

The Ultimate Marathon — 16 days of fun!



*family.fitness.faith.fun*



**Life is like a race!**

*[www.family.fit](http://www.family.fit)*

# Getting started

**Help your family to be active inside or outside this week with three fun sessions:**

- Involve everyone – anyone can lead!
- Adapt for your family
- Encourage each other
- Challenge yourselves
- Don't exercise if it causes pain

**Share family.fit with others:**

- Post a photo or video on social media and tag with **#familyfit** or **@familyfitnessfaithfun**
- Do family.fit with another family

**More information at the end of the booklet.**



## **IMPORTANT AGREEMENT BEFORE USING THIS RESOURCE**

By using this resource you agree to our Terms and Conditions <https://family.fit/terms-and-conditions> as detailed in full on our website. These govern your use of this resource by you and all those exercising with you. Please ensure that you and all those exercising with you accept these terms and conditions in full. If you disagree with these terms and conditions or any part of these terms and conditions, you must not use this resource.

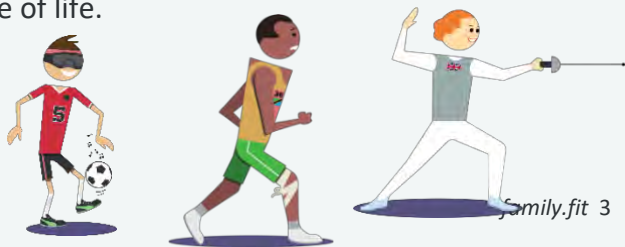
# What's New?



We all love sports. It is exciting to watch the best athletes from our nations compete at the highest level. There are many ways to be involved in this global event besides watching the games on TV. You can learn new sports, follow favorite athletes, or learn about the inspiring history of past events. Another way to be involved is by doing family.fit together as a household or local community. Get active, have fun, and read the Bible together. Fun, faith, and fitness all wrapped up into a great package. Go for it!

## Sport spotlight

Each week we'll focus on a different sport and an inspirational athlete who plays it. Athletes overcome challenges in difficult times to finish the race. We hope these stories will inspire you to run your race of life.



DAY 1

DAY 2

DAY 3

Acts  
20:24

Run for the  
good of others

Run the race to  
the finish

Run to win the  
prize



Warm-up

Drop to the  
ground

Junkyard dog

Move to music



Move

Basic sit-ups

Weighted  
sit-ups

Sit-ups with  
rotations



Challenge

Tower  
challenge

Crazy clock

Sit-up  
challenge



Explore

Read the verse  
and run 3-  
legged race

Reread verse  
and hold your  
breath

Read 1  
Corinthians  
9:24 and make  
a tower



Play

Swamp walk

Wheelbarrow  
obstacle  
course

Don't get  
caught



## Drop to the ground

- Run around the room or yard as you do this activity.
- One person is the leader. When the leader shouts out a body part such as elbow, knee, back, or ear, everyone must put that body part on the ground.



<https://youtu.be/i1LOFXnidV4>

- Rest and talk together.
- Talk about some of the races you have competed in.

***Go deeper:*** Tell of a time when you thought winning the race was not the most important outcome?



## Basic sit-ups



- Lie on your back with your legs bent and feet firmly on the floor. Curl your body towards your knees to “sit up”. Return to start position.
- Work with a partner. One person does sit-ups while the other holds their feet down. Do five sit-ups and swap places.
- Do five rounds.



<https://youtu.be/0xZYM4MkaUE>

***Go easier: Complete three rounds.***



## Tower challenge



- Work in pairs with six cups per pair. One person holds superman while the other does five sit-ups. After each round place one cup to build a tower. Swap roles. Continue for three minutes. How many 6-cup towers can you build? Rest for three minutes and try again.



<https://youtu.be/IXRKX3nLZe8>



## Run for the good of others

- Read **Acts 20:24** from the Bible.

If you need a Bible, go to <https://bible.com> or download the Bible App onto your phone.

