



FITNESS

1 Corinthians 6: 19-20

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.

God wants us to _____ what he has given us with _____.

Fitness is crucial to our _____ and _____.

When we are physically healthy, we can be available and useful to the ones we love when they need us the most.

Be _____ - write out a plan for your goals and put your workouts on your calendar. Write out a plan for your nutrition.

Get Out of Your _____ - You're going to be uncomfortable. Move your body, try new exercises, try new foods, quit drinking soda and sugary drinks, quit smoking, and cut alcohol. Get comfortable with being uncomfortable.

Execute the _____ - You have to do the work.

Then help other men who may not be as confident.

Practical Tips

- 1. Break fitness into four categories.**
 - Exercise
 - Diet
 - Rest
 - Mental or Intellectual
- 2. Don't always expect to "want to" work out. It's going to be hard work.**
- 3. Cut sugary drinks and consume water.**
- 4. Eat Clean**
- 5. Know the difference between Aerobic and Anaerobic exercise.**
 - Aerobic- Cardio Conditioning
 - (Running, Swimming, Cycling, Etc.)
 - Anaerobic- Max Effort for a short period of time
 - (Jumping, Sprinting, Weightlifting, Etc.)
- 6. 5 F Combos**
 - Find a friend or accountability partner to work out with.
 - Train as a family.

Proverbs 16:3 (NIV 1984)

Commit to the Lord whatever you do, and your plans will succeed.

Proverbs 16:9 (NIV 1984)

In his heart, a man plans his course, but the Lord determines his steps.

Be S.M.A.R.T.

Specific. Measurable. Attainable. Relevant. Time Bound.

My Action Steps:

1.

2.

3.

Men of Iron has a 30-day fitness plan called Fit and Forged, you can use it to get more disciplined in your fitness. This would be a great way to start, improve, or maintain your fitness. You can find the resource with this code.

