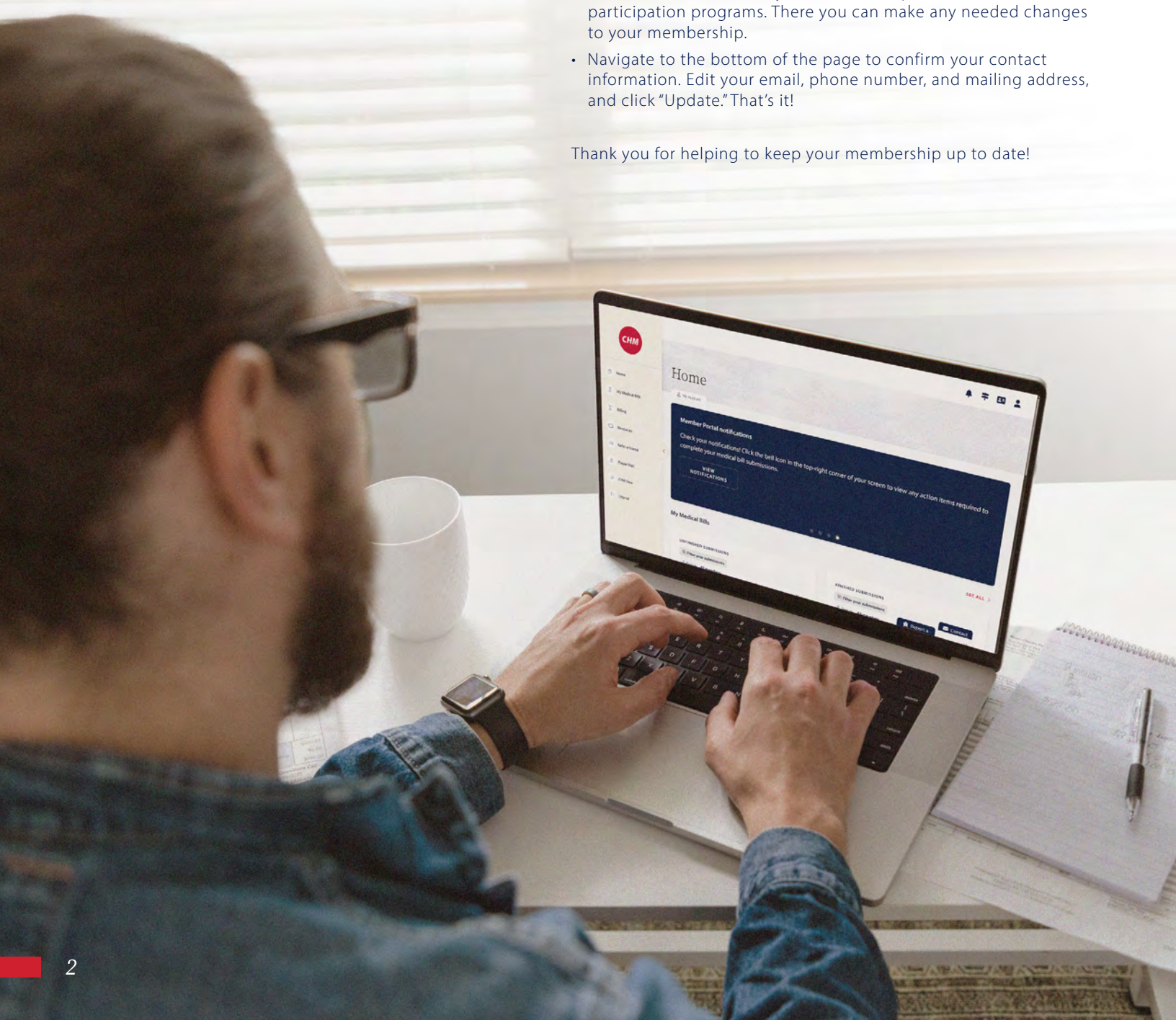
Is your CHM membership up to date?

Have you moved recently? Do you have a new phone number or email? Even if you haven't had a recent change, it's still a good idea to make sure your contact information is current so you don't miss important membership information or updates. Plus, you can get credits for any new members you refer to CHM when your friend uses the phone number we have on file for you.

Verifying your contact information—or making changes to it—is easy through your Member Portal and the new CHM app.

- Log onto your Member Portal. In the upper right corner, go to the "My Account" icon.
- Confirm who's active on your membership, their birthdates, and participation programs. There you can make any needed changes to your membership.
- Navigate to the bottom of the page to confirm your contact information. Edit your email, phone number, and mailing address, and click "Update." That's it!

Thank you for helping to keep your membership up to date!



Back to school prayers for your child

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." [Philippians 4:6-7, ESV]

It's the time of year when kids return to school. For any parent, it's natural to worry about your child's wellbeing. Childhood is a pivotal time for learning, growing, and establishing important socialization skills—and much of this is accomplished through their schooling.