The apostle Paul says a life of serving Jesus is like competing in a race. Paul is in this race. In fact, all followers of Jesus are in the same race. We can learn a lot about following Jesus by thinking about life as a long race – a marathon.

### **Bible passage — Acts 20:24 (NIV)**

However, I consider my life worth nothing to me; my only aim is to finish the race and complete the task the Lord Jesus has given me—the task of testifying to the good news of God’s grace.



- Find a space to run some three-legged races. Stand in pairs side by side. Each pair uses a rag or stocking to tie their inside legs together. Now run!

How important was it to think about your partner as you ran your race?

Think about your life's race. What is the race like?

- Read Acts 20:24 again.

What was Paul's main task in life?

Paul considered the things of life as nothing compared to helping others know the good news of Jesus.

**Talk with God:** Take your rags or stockings and help each other tie all your hands together. Thank God for giving you the opportunity to run life's race together as a family.



## Swamp walk

- Find a partner and get two sheets of paper. Pretend the ground is a swamp and the sheets of paper are the only dry land. Choose a destination across the room or yard. One person places and moves the papers on the floor to help the other person step across the swamp. Swap places and guide the other person across safely. Who reached the goal the fastest?



<https://youtu.be/aoi295pLhHI>

### **Reflect:**

*Was this hard or easy to do?*

*What helped you reach your goal?*

A top-down view of a dark-colored bowl filled with a variety of fresh ingredients. At the top, there are four golden-brown fried fish sticks (kani) topped with black sesame seeds. To the right, there are several slices of avocado. Below the fish sticks, there are white bean sprouts and a small portion of white rice. On the right side, there is a pile of green edamame beans. At the bottom, there are sliced carrots, cucumber sticks, and a portion of shredded chicken or fish. The bowl is set on a light-colored, textured surface. In the top right corner, a small blue and white patterned dish is partially visible.

## Health tip for living long

Eat lots of vegetables every day. Experts suggest having five or more servings (handfuls) each day.



### Junkyard dog

- One person sits on the floor with legs out to the front and arms out to the side. The others jump over the arm, the legs, and the second arm. Everybody jumps two rounds and changes places, so everybody gets to jump.



<https://youtu.be/jglSsNnFVys>

- Rest and talk together.
- Does anyone have a medal, trophy, certificate or ribbon for finishing a race? Get it and tell the story.

**Go deeper:** *Tell of a time when you gave up and didn't finish something. Why did this happen?*



## Weighted sit-ups



- Find an object around your home that has some weight to it such as a bottle of water or a big book.
- Do 10 sit-ups while holding the weight close to your chest. Be sure to squeeze your core when doing the sit-up.
- Rest and repeat.



<https://youtu.be/0xZYM4MkaUE>

***Go easier:*** Perform without weights.

***Go harder:*** Do five rounds.



## Crazy clock

You will need a plastic bottle and signs with the numbers 1 to 12.

- Place the numbers on the ground like a clock face and put the bottle in the middle.
- Take turns to spin the bottle. The whole family does that number of repetitions to any movement they choose. (For example, seven squats or three sit-ups.)
- Play for five minutes.



<https://youtu.be/Zg07q8mPKzQ>

***Go easier: Only play for three minutes.***



## Run the race to the finish

- Read Acts 20:24.
- How long can you hold your breath? Each person estimates a time and takes turns to try and achieve their goal. The rest of the family cheers during the attempt. *Stay safe!*

Did it get more difficult as you neared the goal time? What makes the race hard sometimes? What can stop us or delay us in a race?

- Read about the marathon and John Stephen Akhwari on the next page.

**Talk with God:** As your family is running in the race this week, talk about opportunities to share Jesus' story with others. Pray together for God to give you the boldness and confidence.

