



40 Days of Fitness!
By Linda Montgomery, CTT

During our 40 days of prayer and fasting we also need to be conscious of maintaining our strength and endurance which equates to prevention (I.E. the practice of behaviors that minimize the risks of disease or disability). Pastor Johnson reminds us frequently during the 40 days with God, “not to treat our fast like a diet” and I have heard others state that rest is a vital part of the fasting period as well. I would challenge us to add one more item to the list... Physical fitness. Moderate cardio, weight lifting, and stretching are all ways to enhance our concentration, increase endurance and strengthen and tone our limbs. 40 Days of Fitness in conjunction with 40 Days with God is a good start for some, and a continuation for others to maintain a healthy mind, body, and spirit.

There are ABUNDANT BENEFITS TO EXERCISE and they include:

Health benefits:	Psychological benefits:
<ul style="list-style-type: none"> ➤ Longer life ➤ Reduced risk of developing or dying from certain diseases or illnesses 	<ul style="list-style-type: none"> ➤ Lowers anxiety level ➤ Reduces the likely hood of depression ➤ Increases self-esteem (confidence, self worth)
Physical benefits:	
<ul style="list-style-type: none"> ➤ Improves appearance ➤ Increases energy and the ability to rest ➤ Increases metabolism (amount of calories your body burns) 	

Additionally, maintaining a regular physical fitness routine increases the desire to engage in new activities. Classic forms of exercise such as team sports and bicycling continue to be popular however, alternative forms such as step dancing, yoga, and zumba have also gained new interest and availability.

Prior to starting an exercise regimen, please consult the following:

- GOD – Prayer is key prior to making any decision. (Phil 4:19, Ps 55:22)
- MEDICAL PROFESSIONAL(s) – Before beginning any exercise program, consult your physician or medical provider. Especially if you are taking medication or being treated for any physical condition.
- DIETICIAN AND FITNESS PROFESSIONAL- To ensure you are eating and exercising properly.

Be prayerful and get ready for 40 Days of Fitness! FOR MORE, SEE 40 DAYS OF FITNESS EXERCISE PLAN!