

PHYSICAL ACTIVITIES

Chapter 1 - Interest

Why

1. Start with a medical examination, especially if you are a 40 year old male or older or a 45 year old female or older. When all concerns look good, "Start walking." Commit to a walking program for a minimum of six weeks. The distance or speed of your walking will be less in the beginning and may increase a little each week. Six weeks will give you an opportunity to work through scheduling and minor problems that cause some to drop out early. You might want to write down one goal for each week.
2. Have alternate walking sites for bad weather: mall, treadmill, gyms, long hallways, etc.
3. Select your distance to walk. Tell yourself, "I will walk a distance of _____ (blocks, laps, miles, etc.) for a minimum of four days in a row for each of the next six weeks." Try to start with a distance you know you can achieve and that will take about 30 minutes for each session.
4. Take a small camera with you to document your journey to fitness. The pictures will come in handy for a scrapbook to show your success.

Priorities

1. Pick out two or three reasons you feel fitness has value. Write them down and place them where you can see them every day. Remind yourself of these reasons before you walk each day and as you finish.
2. List your top five priorities for your exercise and wellness program. List three gifts for yourself as rewards for completing your program of walking.

Priorities

- a.
 - b.
 - c.
 - d.
 - e.
3. List rewards for yourself, such as purchasing new clothing.
 - a.
 - b.

c.

4. Use variety in where you walk. This can reduce the possibility of boredom as you expose yourself to different scenery.
5. Why are one person's priorities different than another person's?

Ready

1. List reasons why you want to exercise. How many of them are to satisfy someone else?
2. If you have exercised before, list reasons or excuses that kept you from being consistent. Decide never to use them again, and throw the list in the trash.
3. List at least three reasons why you feel you know you are ready to begin an exercise program. If you cannot list any, why not?

Planning

1. Write out three general fitness and wellness plans/goals for the year. Post them where you can see them and tell at least one family member and one non-family member about them. This will enhance your chances of success by accountability.
2. Find pictures and construct a goal poster or collage.
3. Keep pictures and materials for a scrapbook later.
4. Keep a log to indicate your progress.
5. Plan a special exercise session that you will engage in three months from this date. Anticipate the activity and be excited about reaching it.
6. Plan a fund-raiser for an activity going on at church or walk for the youth program or mission effort of the church.
7. Modern technology has provided new equipment to evaluate exercise efforts. You might enjoy getting a pedometer that counts your steps and distance. See how long it takes to walk across America. Other devices measure heartrate and estimate calories burned.

Chapter 2 - Belief

Commitment

1. Heartrate levels can be used to evaluate degrees of fitness. Learn to count your heartrate at the carotid artery (neck). Walk a mile and a half

and check your heartrate (a) after 10 minutes of walking, (b) at the conclusion of your walk, (c) and again five minutes after you have stopped walking. It should have dropped significantly at the five-minute check. This is assuming you challenged your heart sufficiently.

2. Write down one goal each for your:
 - (a) physical health
 - (b) mental health
 - (c) emotional health
 - (d) social health
 - (e) spiritual health

These goals should be something you can commit to accomplish within the next four months.

- a. ex.-lose weight
- b. ex.-don't overreact
- c. ex.-control anger
- d. ex.-make more visits
- e. ex.-more Bible reading

Steadfast

1. You are completing the sixth week in your program. Give yourself a report card. Evaluate your effort, progress, drive to succeed, commitment, and feelings. What do your grades look like?
2. If you have areas where your grades are not an 'A', what do you plan to do to bring them up? You might want to use the same strategy you would use to help your child, or a friend, improve his or her grades.
3. List three reasons to be steadfast with your walking program.

Excuses

1. List any reasons or excuses as to why you were not engaged in a fitness program before now or why you dropped out.
 - a. reasons-
 - b. excuses-
2. Ask others to walk with you, especially those you feel are pressuring you to exercise.
3. List at least three ways to motivate yourself to keep up your exercise program.
4. Commit yourself to a second six-week term.

God's View

1. As you walk, think about how you might encourage your closest friends in some way. Select one friend at a time and devise a plan of how you will encourage him or her physically, spiritually, emotionally, and socially. Be sure to follow through.
2. Why does God want us to be physically safe?
3. Why does God want us to be sexually pure in all ways?
4. Why does God want us to have a cheerful heart?
5. Why does God want us to be healthy?
6. God allows us to choose our activities, whether healthful or unhealthful. Why does He allow this?