# The marathon

*At the 1968 Mexico Olympics, John Stephen Akhwari from Tanzania started the 42-kilometer marathon well. At the halfway mark he fell heavily and dislocated his knee and shoulder. Did he stop and give up? No, he kept running, even though he couldn't win the race. He ran as the sun set and the course went dark. He ran on alone. He walked when he could no longer run. He ran after the winners had received their medals. He ran into the stadium and across the finish line as the few remaining spectators applauded. He ran to finish the race.*





*After the race, he was asked why he kept running when he had no chance of winning. He replied, "My country didn't send me 5000 miles to just start the race, they sent me 5000 miles to finish it."*

*How does this story inspire you to run your own race?*

*How can your family show courage and perseverance like John Stephen Akhwari?*



## Wheelbarrow obstacle course

- Assemble an obstacle course that includes some turns.
- Work in pairs to move through the course in a 'wheelbarrow' race.
- Time each team. Swap places and do it again.



<https://youtu.be/BXHBV1ySeQ8>

A top-down view of a dark-colored bowl filled with a variety of fresh ingredients. At the top, there are four golden-brown, breaded and fried items, possibly fish or chicken, topped with black sesame seeds. To the right, there are several slices of avocado. Below the avocado are green edamame beans. In the center, there are shredded white vegetables, possibly daikon or cabbage, and some dark leafy greens. At the bottom, there are sliced carrots, sliced cucumbers, and some cooked seafood or meat. The bowl is set on a light-colored, textured surface. In the top right corner, a small portion of a blue and white patterned dish is visible.

## Health tip for living long

Try experimenting with vegetables that you haven't eaten before.



## Move to music



- Put on some favorite music. Repeat these moves until the music ends:
  - 10 running in place
  - 5 squats
  - 10 running in place
  - 5 squats with hand clap above head



<https://youtu.be/ATHqkVnm8nE>

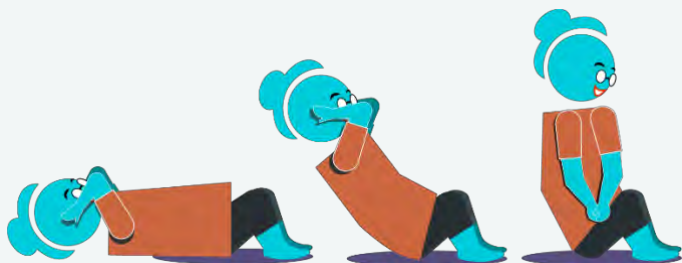
- Rest and talk together.

What is the key to winning a race?

**Go deeper:** How does knowing there will be a prize change the way you run in a race?



## Sit-ups with rotation



- Lie on your back with your legs bent and feet firmly on the floor. Curl your body towards your knees to sit-up then twist to the right and touch the floor with both hands by your right hip. Return to start position and repeat for the left side.
- Complete six repetitions, three with a right twist and three with a left twist.
- Complete five rounds.

***Go easier: Complete only three rounds.***



### Sit-up challenge

How many sit-ups can your family do in 90 seconds?



- Each family member does as many sit-ups as they can in 90 seconds. Combine the scores for the family total.
- Once you've got your family total, challenge another family to see if they can beat your score. Share your results and see who comes out on top!



## Run to win the prize

- Read 1 Corinthians 9:24 from the Bible.

### **Bible passage — 1 Corinthians 9:24 (NIV)**

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.

The race of life is different from other races. There isn't just one winner. All those who keep running and finish the race, win the prize of God's approval and eternal life. Therefore, like an athlete, we must persist in running life's race and finish well.

How is your life like a long race?

What helps you run the race?

- Find items in the house to build a tower. As each piece is placed, name



one way that helps us to run the race  
and win the prize.

**Talk with God:** Think about your local  
community. Who needs hope right now?  
Make a plan to 'run' alongside this person.  
Pray for them together.



### Don't get caught

- One person is leader. They turn their back to the rest of the family. The other family members do an exercise while the leader is not looking (high knees, skipping in place, jumping jacks, and so on). When the leader turns around, everyone must freeze. If someone is caught moving, they become the new leader.



