Fasting or Feasting: A Holistic View of Food, Fitness, and Faith

Fitness is something that has become an ever-growing topic. From advertisements for the latest home fitness equipment or home workout programs, to the encouragement to join a local fitness center, the focus on stewarding our bodies is central. However, fitness is more than just the physical nature of building strong muscle. While a typical mindset was that fit people all had six-pack abs, toned legs, or bulging biceps, there is a deeper mindset. This is a mindset focused on wellness and the ability to function at the highest level possible for our current age. As a person takes on daily tasks and moves with relative ease, that is a great achievement. Furthermore, not only are we to focus on our physical fitness, but our mental and spiritual fitness. I have included a list of opportunities to look into when it comes to the fitness of our bodies. I encourage you to look at the list along with the scripture references. Afterwards, answer the reflection questions. I hope through this information, you can recognize fitness elements you are already doing and gain insight on other opportunities you can incorporate into your day. Finally, may you be reminded that it is not so much about how much or how little one does for your fitness, but the fullness of what you do. God calls us to steward this amazing creation. May we celebrate this gift through a variety of movements and activities which help sustain it.

**Opportunities**

* Fitness
	+ Simple Movements
		- Shoulder circles
		- Leg lifts
		- Arm raises
		- Walking around the office
	+ Basic – Intermediate Level Fitness
		- Walking around the block
		- Going for a hike
		- Fitness Classes (Yoga, Dance)
		- Swimming
	+ Advanced Level Fitness
		- Weightlifting
		- Circuit Strength Fitness
		- Biking
		- Running
	+ Types of Fitness
		- Mental (clearing our minds)
		- Physical (strengthening our bodies)
		- Spiritual (Sustaining our souls)
	+ Scripture Focus
		- Romans 12:1-2
		- Matthew 11:28-30
		- Mark 6:31
		- 1 Corinthians 6:19-20

**Questions to Reflect Upon:**

* What types of movement energize you?
* With the change in our current lifestyle, do you find the need for more movement?
* How do you incorporate the different forms of fitness within your day (mental, physical, spiritual)?
* What are your views on “rest” when it comes to the fitness of ourselves?
* What did you hear from the scripture references regarding the fitness and stewardship of our bodies?
* How might you better steward your body with the available resources?