

Additional Walking Activities

Walk one lap on the outside lane and the next lap on the inside lane.

Walk when the sun is rising or setting and include a prayer.

Walk for a year and donate 50 cents per mile to some work of God.

Walk extra if your diet increases in calorie or fat content.

Walk as if you were walking toward Jesus. How would it feel?

List the reasons you are motivated to serve God. Apply the same reasons to exercising.

Which types of gifts mean the most to you?

Which gifts of service do you give, or have you given?

What does it mean to give until it hurts?

When you walk give all of your worries to God.

Encourage your family to give their bodies to God.

Sing and be happy when you walk.

List reasons why you should not fail.

In the beginning walk distances and rates at which you know you will not fail.

Go walking in the rain. (not lightning)

Think of reasons for serving God while you walk.

Consider something in your life in which you have exhibited the greatest amount of steadfastness. List the reasons why you have been able to be steadfastness. Apply these reasons to your fitness program.

Have verbal mini contracts with yourself to help you succeed.

If you have access to a treadmill, walk on it.

Walk four miles per day for four straight days.

Learn the difference between discomfort and pain.

Be wise in when and where you choose to exercise.