

Church of the Savior

Team Fitness

Health Challenge

All are invited to join in a team fitness health challenge for the Summer

Call the church office to register for the Health Challenge. When you register you will be given details about the date and time for the sessions. Call 330-455-0153

The goals of the fitness challenges are to:

1. **Provide physical health awareness by developing positive health habits, and making positive lifestyle choices by practicing the following:**

✓ **Exercise:**

- i. At least 30 minutes per day is recommended and now there is a report suggesting 60 minutes is an optimal time.
- ii. Begin at your present physical fitness level and increase as tolerated or advised by your doctor. Exercise improves not only physical health but mental and spiritual, too!

✓ **Drink more water:**

- i. Water is essential to life by...
 1. Keeping our joints and organs lubricated and functioning
 2. Regulating body temperature
 3. Keeping our minds alert and minimizes headaches
 4. Carrying nutrients such as calcium, sodium, and potassium to our cells.

✓ **Improve your diet:**

- i. Eat at least 5 servings of fruits or vegetables per day.
 1. The more fruits and vegetables in our diet the lower our risk of developing diseases, such as cancer and heart disease.

✓ **Personal health habit:**

- i. Identify a health habit that you have been trying to improve or strengthen (i.e., the elimination or reduction of refined sugars, soda, or candy; the cessation of smoking; a suggestion made by your doctor; taking your vitamins).
- ii. Needs to be something that has been DIFFICULT for you to achieve.
- iii. You identify the habit for yourself and even if you've tried before, try again for greater fitness!

Fitness challenge goals (cont'd):

2. Increase mental health:

- ✓ Reduction of stress through healthy physical lifestyle habits
- ✓ Reading and discussing with others physical, mental and spiritual health issues.

3. Spiritual renewal through prayer and Bible reading.

- ✓ Daily prayer and Bible reading are to the soul what exercise and water is for the body.
- ✓ In addition prayer and Bible reading produce good spiritual fruit (five or more a day!).

4. Build a stronger sense of teamwork and community as we work together for the spiritual life and mission of this congregation.

- ✓ Each participant will be assigned to a team (spouses can be on same team or not).
- ✓ Number of people on a team determined by number of people who sign up.
- ✓ Each team will have a weekly team meeting on Sunday morning to share results, pray together, share in a devotional, and talk about health related issues.
- ✓ Team members will weigh-in at a time of their own choosing (should be the same each week). Communicate with team leader your particular weigh-in day.

Our Director of Fitness will draw names for the teams and will announce the teams and designate a team leader for each team (who will report each Sunday with the total team scores for the past week). Everyone will be contacted by May 16th.

Participants will be sent a list of the teams and score sheets. Each day you will fill out your points (yes, we're using the honor system!) add them up by **Sunday morning**, and bring to your team meeting to give to your leader. If you are not scoring well in certain areas, be honest about what the barriers may be, share with your team and allow them to pray with you. We all have areas of growth!

Note that the health challenge is centered around total body wellness (body, mind and spirit). **The health challenge isn't designed to lose weight** but if you want to lose weight it will encourage eating and exercise habits that will help you.

**Health Challenge Lifestyle Choices:
Put this on your refrigerator (or with your fitness challenge notebook).**

Water

1 Point for each 8 ounces Give yourself a point for each 8-ounce glass of water you drink. Earn a maximum of six points per day.

Fruits and Vegetables

1 Point for each serving Give yourself a point for each serving of fruits and vegetables you eat each day. Earn a maximum of 5 points per day.

Exercise

1 Point for each 10 minutes Give yourself a point for each 10 minutes of exercise a day. Earn a maximum of 6 points a day.

Personal Health Goal

2 Points per day You earn 2 points per day for your personal health goal (Ex: not smoking, no chocolate, take your vitamins, etc.) Please remember to choose a health habit that you are trying to change, particularly one that is difficult for you.

Bible Reading

2 Points for each 10 minutes You earn 2 points for every 10 minutes of Bible reading. Earn a maximum of 6 points per day.

Prayer

2 Points for each 10 minutes You earn 2 points for every 10 minutes you spend in prayer. Earn a maximum of 6 points per day.

Body Respect

4 Points per day You earn 4 points per day for any time spent in reading, learning about, or discussing how to care for the body, mind and spirit. This is a broad category to have fun with. Read up on stress relief, discuss issues of respect and responsibility with your family at the dinner table, spend some time in reflection, setting some goals for your life. (Be sure to note what you did to earn these points so you can share with your team).

Total Possible Daily Points = 35

Health Challenge Score Sheet for the Week of _____ to _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water 1 pt. for each 8 oz. Max of 6 pts.							
Fruit/Veggies 1 pt. for each serving Max of 5 pts.							
Exercise 1 pt. for each 10 min. Max of 6 pts.							
Personal Health Goals 2 pts. Per day for Accomplishment							
Read Bible 2 pts. For each 10 min. Max of 6 pts.							
Prayer 2 pts. For each 10 min. Max of 6 pts.							
Body Respect 4 pts. per day for accomplishment							

Name: _____

Total for Week _____