Chapter 3 - Paperwork

Goals

1. It is approximately 65 miles from Nazareth to Jerusalem. Keep a daily log of your walks and see how long it takes for you to walk that distance.
2. State one goal for improving flexibility for yourself and get started.
3. State a goal for improving muscular strength for yourself and get started.
4. State a goal for improving muscular endurance for yourself and get started.
5. State a goal for improving body composition for yourself and get started.
6. State a goal for improving CV fitness for yourself and get started.
7. Knowledge and skills of how to deal with injuries are good to have. They can be acquired by:
 - a. Learn how to treat a sprained ankle or deal with muscle soreness.
 - b. Take a CPR/First Aid course to learn more about caring for injuries.
 - c. Check with the American Red Cross or your local college or university for classes.

Prescription

1. Walk at different times of the day to see which you enjoy the most.
2. Make a habit of walking everywhere you can.

3. The ten questions posed here are important for writing your prescription. If you do not know the answers, try to find out.

Contract

1. Walk one additional day this week.
2. Achieve 80 percent of your estimated maximum heartrate this week for at least thirty continuous minutes. Refer back to page 31 for calculations.
3. Fill out the contract on page 49 or develop one of your own. Consider your signature binding

Motivation

1. What motivates you to exercise?
2. What hinders you from maintaining motivation to exercise? Why?
3. Generally speaking, is it easy or difficult for you to motivate yourself to exercise? Why?
4. Motivation is important for developing a successful fitness plan. Why?

Chapter 4 - Basics

When-Where-How

1. Walk near or around a lake or other body of water and think about the teachings of Jesus when He was near water.
2. Check your heartrate after exercising and see how long it takes for it to drop to the 50 percent level of your estimated maximum heartrate. You must first calculate 50 percent of your estimated maximum heartrate. Refer back to page 40.

EBZ

1. Find a place to walk where people can see you exercising. They will see your commitment, and notice when you are not there and perhaps ask about you. In your daily prayers ask God to help you maintain all your commitments.
2. List ways that your commitment to your exercise program will help you to continue your efforts to exercise. Keep these in your mind as you walk.
3. Calculate your own EBZ range. (page 40)
Low end is _____
High end is _____

Warming-Up

1. Find some walking activity and commit yourself to participation.
 - a. community fun walk
 - b. a competition, walk for charity
 - c. walk a certain distance
 - d. etc.Don't let the risk of failure keep you from trying.
2. Select two risks that might cause you to drop out of your exercise program. Explain to yourself how you plan to avoid each one.
3. Why do most people dislike extended warm-up time?

Cooling-Down

1. Have someone video your walking style and evaluate it. Walk at different speeds and notice the change in your movements.
2. Walk in at least two different locations this week and make comparisons.
3. Time your cool-down period to make sure it is of sufficient length.
4. Many people do not like cool-down periods that are several minutes in length? Why?

Chapter 5 - Frequency

Ten Minutes

1. Walk at least 3 miles on one day this week. As you walk, remind yourself of how God has been faithful to you.
2. List three things that could cause you to fail with your exercise program. How can you reduce or eliminate each potential failure?
3. Why are ten minutes of exercise not as valuable as a 40-minute session?

Once A Week

1. Walk in a park. Walk one extra minute for every 'excuse to not exercise' that tries to enter your mind while walking.
2. Think of reasons for serving God while you walk.
3. Write down the difference between an excuse and a valid reason not to exercise.

4. List three excuses you have used in the past not to exercise. How did you deal with them? If changes are needed, what are they?

Flexibility

1. Walk around an athletic track, check your heart rate after every two laps, and write down the numbers. When you are finished evaluate the level of your workout by calculating where you were in your EBZ (page 60).
2. Measure your flexibility. Sit on the floor, legs straight out together, and bend forward. Determine how far can you reach. Work each day on increasing your distance.
3. Methods of learning proper stretching techniques are:
 - a. Consult fitness expert
 - b. Purchase a book on stretching
 - c. Purchase a stretching video

Relaxation

1. Walk at different speeds and distances:
Walk one mile at a fast pace on one day.
On the following day walk two miles at a slower pace.
Which do you feel was the most beneficial? Why?
2. Compare a short stride workout on one day to a long stride workout on a separate day. Which one seems to be of the most benefit?
3. Listen to a relaxation tape and follow its instructions. What are your reactions?

Chapter 6 - Intensity

Levels

1. After proper warm-up, walk a half-mile at a fast pace followed by a half-mile at a medium pace followed by a half-mile at a slow pace. Check your heartrate at the end of each half-mile.
2. For the second day reverse the order and repeat the workout. Which intensity produced a heartrate that was within your calculated range?
3. Write down what you feel constitutes a slow, medium, and fast paced walking program for you.
4. Write down when you think you might be ready to move up to the next level.

