

# Faith & Fit: Week 1, Lesson 2



We are so glad you have joined us for Week 1, Lesson 2, on our journey to greater spiritual and physical health! Listed below is your Faith & Fit work for today. Please click on the links or the play buttons to access each resource. Remember to leave a comment about your experience at the Speak Your Mind section at the bottom of the page or on our Facebook page. In Christ, we can grow stronger! Let's do it!



## Everyday Faith Teaching Video:



## Everyday Faith Bible Study

Please click on the link below to access the Everyday Bible study!

[Week 1, Lesson 2 Bible Study](#)



## Everyday Fit Physical Challenge:

**Simple Sustenance Lesson 2** For these seven weeks, we are going to focus on a simple exercise that almost everyone can do: **walking**. You can choose to walk indoors or outdoors. Weather permitting, my preference is to be outdoors enjoying the fresh air and sunshine (get that Vitamin D!). We will also give you options to supplement with some other types of exercise in Extra Fit for those who would like to. For those of you who prefer to walk indoors, you can use a treadmill, or I would recommend Leslie Sansone's Walking DVDs. Her DVDs are available for purchase in stores like Target and Walmart, on her website, for live streaming on Walk TV , and some for free on her site when you sign up (free) for her Walk Social Club. One fun way to track your walking is to use a **pedometer** and aim for a certain number of steps per day. The American Heart Association recommends 10,000 steps each day. We will work up to that. Ten thousand steps is approximately 5 miles, but that is based on an average stride being 2.5 feet. Your total may differ from that based on the length of your stride.

Pedometers can be found in just about any sports or discount store and range in price from about \$10 to \$125 for more elaborate ones with additional features. I use a Fitbit to track my steps each day. It also tracks flights of stairs climbed, calories burned, miles walked, hours slept, and the time. It also allows me to set a silent, vibrating alarm. It syncs with an website, which includes many more features. **\*Update. After destroying two Fitbits in water, I switched to the Misfit Shine.** It operates differently than the Fitbit in that it takes into account other exercise than walking toward

reaching your goal. It also tracks cycling, soccer, tennis, and swimming, basketball, and sleeping.

**Basic Walking Guidelines** Begin your walk with a warm up. This basically means start walking slowly for a few minutes, giving your body time to warm up. Save any stretching for the end of your walk, as you should not stretch cold muscles. If you have body parts that are very tense and need to be stretched before your main walk, do your warm-up first and then stretch them. You should also still follow your walk with a stretch at the end. The Walking Site has some wonderful stretches for walkers, and here is a link to their stretching page. As you are walking, walk tall, pull in your stomach and tighten your bottom. When you have finished your exercise for the day, be sure to let the Faith and Fit group know by posting on our Facebook page. Great job!

## **Beginner Level Exercise:**

For Day 2 we will again set the goal of walking 1/2 mile or the rough equivalent of 1000 steps. If you wear a pedometer all day long, this is in addition to the total that is already showing on your pedometer. So, when it is time to log your walk, check your pedometer and note how many steps/miles you have already walked that day. Add 1000 steps or 1/2 mile to that total and begin walking. When you get to that total you may stop. If you are fairly fit and would rather choose the goal of one mile, then aim for 2000 steps on your pedometer or another 1 mile on the total: Walking Program Need an indoor exercise routine? Here's a Leslie Sansone 1-mile walking video!

**Experienced Level:** Today, make it your goal to walk or ride your bike for 45 minutes. Exercise at a pace you are comfortable with and are able to carry on a conversation. By

the end of your walk/ride you should be sweaty and tired but not exhausted. As always, check with your doctor before beginning any physical workout to be sure you are up for the challenge!

**Rainy day?** Don't fret! Click on the link below for a challenging indoor work out with Leslie Sansone!



4 Fast Miles!



## Everyday Fit Food Challenge

**Simple Sustenance** Today we're going to concentrate on salads. Autumn is a wonderful time to make a salad because there is so much fresh produce around – either from a farmer's market or your own garden. Did you know that greens are a cool weather crop? They love to grow in cool weather, so fall is the perfect time to plant lettuces, spinach, kale, and other kinds of greens.



If you don't already have a plot dug up and ready to go, get a pot, fill it with potting soil, and plant your seeds in that. Looking for a fast, and I mean FAST turnaround? Plant micro green seeds. You can plant and harvest these little gems in just 5-10 DAYS! They will even grow indoors in the winter. I love these and plant them in my garden.

Just in case you're lacking for ideas in the salad department, here's a link with 101 recipes for salads. Some of them are very creative. So, munch away!



## Extra Faith:

Need a little extra **spiritual challenge** added to your day? Take advantage of the following resources!

As we continue this week with the Simple Sustenance theme, it's important for us to become clear on our priorities in life. Mary helps us do that with the following post. Take some time to work through the questions she poses in this devotion.

Follow with All of Your Heart



## Extra Fit

Need an extra challenge? Get your abs in shape with Team Beachbody Coach and Founder of Team Let's Go Fitness at Dan Vukmirovich. Dan's videos are short, effective and productive!

Let's go!

**As a bonus we are offering Dan's Mind Body Spirit Challenge! Let's go!**

**Don't forget to post below or on our Facebook page any questions, workout information, recipes, prayer requests, and encouragement to others. Please introduce yourself.**

Blessings and congratulations on Week 1, Lesson 2!

Great job today! See you next week!