<https://youtu.be/6HDQOexMp14>



## Tip for parents

Make eating vegetables fun for kids. Cut them and serve them in different ways. Make shapes and use colors to arrange the vegetables to make them attractive to eat.

DAY 4

DAY 5

DAY 6

1 Cor. 9:25-26

Train for your race

Training takes discipline

Train for the eternal prize



Warm-up

Bear shoulder taps

Running on hot lava

Bear and crab walk



Move

Mountain-climbers

Mountain-climbers tap-out

Twisted mountain-climbers



Challenge

Drawing lots

Sit-up challenge

Mountain-climber challenge



Explore

Read the verses and make a list

Reread verses and make up actions and a chant

Reread verses and set goals



Play

Keep the ball moving

The great paper competition

Around the world table tennis



### Bear shoulder taps

- Get down on hands and knees facing a partner. Try to touch your partner's shoulder with your hand while keeping your 'bear' position. Play until someone reaches 11 shoulder taps.



[https://youtu.be/r\\_09KUsKpK0](https://youtu.be/r_09KUsKpK0)

- Rest and talk together.

When did you train hard for something?

What was it like?

***Go deeper:*** What motivates people to train really hard?



## Mountain-climbers



Put hands and feet on the ground and keep your whole body straight like a plank.

- Move one knee up towards your elbows and then move foot back to the starting position. Repeat with other leg.
- Do 30 repetitions. Build speed and technique.



<https://youtu.be/ZNx5leoyKa8>

**Go harder:** Complete two rounds.



### Drawing lots

- Place at least 10 pieces of paper in a container, each with a different task written on it: 10 sit-ups, 5 push-ups, 15 jumping jacks, hug each person, 'high five' each person, get a glass of water for each person, 20 seconds of high knees, 20 seconds of plank, 15 seconds of superman.
  - Take turns to draw lots and do the task on it. You can choose to help another person with their task, and you can also choose to draw lots more than once if you want an extra challenge.
- Do three rounds.



<https://youtu.be/W-OY9808VPY>



## Train for your race

- Read **1 Corinthians 9:25-26** from the Bible.

If you need a Bible, go to <https://bible.com> or download the Bible App onto your phone.

Paul continues to teach us about life using the metaphor of an athlete. This week is all about training! We shouldn't go through life aimlessly but start training in order to win the prize at the end of the race.

### **Bible passage — 1 Corinthians 9:25-26 (NIV)**

Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.

Therefore, I do not run like someone



running aimlessly; I do not fight like a boxer beating the air.

Followers of Jesus are running in a race called 'life'.

### Why is training important in a race?

- Work together to come up with a list of ways that help us train as followers of Jesus. Write each of these on separate pieces of paper and spread them around your house/yard in a course layout. Take turns to run the course calling out each 'way' as you pass over it.

**Talk with God:** Move to the piece of paper where you need to improve your training. Get into the starting race position and spend some time asking God to help you grow in this. Run the course together to finish.



## Keep the ball moving

The challenge is to move a small ball from one side of the room or yard to the other without touching it. You will have to work together to succeed.

- Each person holds a piece of folded cardboard or a sturdy magazine for the ball to travel along. Line up and overlap your magazines so that the ball can roll down them. Start the ball rolling. When the ball passes your magazine run to the front of the line to get ready to receive the ball again. Always keep the ball moving down the magazines. Have fun trying.



<https://youtu.be/U7aWD8EnkP4>

### **Reflect:**

*What helped you succeed?*



An elderly woman with short grey hair and glasses, wearing a yellow and black patterned top and bright yellow pants, is walking down a concrete step. A young girl with long dark hair and a pink bow, wearing a floral dress, is walking beside her, looking down. They are outdoors near a body of water with a white railing and a boat in the background under a clear blue sky.

## Health tip for living long

Walk as much as possible. Schedule walking into your regular day. What creative ways can you do this? Don't always take the car or bus.



## Running on hot lava

- Spread out around a space. Select a leader. When the leader says "hot lava" everyone runs on the spot as fast as they can. When the leader says "stop" everyone does squats. Repeat until everyone is breathing heavily.