Slow

1. Increase your exercise program in some manner of your choice. Use your new plan for one week and determine if the results were good.
2. Start a walking club at work, school, or in your neighborhood.
3. Compare where you are today in your walking program to where you were when you started walking. What changes do you see?
4. List one or two ideas of how your wellness program might advance. If you decide it is okay where it is, what has given you that indication?

Medium

1. While exercising, try to maintain a heartrate that represents 75 percent of your estimated maximum heartrate (page 40).
2. Determine how to increase your walking in some way to challenge your cardiovascular system at a slightly higher level than you have been achieving.
3. How would you rate your current level of intensity? Why?
4. Why is it important for you to know the difference between pain and a feeling of discomfort?

Fast

1. Perform as many pushups as you can in one setting without stopping. Those with limited upper arm and shoulder strength should use the modified method of having knees in contact with the floor instead of the feet. Record the number completed, and try to achieve this number at least three more times this week. Next week try to complete at least two more than your original total. Add two pushups per week for the next five weeks. Which specific muscles are you using? Sore muscles will be a clue as to which muscles are involved.
2. Select something specific about your wellness program, and determine how you can work to change it for the good. Make the change, and stay with it for at least six weeks; then evaluate the results.
3. Should everyone eventually reach a fast level? Why or why not?

Chapter 7 - Dangers

Risks

1. Tell at least two of your friends how you got to the point of being "ready" to pursue a fitness and wellness program. The reasons you started your walking program should be reasons to continue.
2. Encourage someone you care about to begin a fitness and wellness program. Be willing to help him or her evaluate his or her program. Perhaps you can work with this special person.
3. If you walk on some type of circular concourse, change directions every so often to avoid over-using muscles on the same side of your body.
4. Which risks have you had to overcome in your walking program?

Injuries

1. Think of reasons for serving God as you walk?
2. Which types of injuries are you most likely to get from exercising?
3. How would you avoid the ten injuries listed here?
4. How can you tell the difference between a possible injury and just experiencing discomfort?
5. Have you had any injuries thus far? If so, why did they occur?
6. What have you done to avoid injuries during your exercise program?
7. Take a first aid course to learn how to treat injuries for yourself or to help others.

Safety

1. Walk on an established nature trail. Walk as if God is walking beside you, because He is.
2. List two things that might diminish your desire to exercise. How could you deal with each concern?
3. What do you do to make sure your walking activity is as safe as possible?
4. What have you observed others doing while they exercise that you would consider to be unsafe?

Failure

1. Reread the prescription section (page 37) for the lesson on personal assessment measurements and list the improvements you see for yourself.
2. List at least three benefits of using walking as your method of exercise.
3. List the most difficult aspects of your fitness and wellness program. Why are these difficult for you?
4. Have you failed to continue any part of your program? If so, why?
5. Are there any of your goals that you have not been able to meet? If so, why?
6. If you do not meet one of your goals, what do you do to get back on track and succeed?

Chapter 8 - Physically

Energy

1. Read about the fall of Jericho in **Joshua 5 and 6**. Select two city blocks and walk around them in a figure-eight pattern. Pray for those who live in each house you pass.
2. List three ways you feel a need for physical energy in your lifestyle.
 - a.
 - b.
 - c.
3. How can exercising help you fulfill these three needs for physical energy?
4. Do you feel like a conqueror after you have exercised?

Heart

1. Walk around a city block and attempt to maintain a constant speed so that the time is the same for each completed trip.
2. Walk within your target heart rate zone for at least 50 minutes each time you walk this week.
3. What is your heart risk score from the web site provided? How could you improve your score?

4. What is your family history for heart attacks? If it makes you at risk, what can you do about it?
5. List the activities of your current lifestyle that are conducive to preventing heart disease in the future. Which activities might cause you to develop heart disease?

Strength

1. Take your normal walk with added weight and see how the extra weight makes you feel. If you have lost 15 or 20 pounds, add that amount and see what it felt like before you lost the weight. Options for adding the extra weight might include: hand weights, ankle weights, anything of weight in a backpack or fanny pack, or two plastic quart jugs filled with water or sand. Be creative.
2. Develop a plan as to how you can make a specific area of your body physically stronger. Carry out your plan and evaluate the results.
3. Is there a second area of your body that needs a plan of action?

