

## Chapter Introductions

### INTEREST

Before a person engages in any activity there has to be some degree of interest. Why do I want to do this? What benefits do I wish to gain? Am I ready to commit to it? How is the best way to get started?

Why  
Priorities  
Ready  
Planning

### BELIEF

After interest has been established, there needs to be a genuine belief that success is possible. A high degree of commitment increases the chance of success. Knowledge of potential pitfalls is necessary for the journey. An understanding of and a belief in God's view will encourage success.

Commitment  
Steadfast  
Excuses  
God's View

### PAPERWORK

Attempting a new goal in life requires proper preparation. Planning and motivation are essential. Writing down goals and plans has proven to be a positive way to help people stay on task. How can one know where he or she is going unless the plans are stated up front? How will one know he or she has reached a goal, if it is not stated somewhere?

Goals  
Prescription  
Contract  
Motivation

### BASICS

Every new adventure will require a participant to begin at a lower level and work toward something greater. There are basic concepts that are crucial to success. Proper knowledge aids a person in reaching desired goals.

When-Where-How

EBZ  
Warming-Up  
Cooling-Down

## **FREQUENCY**

The more a person participates in an activity, whether physical or spiritual, there is an increase in potential success. Everyone is different in needs, talents, and gifts. Each person has to determine what works best for himself or herself. However, there are minimum amounts recommended.

Ten Minutes  
Once A Week  
Flexibility  
Relaxation

## **INTENSITY**

How hard or long should a person work to achieve his or her goals? Not everyone can work at the same level and achieve his or her goals. What is acceptable for one may not be acceptable for another? Different goals call for different plans of action. Knowing one's goals and abilities will help to ensure success.

Levels  
Slow  
Medium  
Fast

## **DANGERS**

To try something new means there are risks for injury and/or failure. Wisdom and planning will reduce the chances of failing. God expects people to use wisdom. Common sense tells people to be careful, and people must know the dangers of the journey to be safe.

Risks  
Injuries  
Safety  
Failure

## **PHYSICALLY**

There are specific concepts that relate to a person's physical health. These areas of concern should be address, and they also are related to spiritual health. God does not expect a separation of physical and spiritual components of life. Although spiritual activities are more important for salvation, to say the physical components have no value is dangerous for one's health.

Energy  
Heart  
Strength  
Fitness

## **EQUILIBRIUM**

God calls for balanced lives. There is a time to totally commit to something and there is a time to pull back. Each person must find that equilibrium for his or her life. Some things can be acceptable for one person and be less acceptable for another. An understanding of persistence in achieving goals is very important to success.

'Use it or lose it'  
Balance  
Weight-Loss  
No Pain - No Gain'

## **PRINCIPLES**

Experts in the field of fitness have established principles of physical fitness. These principles also relate very well to spiritual fitness. Knowledge of these principles will help one understand how progress occurs and what is necessary to reach set goals.

Aerobic vs. Anaerobic  
Specificity  
Progression  
Overload

## **SOCIALLY**

God made people to be social beings. He expects people to react with others as they demonstrate a belief in Him. How does the appearance of one's physical body relate to this service? How can being fit and having positive wellness help a person serve God better? When does physical concerns hinder one's spiritual service to God? God expects people to have social lives that are in tune with His teachings in the Bible.

Relationships

Physical Beauty  
Competition  
Happiness

## **MIND**

Mental health is important to total wellness. Having a positive self-concept can help people accomplish many things. God expects His children to think highly of themselves. Knowing God's love can reduce negative thoughts and encourage a person to continue to work toward established goals.

Mental Health  
Self-concept  
Stress  
Behavior

## **RESULTS**

When people look at the full picture what do they see? They should see a lifetime of service (gifts) to God. Both men and women have special ways to fulfill their walks with and for God. The one true goal for all children of God is to be in Heaven when this life is over. Everyone will not get there by the same physical path, not by an identical spiritual path. The commonality is that all children of God will go through the blood of Jesus to reach their common goal. Gender is also a factor as men and women will take different paths. This understanding should help all people see how God works, and each person can see how he or she can live a life that becomes a 'gift' to God.

Longevity  
Masculinity  
Femininity  
Serving