[https://youtu.be/dCW0\\_H0vpGg](https://youtu.be/dCW0_H0vpGg)

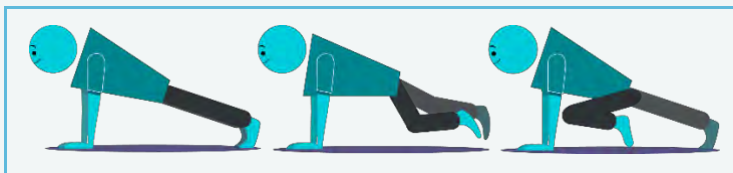
- Rest and talk together.

On a scale of 1-10, rate yourself on how well you complete the tasks you commit to.

***Go deeper:*** *What are some of the reasons why people give up?*



## Mountain-climbers tap-out



- Do 10 “mountain-climbers” and tap out to the next person. Continue until you have completed 100 as a family.



<https://youtu.be/ZNx5leoyKa8>

***Go easier:*** Do five and then tap out to the next person.

***Go harder:*** Set 150 or 200 as your target.



## Sit-up challenge



- Sit in a circle facing each other. Do 50 sit-ups as a family. One person starts and taps out to the next person when they need a break.  
After 50 sit-ups, run as a family to a marker and back. Run to the pace of the slowest runner. Then start sit-ups again.
- Do three rounds of 50.



<https://youtu.be/ZCTfXccNIWg>



## Training takes discipline

- Read 1 Corinthians 9:25-26 again.
- Make up some actions and recite the verses together.

What does it feel like to be aimless?

What helps training to be effective?

Training takes discipline. Encouraging each other helps.

- Make up a family 'war cry' that states your commitment to training hard for Jesus. Talk about the term 'strict training' and what it means for your life as a follower of Jesus.

**Talk with God:** Gather into a family team huddle, recite your war cry, and then pray for each other to grow in commitment and discipline.



# The sprints

*Wilma Rudolph was a champion sprinter who trained hard to overcome every obstacle she faced.*

*She was born prematurely in an African American family in the 1940's. With 20 brothers and sisters, there were few resources to help her become a champion runner. As a child she contracted polio and had to wear leg braces. However, she had incredible determination. She overcame polio at 12, surprising the doctors, and started to walk again. To get stronger, she took up athletics. Amazingly, eight years later she went to the 1960 Summer Olympics in Rome and won three gold medals! Wilma showed that keeping her mind focused on the prize is great motivation for training.*

*"The triumph can't be had without the struggle!" she said.*

*How does this story inspire you to run your own race?*

*What can your family learn from this?*





## The great paper competition

- Give everyone a piece of paper. Write what takes away your joy on it. Use the paper for three different competitions:
  1. Make a paper aeroplane and fly it the furthest. Give points to each person.
  2. Screw up the paper plane into a ball. Each person throws all the balls into a bucket five meters away. See who can get the highest total.
  3. Try to juggle the most paper balls. Start with one, then two, and so on.
- Who has the highest overall score?

An elderly woman with short grey hair and glasses, wearing a yellow and black patterned top and yellow pants, is walking down a concrete step. A young girl with long dark hair and a pink bow, wearing a floral dress and colorful sneakers, is walking up the same step. They are holding hands. The background shows a pier with white railings and a clear blue sky.

## Health tip for living long

Find someone to walk with  
you to stay accountable.



## Bear and crab walk

- Bear walk across the room and crab walk back. Do five laps.  
Bear walk - Walk face down with feet and hands on the floor.  
Crab walk - Walk face up with feet and hands on the floor.



<https://youtu.be/ynPJIYUIYWo>

- Rest and talk together.

What prizes have you won? Do you still have them?

*Go deeper: Which prize means the most to you? Why?*



## Twisted mountain-climbers

- Perform 10 'twisted' mountain-climbers. Try and reach the right knee toward the left arm, and then the left knee toward the right arm. Start slowly, then increase speed and technique.
- Do three rounds.

