

Faith Health Initiative

Meaningful Movement

Mark 16:15 (NIV), “He said to them, ‘**Go** into all the world and preach the gospel to all creation.’” (emphasis mine)

Jesus gave his disciples a charge. He commissioned them to be people of action; *going, doing, sharing, seeking, finding, healing, and helping*. Have you ever considered the physical energy required to do God’s will?

When Isaiah heard the Lord was looking for a volunteer, he jumped at the chance to help, even before he knew the assignment, shouting, “SEND ME.”

Isaiah 6:8 (ESV) “And I heard the voice of the Lord saying, “Whom shall I send, and who will go for us?” Then I said, “Here am I! Send me.”

Would you answer in the same way? Today, our hearts are willing but are our bodies able? With epidemic rates of obesity, diabetes, and high blood pressure, our willingness may be dampened by physical limitations. This doesn’t have to be the case. Beginning a routine that incorporates meaningful movement will strengthen your body, increase your stamina, and even sharpen your mind. In doing so, we will develop our physical bodies making them not *only* willing but also physically able to do the “work” of our Father.

Let us begin 2014 by readying **both** our minds and bodies to be people of action. Then we will be prepared as was Isaiah to shout, “Here am I! Lord send me.” Remember 1 John as you consider your responsibility to action.

1 John 3:18 (NIV) “Dear children, let us not love with words or speech but with actions and in truth.”

Starting Your Exercise Routine

1. Consult your doctor before starting any exercise regimen.
2. Prepare. We are always short on time yet we always make time to chauffer, clean, and work. Physical health IS a priority. Schedule it on the calendar and honor your appointment as you would any other.
3. Start slowly. Do much less than what you’re capable of. Take a 20-minute walk if you’re returning to exercise. It is better to start slowly and avoid injury than to be sidelined and discouraged by sore muscles.
4. Where are your friends? Sparkpeople, web-based health, lists motivation, inspiration, determination, and conversation as four keys to success. Surround yourself with friends who will support this kind of journey.
5. Praise God. Paul compared his Christ-walk with running many times. It may be difficult, but it’s so worth it! Consider this as part of your faith journey and push forward even when you would rather not!

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EXERCISE

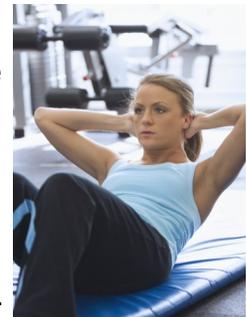
DO'S

- Do choose activities you enjoy; the best activities for you are the ones you'll do.
- Do get an exercise buddy or accountability partner to keep you honest.
- Do start off moderately, with a few minutes of exercise, and slowly increase.
- Do drink lots of water before, during and after your workout.
- Do cool down after exercising to relax your muscles and gradually lower your heart rate.



DON'TS

- Don't begin exercising without warming up first to prepare your body and mind.
- Don't try to race someone or get competitive when you are just starting out – you'll risk injury.
- Don't obsess over weight loss; concentrate on getting fit and using energy, and the weight loss will come in time.
- Don't let yourself get bored – add new activities to your routine.
- Don't forget about good nutrition. Eat a variety of foods every day, color your plate with as many different vegetables and fruits and consider supplements to ensure complete nutrition and attain your optimal health.



Source: Sean Foy, Daniel Plan

EXERCISE IDEAS

- Brisk walking or jogging
- Yard work (mowing, raking, digging)
- Dancing
- Lifting weights
- Shoulder and upper arm stretch
- Calf stretch
- Yoga
- Zumba
- Using a resistance band
- Stretching
- Swimming
- Biking
- Climbing stairs or hills
- Playing tennis
- Playing basketball
- Standing on one foot
- Heel-to-toe walk
- Tai Chi

For questions contact us at lfleetwood@ecommunity.com or llauderdale@ecommunity.com.
Follow us on  Facebook at www.facebook.com/faithhealthinitiative.

Hebrews 12:1 ESV "Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us,"

