

+++++Faith to Fitness;≅PH%&

Building the Foundation for Developing an Active Image

“She girds herself with strength (spiritual, mental and physical fitness for her God-given task) and makes her arms strong and firm.” (Proverbs 31:17 AMP)

One of the components of physical fitness as exemplified by the ‘virtuous woman’ in proverbs 31 is muscular strength. It is defined as the maximum force that can be exerted by a muscle or muscle group.

You never know when God will need you to do his work. Would you be physically ready to do a task that God may call you to do? God calls us to be soldiers in his army. Soldiers are strong and ready for battle. Putting on the whole armor of God will require physical strength!

Benefits

As you strengthen your muscles you also improve your posture, build your self esteem and confidence, decrease your risk for osteoporosis and arthritis, decrease your risk of injuries, make daily activities easier, look better, maintain a healthy body weight, increase your quality of life, reshape your body, increase your metabolism. Above all, this is your spiritual act of worship!

Getting Started

When you’re having difficulties in your relationships where do you turn? When you’re having difficulty in your finances where do you turn? So, why not think of turning to God to help you with your fitness program. Ask the saviour to help you. Pray for the encouragement, motivation or whatever you need to get you started.

If you are ready to get started right away and are in good medical condition to begin building your muscles then follow this prescription starting today. It will only take a few minutes. This is a basic beginner home program only. There are many different ways to strengthen (free weights, bands or tubing, machines) For a more detailed program or other questions, please email me at cathy.morenzie@sympatico.ca. Remember, start easy and build up. Be consistent with this or whatever exercises you choose to do. Results show over time. *“The race is not given to the swift or the strong, but to the one who endure to the end” (Ecc. 9:11)*

Upper Body Strengthening	push ups	as many as you can to begin then build up daily
Lower Body Strengthening	squats	start against the wall, holding for 30 sec and build up to longer
Core Strengthening (abs. and back)		crunches, try 20 to start with ↑ to 100

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thou soul prospereth”
3John 1:2

Cathy Morenzie, October 30, 2001

“And whatever you do in work or deed, do it all in the name of the Lord Jesus, giving thanks to the Father through Him (Col3:17)