***Go harder:*** Increase the number of rounds or do the mountain-climbers faster.



## Mountain-climber challenge

How many mountain-climbers can your family do in 90 seconds?



- Each family member does as many mountain-climbers as they can in 90 seconds. Combine the scores for the family total.
- Once you've got your family total, challenge another family to see if they can beat your score. Share your results and see who comes out on top!



## Train for the eternal prize

- Read 1 Corinthians 9:25-26. Add actions.

What is the prize Paul talks about that will last forever?

- Each person thinks of a 'following Jesus training strategy' for the next 7 days. For example, pray every morning. Write it on a chart. See who can do the strategy every day. Plan a prize for each person.

**Talk with God:** Think about people you know who are struggling to be followers of Jesus. Stand in a circle with your right hands on top of each other in the center as you pray for each person. When the top hand slaps the pile, shout AMEN.





## Around the world table tennis

- Stand around a table. One person hits a ball over a "net" and another person returns it. Keep moving so that each person has a turn - pass the paddle to the next in line. Try to make 10 consecutive hits as a family, then 20. Notes: Use creativity! Instead of paddles use plastic lids/plates or flip flops. Instead of a net, you can use books or rolls of toilet paper.



<https://youtu.be/K1spCxyJoOY>

## Tip for parents

Help kids learn to be active every day. Play outside. Play with them because they love you to be involved too. Go exploring together. Take healthy snacks for the journey.



DAY 7

DAY 8

DAY 9

1 Cor.  
12:12

One body –  
many parts

We need the  
team

We are one big  
team



Warm-up

Drop to the  
ground

Dance and  
freeze

Corners  
warm-up



Move

Squats

Back to back  
squats

Opposite  
squats



Challenge

Tabata

Sprint  
competition

Squat  
challenge



Explore

Read the verse  
and make a  
cake

Reread verse  
and trace a  
child on paper

Reread verse  
and draw a  
timeline



Play

Together we  
go

Trust walk

Show me the  
way



### Drop to the ground

- Run around the room or yard as you do this activity.
- One person is the leader. When the leader shouts out a body part such as elbow, knee, back, or ear, everyone must put that body part on the ground.



<https://youtu.be/i1LOFXnidV4>

- Rest and talk together.

Take turns to name one thing common to all members of your family, and then one thing that is unique to each member.

***Go deeper:*** Talk about a time when someone else's skill was a big help to you.

## Squats



- Stand in front of a low chair. Bend your knees so you sit lightly on the chair. Stand up again.
- Do 10 repetitions then rest. Complete three rounds.



<https://youtu.be/YhNxDUgBA7c>

***Go harder: Complete five rounds.***



## Tabata

- Listen to the Tabata music.



- <https://youtu.be/AmcrvuWBkpQ>

- Do mountain-climbers for 20 seconds, then rest for 10 seconds. Run on the spot for 20 seconds, then rest for 10 seconds. Repeat this sequence. Do eight rounds.

***Go harder:*** Increase the number of repetitions in 20 seconds.



## One body – many parts

- Read **1 Corinthians 12:12** from the Bible.

If you need a Bible, go to <https://bible.com> or download the Bible App onto your phone.

In this verse, and the passage in which it is found, Paul reminds us that we all have different gifts and abilities to serve one body – one team. Paul uses our familiarity with our bodies to show how important we are to each other. We run life's race as a team!

### **Bible passage — 1 Corinthians 12:12 (NIV)**

Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ.

- Collect the equipment and ingredients needed to make a cake the family enjoys. Put these on your table and gather around.

Paul tells us 'Team Jesus' is made up of many different members with different gifts.

- Take turns to hold one of the items and describe one of your gifts or abilities.

Why is it important that we all bring different gifts and abilities to the team?

Can you make your cake today?

**Talk with God:** Write each of the gifts you named on individual pieces of paper. Add them all to a container. Thank God for each other's gifts.





