

DISCIPLESHIP COLLECTIVE '26

*Physical
Wellness*



Shepherd of Physical Wellness

Dan Nelson

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MOVEMENT

Welcome:

Welcome to the Discipleship Collective '26

The Discipleship Collective is a shared invitation from Hope Covenant Church to intentionally grow as whole people—formed in heart, soul, mind, and strength. Each pathway offers a focused season of discipleship, inviting you to slow down, lean in, and engage practices that shape us more fully into the life God desires for us.

While each pathway explores a unique area of growth, they all share the same purpose: to create space for transformation through intentional rhythms, meaningful reflection, and a supportive community. Whether this is your first step or your next step, we're glad you're here.

We pray this season draws you closer to God, deepens your faith, and equips you to live out your calling with clarity and joy.

Pastor of Formation:

Jimmy Gotta

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I (Dan) have broken down movement into 4 categories: Balance, Mobility, Strength, and Cardio. I recommend, EVERYONE go through the materials on pages 1-2, then choose one of the four avenues to start with. All four are important, but as individuals, you may want to focus on 1 to improve upon. The resources given are just starting points. I encourage you to dig deeper and find a group or routine that works for you!

Good to know for all:

- 20% of adults get the minimum amount of movement defined as moderate aerobic activity each week (150 mins), and more benefits are found with 300 mins a week.
- Dan Nelson is open to all questions, but if I don't know the answer, Hope Covenant does have an expert in physical movement: Jason Neil. Reach out to Me (Dan), and I can connect you!

Action Step:

Start, build slowly, know your why, repeat.

Why Start Slowly:

- Helps with injury prevention
- Helps with burnout
- Helps with muscle soreness
- Helps with time management



[Avoiding
Injury Article](#)

Recommended Reading: How to avoid injury when starting a new exercise routine.

Updated
12/20/25

Why Should We Exercise?

- Builds muscle mass and strength
- Helps fight adjacent
- Reduces risk of many metabolic diseases
- Decreases the chance of strokes and cancers
- Decreases risk of falls
- Reduces depression and anxiety
- Helps with weight management
- Boost energy
- Helps with sleep
- Can create opportunities for friendships
- Increases equity of life, especially in the last 10 years of life.
- And so much more!

Body



CDC: Physical Activity Basics and Your Health: What the CDC says about exercise benefits

I encourage you to peruse the following videos/articles before getting started on an avenue.



Ageing well with exercise: The #1 antidote to aging.
Daniel Lieberman, Morgan Levine & more



Life Lessons From Senior Athletes Who Started Competing Late In Life
Life Lessons
A must-watch for Seniors



Exercise Makes You Smarter



PBS News Spot: How exercise may be the 'most potent medical intervention ever known'



Learning more about longevity and fitness: Who is Peter Arrina Intro
60 mins (13mins)



Dr. Peters Youtube Channel
Informational channel about exercise and longevity.



Mayo Clinic
Frequency/ Added Benefits: How much should I exercise?
Article



Benefits of Winter Exercise Article



The Mental Benefits of Outdoor Exercise: How Nature Amplifies Workout Results Article

Avenue 1

BALANCE

Good Balance can:

- Prevent Falls
- Help improve athletic performance
- Can increase cognitive function
- Can improve posture, which can prevent back, neck, hip, and knee pain.

Activities for balance Could Include:

- Yoga
- Tai Chi
- Slack line
- Biking
- Skating
- Skiing

Resources for Balance

Read this article:

Benefits of Balance



[Benefits of Balance](#)

Workouts:

- SeniorShape Fitness
 - A YouTube Channel for Senior Balance/ and overall Fitness
- [How to Improve Balance - Seniors and Beginners](#)
 - A YouTube Video with simple ways to strengthen muscles to help with balance
 - No equipment needed!
- Balance exercises: How to train lower leg variability | Peter Attia, M.D.
 - Using balance boards and balance trainers to improve balance (More advanced)
- Advanced Balance Videos
 - Gibbon Boards: Single and Double Band boards



[Senior Balance/ Fitness Videos](#)



[How to Improve Balance - Seniors and Beginners](#)



[Balance exercises](#)



[Advanced Balance using a double band Board](#)



[Advanced Balance using a single band Board](#)

Avenue 2

MOBILITY

Mobility exercises, when done properly:

- Gives power and strength through any position
- Increases range of motion
- Increase flexibility
- Increases athletic performance
- Allows seniors to be independent longer

Resources for Mobility:

Videos:

- Why Mobility is Important
- Understanding Fascia – Flexibility, Power & Pain
 - Learning about Fasal and limited mobility
- Improved Health: Low Impact Workouts with a focus on Mobility for Seniors
- Strengthside: Youtube channel about how to improve Mobility, Physical and Mental Transformation

Activities for Mobility could include:

- Yoga
- Tai Chi
- Pilates
- Calisthenics



Why Mobility is Important



Understanding Fascia



Improved Health: Low Impact Workouts



Strenghtside

Resources for Women:

Most exercise-related studies have been on men, so it is important to understand why you are doing certain exercises.