Fitness

1. Select a stretch of a highway or street to walk and pick up litter. Keep a good pace between picking up trash, and remember to be safety conscious.
2. How can those who are physically handicapped exercise?
3. List at least three benefits walking has, as your method of exercise.
4. When does fitness become a negative in a person's life?

Chapter 9 - Equilibrium

'Use It Or Lose It'

1. For a change of pace, walk in a mall before the stores open. Window-shopping will only slow you down, and could cost you money.
2. Ask someone you know who exercises about his or her energy level since starting to exercise. Make sure this person has been exercising for at least six months. Compare notes with your own level of energy.
3. Which physical skills have you lost since childhood? Why?

Balance

1. Get at least three of your friends to form a group. This activity will work better with larger groups, but the number needs to be even. Divide the

group into two sub-groups with the total pounds of weight for each group being as near equal as possible. The two groups will then challenge each other to see which group can lose the most pounds. (or the greater percentage, if the total weights are different) The weight loss must be accomplished only by safe and medically approved methods. Determine when the weigh-in is to occur. Have the losing group buy ice cream for the winning group. (Just kidding!)

2. Establish the reward ahead of time. Invite new members into the group or realign the groups and go again. If the group simply needs to maintain its current weight, then use a maintenance level for the competition.
3. Determine how much balance you have in your five domains. In which areas do you need to increase involvement, and which areas do you need to cut back?

Weight-Loss

1. Even though you cannot walk on water, it is okay to walk in water. Go to a swimming pool and walk in water that is about waist to chest deep. Walking in water is a safer alternative for people whose ankle, knee, or hip joints require less stress.
2. If you weigh more than you would like, analyze your diet and determine where most of your extra weight gain might have come from.
3. What changes can you make in your nutritional habits that could help you lose weight, should this be a concern?
4. Why are most Americans over-weight or obese? What can be done to deal with this health issue?

'No Pain – No Gain'

1. Ask someone who walks every day for fitness reasons to tell you why he or she walks for fitness. Ask this person about his or her pain or discomfort when exercising. How does he or she deal with it?
2. Compare your level of discomfort (pain) now to the first couple of weeks in your walking program. How is it different? Why?
3. Have you skipped a workout because of some type of discomfort? If so, how have you dealt with it?
4. Is your level of pain tolerance high or low? How does it affect your exercising decisions?

Chapter 10 - Principles

Aerobic vs. Anaerobic

1. Why so most people prefer to exercise aerobically instead of anaerobically?
2. How can you tell by your walking program that you are exercising aerobically?
3. What is your average heartrate while you exercise? If you don't know, take it while exercising each time this week and calculate you average. Is it within your calculated range? Refer to page 40.

Specificity

1. For your exercise session today, walk up and down stairs. Take your time for safety purposes. Which muscles were the first to tire? Why?
2. How can walking develop strength? Why?
3. Why does working on flexibility do little for your cardiovascular endurance?
4. Why do some football players who are kickers have larger leg muscles in their kicking leg?

Progression

1. Walk in an area you have always wanted to visit. Be wise in your selection. (new housing division, park, nature trail, etc.)
2. If for some reason in the past you were not able to exercise for a period of time, could you tell a difference when you started again? How would you explain this difference?
3. Outline the progression of your activities for your fitness program from the first day until now. Are you satisfied? If not, why not?

Overload

1. Measure your abdominal muscular endurance by doing sit-ups. Keep your knees bent with your feet flat on the floor and bring your shoulder blades off the floor. Cross your arms across your chest so you won't use them to pull up. Record the number completed within two minutes. Try to complete this number each day during this week. Next week try to add three more to your number. Repeat the activity for the next five weeks to see how progressive overload works for sit-ups.

2. What tends to overload you socially? Why?
3. What tends to overload you mentally? Why?
4. What tends to overload you physically? Why?
5. What tends to overload you emotionally? Why?

Chapter 11 - Socially

Relationships

1. Take a walk with your entire family or get your Sunday school class to go on a walk together. Walk at the speed of the slowest walker. This walk is for relationship building. You can engage any group you are a member of.
2. Instead of driving, walk to a friend's house and carry a gift of cookies (or fruit).
3. Make a list of five potential walking partners and plan a walking session with each person individually. Walk at their speeds of comfort. This walk is for relationship building. Decide ahead of time several topics for discussion.

Physical Beauty

1. Who seems to be more concerned about their physical beauty, men or women? Why?
2. Is exercising for physical beauty a valid objective? Why or why not?
3. Do you feel that your physical beauty has improved since you have been exercising? If so, how?