## Together we go

- Line up next to each other. Using a rag or nylon stocking, tie yourself at the ankle to the person on either side of you. (The people on each end will have their outside foot free.)

As a team work together to move from a starting point to the finish as fast as possible. Make sure you stay connected.

Rest and repeat.

Do three rounds. Try to get faster each time.



<https://youtu.be/Xg7y6okM3Ww>

### **Reflect:**

*What helped you succeed?*



## Health tip for living long

Forgive one another daily. Don't take resentment and anger to bed with you. Try to fix hurt relationships promptly and sincerely. Ask for God's help.



## Dance and freeze

- Put on some up-tempo music. Everyone dances using their whole bodies. Take turns to stop the music. Everyone freezes when it stops and then does 10 speed skaters (bend and touch knee with opposite hand).
- Repeat until everyone is breathing heavily.



<https://youtu.be/m2robkaZS3I>

- Rest and talk together.

What are some activities that cannot be done alone?

**Go deeper:** Talk about a time you achieved something big by working with others.



## Back to back squats



- Stand back to back with a partner. Lean on each other and descend to a 90-degree squat position. Maintain that position and pass a ball overhead to each other. See how many times you can pass it in 30 seconds.
- Rest and repeat.
- Do three rounds. Try to increase the number of ball passes each round.



<https://youtu.be/czUU57xbnlk>



### **Sprint competition**

- Everyone stands on a starting line. One person shouts 'go' and the family sprints for 10 seconds until the leader shouts 'stop'. Everyone stops where they are. Not everyone will have run the same distance – that's okay.
- Rest, then turn around and face the starting line. When the leader shouts 'go', everyone runs back again. The first across the line wins.



## We need the team

- Read 1 Corinthians 12:12 again.
- On a large sheet of paper, draw a picture of a human body (trace around a young child). Talk about how the parts of the body make a team.

What would happen to the body if one part didn't work? (for example, legs, hands, ears)

Why does the body need each part?

- Read about blind football and how the players work skillfully as a team.

**Talk with God:** Pray that each person's gifts can be used in the family well.

# Blind football

*Blind football is a game like futsal with five players on each team. It is designed for visually impaired athletes. Players use blindfolds (except the goalie), so everyone plays the game in total blindness. It is part of the Paralympics ('Parallel' Olympics).*

*It is one of the most amazing team sports to watch. It is played with such speed and accuracy it is hard to believe the players cannot see the ball. The crowd must remain silent so the players can hear the tiny bell in the ball to locate it. Each team must communicate really well with each other so that they know where other team members are positioned.*

*Brazil has been the champion at recent events.*

*How does this story inspire you to run your own race?*

*What can your family learn from this?*







## Trust walk

- Work in pairs. One person is blindfolded while the other gives instructions to get to a goal. Put some obstacles out to make it more challenging. If possible do it outside. Swap roles after some time.



<https://youtu.be/5z0dygBEYNs>

A close-up photograph of a woman with dark hair hugging a young child with brown hair. The woman is on the left, leaning towards the child on the right. The child is wearing a plaid shirt. The background is dark and out of focus.

## Health tip for living long

Remember to listen and try to understand the other person's point of view.



## Corners warm-up



- Label the corners of the room with the numbers 1-4. Each person starts at a different corner and does a different warm-up. Move around the room to the next number. Do two rounds.
  1. 10 jumping jacks
  2. 10 running in place
  3. 10 mountain-climbers
  4. 10 squats



<https://youtu.be/wjLIb-GaFjl>

- Rest and talk together.

Who helps you grow in your life and faith?

***Go deeper: Who are you helping grow?***



## Opposite squats



- Stand facing a partner. Do squats at the same time. Give each other a 'High 10' hand clap at the bottom of each squat. Do 10 repetitions.
- With every squat, take turns telling one thing that brings you joy.
- Rest for one minute and swap partners.
- Do three rounds.

***Go harder:*** Increase the number of rounds or do the squats faster.



## Squat challenge

How many squats can your family do in 90 seconds?