Here are some resources to get you started:

- **Ted Talk:** Women are Not Small Men
- **Video:** 12 Science-Backed Ways Women Should Train



Women are Not Small Men



12 Science-Backed Ways Women Should Train

Updated
12/20/25

- **Ted Talk:** Why Women Need To Get Serious About Strength



Why Women Need To
Get Serious About
Strength

- **A YouTube channel BodyFit by Amy**

- Amy's Videos are for:
 - Building strength workouts by women for women.
 - Have Prenatal workouts
 - Have workouts to heal after pregnancy, even to heal years or decades later!



BodyFit By Amy.

Avenue 3 STRENGTH TRAINING

Strength Training can:

- increase bone density
- Manage your weight
- can increase your metabolism
- Enhance your quality of life.
- Protects joints from injury
- Manage chronic conditions
- Sharpen your thinking skills

Different types of Strength training:

- Powerlifting
- Calisthenics
- CrossFit.
- Kettlebell
- Plyometrics
- Resistance bands
- Free weights
- Fixed Machines



Importance of Strength
training from the Mayo:



Why to do
strength training



Senior Youtube
channel for aging
well



Playlist on Aging
channel for workouts



Advanced
playlist

Local Gym with Group Trainers:

- Peak Physique
 - 1st visit free, so you can experience the energy and atmosphere
 - All levels are welcome and get results
- YMCA

Avenue 4

CARDIO

Cardio Can:

- Increase blood flow
- Decrease the chance of stroke
- Improving memory and thinking ability
- Protects your brain against developing Alzheimer's disease
- Fights osteoporosis
- Manages arthritis discomfort and maintains range of motion
- Speeds peristalsis (keeps your regular)
- Improves blood sugar regulation
- Helps regulate your gut microbiota

Cardio Activities Could Include

- Swimming
- Rowing
- Biking
- Running
- Walking/hiking
- Cross Country skiing



Cleveland Clinic
Benefits of Cardio



Benefits of
Running



Why Should You Run
With A Low Heart Rate?

The following book is available in the Hope library or can be purchased for less than \$15.

- Daniels' Running Formula by Jack Daniel's PhD
- Complete runners' guide for any distance, from a beginner runner who has never run to an advanced athlete.



Daniels' Running
Formula by Jack
Daniel's PhD

TIPS FOR MOVEMENT

Sleep:

With proper sleep

- Body recovers faster
- Energy to perform exercise increases
- Motivation to exercise increases
- Regular exercise improves sleep

Water/ Hydration:

- Improves muscle performance
- Temperature control of the body
- Effects flexibility, endurance, and speed
- Keeps heart rate lower

Limit Screen Time:

- Having too much screen time can cause:
- Infrequent physical activity
- Infrequent strength training
- Being infrequently well-rested
- Having an irregular sleep routine
- Weight concerns
- Depression & Anxiety symptoms

Benefits of Exercising in a Group:

Benefits...

- Accountability
- You work out harder
- You stay with it longer
- You lose more weight/ get stronger

See page 8 for local social workout opportunities!



How Important is
Sleep for Building
Muscle?



Importance of
staying Hydrated



CDC: Screen Use and
Health Outcomes
Among US Teenagers



Effects water has
on muscle
building and
recovery



News article about
working out in groups:

SOCIAL WORKOUT OPPORTUNITIES AROUND ST. CLOUD



[News article about working out in groups:](#)

Social Workout Opportunities Around St. Cloud

- Whitney/ Membership/ Classes/ Sports Groups
- Sartell Community Center; Pickleball
- YMCA/ \$30 Family Child care, Classes
- Peak physique
- YMCA sponsored \$5 5k runs throughout spring and fall
- Rivers Edge Park (By Waite Park pickleball courts)/ Fitness Courts:
- Minnesota Campaign
- [Funding Outdoor Fitness Courts](#) across the state
- Biking club: Revolution Cycle and ski
 - Thursday 5:30 relaxed rides; Tuesdays 5:30 Aggressive rides
- [MYSL](#) for children learning how to ski
- [Hockey](#): Winter/ Summer/ Fall
- Endurance Shop Running Club
 - Fun Run every Wednesday at 6pm
- [Men's Tennis](#) Facebook Group: Men's St. Cloud Tennis League
- St. Cloud's Women's Tennis Facebook Group: St. Cloud Women's Tennis League
 - Tina Hengel – 320.266.1662 – tina.hengel@gmail.com
 - Emily Gerads – 320.333.5410 – muffin_gerads@yahoo.com

Free things around town

- Mountain biking local North Loop (Jail Trails), Sauk Rapids Regional park
- Free ice skating and skate rental at Lake George
- Free skiing at Riverside, North Loop, Quarry Park