When your child goes back to school, remember that we have an all-powerful God who loves and cares for our children far beyond what we can even imagine. It's important to connect with God and bring our praises, worries, and requests to Him—to provide us with much-needed peace and equip our children with what they need to prosper.

Here's a prayer to pray over your children for the upcoming school year:

God, I'm so grateful to you for the gift of my child(ren). It's such a joy to be their parent, and it's a blessing to see them flourish into who You've created them to be. Please protect them as they face inevitable hardships, that they would lean on You when they encounter stress and anxiety. I pray that they would keep Your word in their heart and that it would serve as a shield from anything that would do them harm.

Please reveal to them ways that they can love and uplift their fellow students; help them be the voice of Jesus to their peers. And if they see others behaving in an unloving way, I pray that they will stand up for truth, that they would not give into peer pressure, and that they would display the love of Christ in each moment.



Staying healthy and active in a busy season: A faithful approach to fitness

DR. MICHAEL JACOBSON

As summer winds down and the rhythms of school, work, and extracurricular activities ramp up, many of us find our schedules stretched thin. The sun rises later, sets earlier, and our free moments seem to shrink with the daylight. Yet, amid the hustle, Scripture reminds us that “your body is a temple of the Holy Spirit” (1 Corinthians 6:19), and we are stewards of the health God has entrusted to us—not just spiritually, but physically as well.

So how can we stay healthy and active when time is short and energy is low?



Why movement matters

The science is clear: regular physical activity is one of the most important things you can do for your health. The Centers for Disease Control and Prevention (CDC) recommends at least 150 minutes of moderate-intensity exercise per week—ideally spread out over most days of the week. That’s just 30 minutes a day, five times a week. Exercise improves heart health, boosts mood, reduces the risk of chronic disease, strengthens bones and muscles, and helps regulate weight. For busy parents, students, and professionals alike, it also boosts energy and focus—making you **more** productive, not less.

But what if 30 uninterrupted minutes feels impossible?

The power of “bite-size” exercise

Good news: research increasingly supports the benefits of breaking your daily movement into shorter sessions. Studies show that three 10-minute periods of moderate exercise (like brisk walking, stair climbing, or bodyweight strength work) can offer similar cardiovascular and metabolic benefits as one 30-minute session. Consistency and intentionality matter most.

Here are a few easy ways to fit meaningful movement into your daily life:

Morning warm-up: Start your day with five to 10 minutes of stretching, jumping jacks, or a quick walk around the block. It wakes up your body and mind.

Active breaks at work or school: Stand up once an hour. Do a few squats, wall push-ups, or pace during phone calls. Even a 10-minute walk on your lunch break adds up.

Family fitness: Instead of sitting on the couch after dinner, take a family walk, or if you have kids (or, like me, grandkids), run around with a game of tag.

Weekend reset: Use part of Saturday or Sunday for a longer activity—bike rides, hikes, or a visit to a local park. Our family has a new favorite, enjoyed by young and old alike: pickleball!

These micro-movements benefit your body and refresh your spirit. Moving your body can be a form of prayerful reflection or an opportunity to listen to Scripture, a worship playlist, or a devotional podcast. Most of my book ‘reading’ is accomplished during outdoor runs.

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(My office requires one week for responses. This service isn't intended for acute problems or to replace the advice of your physician.)



HEALTH
WATCH



A balanced view of health

As followers of Christ, our motivation for health should be different from the world's. We don't exercise to impress others or earn self-worth, but to honor God with our bodies, increase our capacity to serve others, and live joyfully in the calling He's given us. A healthy body helps fuel a healthy heart, mind, and spirit.

Health isn't only physical movement. Adequate sleep, proper hydration, and nourishing food are vital, especially when life gets busy. Making small, consistent choices—like drinking water instead of soda, packing a fruit and protein-rich snack, or turning off screens 30 minutes before bed—can also go a long way towards staying healthy.

Stewardship, not perfection

Perfection isn't the goal—faithfulness is. There will be days when plans change, workouts get skipped, or the to-do list wins. That's okay. Give yourself a break. Just don't let those moments derail your efforts entirely. Progress over time, anchored in purpose, is what leads to lasting health.

We're reminded in Galatians 6:6, that we "reap what we sow," and verse nine tells us to "not grow weary in doing good, for at the proper time we will reap a harvest if we do not give up." Staying healthy amid a busy life is doing good. It's part of loving God with all your strength (Mark 12:30) and being ready for the work He's prepared for you.

So this season, remember: you don't need a gym membership or a free hour to stay active. You need a willing heart, a pinch of creativity, and a faithful perspective.

Let's move forward—one step, one stretch, one flight of stairs at a time.

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