

## **POSITIVE EXERCISE**

If you are already on an exercise program that you practice at least 6 days a week for a minimum of 30 minutes per day, Congratulations!

You may already be doing something; swimming, biking, running, walking, lifting etc. If so, increase your times to 30 minutes the days you exercise and add 30 minutes of walking on the days you don't already exercise.

If you are presently not exercising on a daily basis—start walking today! If you are winded before 30 minutes—walk as much as you can—until you can make the full time. Stick to 30 minutes a day—6 days a week for the entire 10-week period. This is a critical element in your fitness plan.

### **SOME TIPS**

- Make an appointment to walk each day of the entire twelve weeks and then keep it.
- Walk with a friend or family member as often as possible.
- Take a dog.
- Wear appropriate shoes and or clothing—no great expense—just comfortable to walk in. Stick with it.
- Vary your route—when with someone try a new area.
- Keep notes on each walk—the weather, the distance, how you felt, who you walked with, etc.

## **POSITIVE PRAYER LIFE**

**PRAY:** First thing each morning—Thank Him for another day to work towards your goal. Ask for help in keeping each part of the plan.

**PRAY:** When tempted to eat something not part of our fitness plan. Ask for strength to work the plan. He will supply.

**PRAY:** For the others in our group. Pray they're encouraged when feeling down and out, or overly confident. Pray for God's protection over them.

**PRAY:** As you lay down each night. Thank Him for the positive changes taking place in your body, mind, heart and spirit. Pray that He prepares you physically and spiritually for the day to come.

**JOURNAL:** Keep a daily journal of your prayer time. Just a few notes as God moves in your heart, mind and spirit. Take note of the milestones.

***“Wake up with Determination. Go to bed with Satisfaction.”***

***Prayer is our most powerful weapon. Don't neglect to use it.***

***Together, With God's Help, We Can Do This!***

# Fit For Today

week one

*I will praise God's name in song and glorify him with thanksgiving.*

Psalm 69:30

**Sunday - Church? Pick a Day of Rest and give your body a break. Mine is Monday.**

**Monday:** *Record your actions and daily weight. Circle a happy, lost or sad face. Did you ask for help?*

What I ate: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

How I exercised: am \_\_\_\_\_ pm \_\_\_\_\_

Today's Weight: \_\_\_\_\_ My Goal Weight: \_\_\_\_\_ :-) :-/ :-( Help? \_\_\_\_\_

**Tuesday:**

What I ate: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

How I exercised: am \_\_\_\_\_ pm \_\_\_\_\_

Today's Weight: \_\_\_\_\_ My Goal Weight: \_\_\_\_\_ :-) :-/ :-( Help? \_\_\_\_\_

**Wednesday:**

What I ate: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

How I exercised: am \_\_\_\_\_ pm \_\_\_\_\_

Today's Weight: \_\_\_\_\_ My Goal Weight: \_\_\_\_\_ :-) :-/ :-( Help? \_\_\_\_\_

**Thursday:**

What I ate: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

How I exercised: am \_\_\_\_\_ pm \_\_\_\_\_

Today's Weight: \_\_\_\_\_ My Goal Weight: \_\_\_\_\_ :-) :-/ :-( Help? \_\_\_\_\_

**Friday:**

What I ate: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

How I exercised: am \_\_\_\_\_ pm \_\_\_\_\_

Today's Weight: \_\_\_\_\_ My Goal Weight: \_\_\_\_\_ :-) :-/ :-( Help? \_\_\_\_\_

**Saturday:**

What I ate: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

How I exercised: am \_\_\_\_\_ pm \_\_\_\_\_

Today's Weight: \_\_\_\_\_ My Goal Weight: \_\_\_\_\_ :-) :-/ :-( Help? \_\_\_\_\_

**Giving Thanks...** we've all known someone confined to a wheelchair and without the full use of their body. Many of us have lived through injury or illness that's required us to stay down and rest. While our health is good and our bodies able - it's a great time to give thanks by treating them with the respect and worth we imagined while we were healing. To consider those who only imagine our possibilities. Give Thanks! Go. Do. Be.