

Health & Wellness Ministry Sessions

Date	Health & Wellness Lesson	Health & Wellness Activity
Thursday, January 4, 2024	Welcome to the New Year! Announcements VHB, Ministry Fair, new partner	Walking with a Purpose - V. Rankin
Thursday, January 11, 2024	Goal Setting for the New Year - M. Spivey	Circuit Session - M. Spivey
Thursday, January 18, 2024	Healthy Ingredient Trades - V. Rankin	
Thursday, January 25, 2024	The Science of Sleep - M. Spivey	
Thursday, February 1, 2024	The Art of Meal Prepping - M. Spivey	
Thursday, February 8, 2024		Circuit Session - L. Quick
Thursday, February 15, 2024		
Thursday, February 22, 2024		
Thursday, February 29, 2024		
Thursday, March 7, 2024		
Thursday, March 14, 2024		Circuit Session - M. Spivey
Thursday, March 21, 2024		
Thursday, March 28, 2024		

Cfg 2024 Health & Wellness Ministry - Goal Setting

Mission - *To restore the temple of God using holistic methods that focus on the mind, body, and soul as we commit to strive and thrive in the work of the LORD.*

Physical Goal(s)	Resources Needed	Necessary Steps

Spiritual Goal(s)	Resources Needed	Necessary Steps

Mental/Social/Emotional Goal(s)	Resources Needed	Necessary Steps

Go through each rotation and then rest for two minute break between rotations. Partner up and watch your form.

Warm-Up (5-7 minutes) Purpose: *Body Temperature rises *Muscles start to get conditioned *Increase heart rate *Improve joint mobility	(10) F/B Arm circles Shoulder rolls	Leg Swings - hold a chair F/B L/R Side Leg Swings - hold a chair- L/R High Knees - weights at the side Hip Circles (Leg parallel to the floor) Ankle rotations Knee hugs March in place, swing arms	Engage core Breathe Deeply Keep Head up Back Straight
Rotation #1 Jumping Jacks total (3 sets of 15) or do 100 Punch - no jumping Lift - no jumping Raise in the air, foot back - no jump Same time - speed - raise	Equipment Dumbbell	Keys to Success	Modifications Walking Jacks Use dumbbells - alternate no jumping
Rotation #2 Butt Kicks (4 sets of 20) Slow step Medium pace	Equipment Hand weights	Keys to Success Bend knee up Heel towards butt Breathe	Modifications Add arm movement Add handweights
Rotation #3 Mountain Climbers (6 sets of 10)	Equipment Exercise mat	Keys to Success Look down Back straight Bring knees up towards the chest Legs go forward not down Squeeze glutes - tuck pelvis Plank position & march	Modifications On the wall - lift knees High Chair Mountain climber

Rotation #4 Body squats (4 sets of 15)	Equipment Resistance band Dumbbells	Keys to Success Knees behind feet Back straight	Modifications Low- use a chair to guide High - arms out with dumbbells in hands
Rotation #5 Resistance band activities Pull apart (15 times) <ul style="list-style-type: none"> • Feet shoulder width apart • Hold at chest level • Pull apart by stretching out until the farthest position • Hold. Slowly return to starting position Lateral Raise (15 times) <ul style="list-style-type: none"> • Knees slightly bent • Right foot forward and flat • Resistance band under right foot • Hold the end at your side • Raise arms outward until parallel to floor • Slowly return - repeat Bicep Curls (15 times) <ul style="list-style-type: none"> • Bend elbows to lift the ends of the band up to the shoulder. • Keep elbows close to the ribs. Overhead Pull Apart (15 times)	Equipment Resistance band	Keys to Success Stretch and hold. Don't rush the stretch.	Modifications

<ul style="list-style-type: none"> • Feet shoulder width apart • Resistance band above me • Pull band apart as its brought down behind your back • Stretch it across your shoulders with hands fully extended. • Hold slowly before repeating. 			
Rotation #6 Ab work (1 min. each) <ul style="list-style-type: none"> • Glute Bridge • Planks • 6 inches • Bicycle 	Equipment	Keys to Success	Modifications
Rotation #7 Walking Knee Hugs (30 sec) Knee Hugs on the Mat (10 sec)L/R/B Leg Cradles Single Leg Hamstring (30 sec) <ul style="list-style-type: none"> • Bend at the waist • Lift leg behind an use opposite arm to touch the ground • Vertical alignment • Don't drop hips 	Equipment	Keys to Success Back Straight Head up Use both hands Don't rush Breathe Pull to the chest Form an L with	Modifications

Stretch it out. Control breathing