Competition

1. Plan a walking event for two or three months into the future. (Charity walk, hike up a mountain, walk a certain distance, etc.) Prepare for and look forward to this event. Pray about it and give God the credit for all the good that happens.
2. Name two things in your life that compete for your time and interfere with your wellness objectives.
3. Are there competitive activities or actions in your life that need to be changed? If so, how can you deal with them in a constructive and Christian manner?

Happiness

1. Walk with friends and concentrate on having a good visit. Physical fitness is not the order of the day.
2. Think of at least three positive reasons for fitness and dwell on these as you walk.
3. Ask at least two other people who exercise what gives them the most joy about exercising.
4. When are you the happiest?

Chapter 12 - Mind

Mental Health

1. Find a calm, soothing environment to walk in.
 - a. Walk along a lakeshore and think of the walks Jesus took near lakes.
 - b. Walk in a beautiful park area or garden and think about how Jesus might have taken the same walk.
 - c. Some cemeteries have walking trails in them. Walk through a cemetery and think about how God will make everything okay.
 - d. Walk in the coolness of the evening or morning and think how God can make your life better.
2. List all of the stresses in your life and everything that is preventing you from having the very best mental health possible. Tie the list to a balloon filled with helium. On your next walk outside release the balloon and pray about giving up your problems to God.

Self-Concept

1. Think of two people who build you up when you are around them. Find ways to spend time with them.
2. Think of two people who do not affect your self-concept in positive ways. Ask yourself why, and outline a plan to counter their negative effects on your self-concept. It may mean spending less time around them if possible. Perhaps a heart-to-heart visit with them to explain your feelings and their actions would be in order.
3. Ask a neighbor or friend to go walking with you. Pick someone you would like to get to know better. You might have to slow down some for his or her level of fitness, but this walk is for fellowship.

Stress

1. List the top five stressors in your life. Write down at least one way you could help to reduce each one.

2. Do you consider exercising as a stressor or a stress releaser? Why?
3. Walk around an athletic track and reverse your direction on each lap.

Behavior

1. When you reach a fitness goal, have a special prayer session and give God the credit.
2. Continue to engage in activities (whether walking or something else) that will help you maintain a positive level of total fitness. Review your plan of action to make sure you stay on task?
3. Which health behaviors have you made positive changes in since you began your exercise program?
4. Which health behaviors do you hope to change in the future?
5. How do you plan to make the additional changes you listed?

Chapter 13 - Results

Longevity

1. Take the stairs instead of the elevator when you have the opportunity.
2. Park your car a little farther from your normal parking space and walk the extra distance.
3. Determine the average length of life for your relatives who have died. Look at how exercise, or the lack of exercise, affected the length of their lives. Which family traits do you see for your life?
4. How long would you like to live? Why?

Masculinity

1. Invite other men to walk with you. Start a walking club for men of all ages. Meet periodically and talk about how to be a good dad or husband. This also has value for those who are still single at this time.
2. Keep a log of how your body feels and reacts to exercise.
3. If it has been a year since your last physical exam, make an appointment this week for a thorough physical exam. (Especially if you are over 35 years of age.)
4. Why do some men feel that walking is not really exercising?

5. How can macho qualities create difficulties for a husband or father?
6. List your current health qualities. Which ones are positive? Which ones are negative? How could you change the latter?

Femininity

1. Invite other females to walk with you and start a walking club for females of all ages. Meet periodically and talk about how to be a good mom or wife. This also has value for those who are still single at this time.
2. Start a walking club in your neighborhood.
3. Keep a log of how your body feels and reacts to exercise.
4. Evaluate the exercise patterns and death rates for females in your family tree. What do you see in relation to your personal health and fitness choices?
5. How can parents influence their children to exercise?
6. If your age permits, walk with a mother who is 10 plus years younger than you and share your ideas about raising children in the Lord. The discussion during this walk is of greater value than the fitness aspect.
7. Walk with a mother who is 10 plus years older than you and ask her how she raised her children in the Lord.

Serving

1. List 5 ways you can tell that your behavior is positively different now from what it was before you started your fitness program.
 - a.
 - b.
 - c.
 - d.
 - e.
2. Purchase a tee shirt for yourself with a creative slogan on the back. Examples:
 - a. I walk with God.
 - b. Walking for God changed my life.
 - c. I walk for fitness.
 - d. Walking is my thing.Use your imagination!

3. Share your fitness walking experience with those you love. Perhaps they can change their behaviors through “Walking with God for Fitness.”
4. Go back to the lesson on priorities (page 7) and remember which three gifts you listed for yourself when you would complete your program of walking. It’s reward time!
5. How is being a physically fit parent a gift to a child?