- Each family member does as many squats as they can in 90 seconds. Combine the scores for the family total.
- Once you've got your family total, challenge another family to see if they can beat your score. Share your results and see who comes out on top!



## We are one big team

- Read 1 Corinthians 12:12 again.

Can you remember the first time you heard about Jesus?

Can you name some people from the past who have faithfully served Jesus?

We are part of a team who have followed Jesus for thousands of years. It's a big team.

What is one of the most important reasons you are a follower of Jesus today?

- Finish by reading the verse again together.

**Talk with God:** Join some narrow strips of paper to make a long strip. Take turns to draw a stick figure, connected to the previous figure, and write the names of

people past and present. As you write and draw, thank God for each person.





### Show me the way

- Work with a partner. One is blindfolded and has a ball and the other has a bucket or similar.
- In round one, the blindfolded person has three attempts to throw the ball into the bucket without knowing where it is. Place the bucket about two meters away.
- In round two, the blindfolded person throws the ball into the bucket as it is held by their partner. The partner can give directions like, “I am here” or “This way”. Swap roles.



<https://youtu.be/xMsndNuiqVE>

## Tip for parents

One of the most important things parents can do is teach kids to mend broken relationships. Parents will make mistakes and can model how to say sorry.



DAY 10

DAY 11

DAY 12

Phil. 2:3-4

Serving  
yourself?

Put others first

Jesus put  
others first



Warm-up

Grab the tail

Hand touches

Move to music



Move

Basic plank

Up-down  
planks

Mirror planks



Challenge

Laughing plank  
challenge

Sit-up / push-  
up tabata

Plank  
challenge



Explore

Read the verse  
and 'yes' and  
'no' game

Reread verse  
and stand in a  
line

Read  
Philippians  
2:3-5, discuss  
and make a list



Play

Ideas jar

Giving is better

Count to ten



## Grab the tail

- Everyone wears a scarf or small towel as a 'tail' tucked in at the back of their pants. The goal is to collect as many tails as you can, while protecting your own. If you lose your tail, do five push-ups and continue the game. Have fun.



<https://youtu.be/goixt6sB2Es>

- Rest and talk together.

When did you last say, “I want to ...” or “I don’t want to ...”?

**Go deeper:** *Do you spend more time talking or listening?*



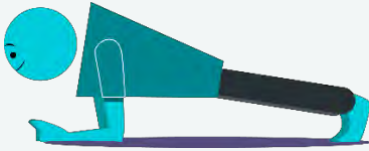
## Basic plank



- Put hands and feet on the ground and keep your whole body straight like a plank. Support your weight on your elbows for five seconds.
- Do 20 repetitions and rest. Repeat.

***Go harder:*** Increase the number of repetitions.

## Plank laughing challenge



- Family members take turns to do a plank while timed with a watch or phone. Other family members not planking make funny faces to try to make them laugh. The person who planks for the longest time wins.



<https://youtu.be/2-rIndJRjpE>

***Go harder: Do another round or try to improve your time.***



## Serving yourself?

- Read **Philippians 2:3-4** from the Bible.

If you need a Bible, go to <https://bible.com> or download the Bible App onto your phone.

Paul is writing a letter of love to the church in Philippi. He is writing from prison in Rome. His words are encouraging and direct, like a coach preparing a team for the game. He talks about valuing others.

### **Bible passage — Philippians 2:3-5 (NIV)**

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. In your

relationships with one another, have the same mindset as Christ Jesus.

- Read Philippians 2:3-4.
- Discuss what different phrases in the verses mean. Play a quick game of “You Can’t Say YES or NO”. Take turns around a circle to ask questions to the next person. Each time they answer ‘yes’ or ‘no’ (or nod or shake their head) they must run around the circle.

How did you feel when you succeeded in getting someone to say ‘yes’ or ‘no’? How do you think the other person felt?

Paul said: “Do nothing out of selfish ambition or vain conceit.” What does this mean?

**Talk with God:** Take turns again around the circle with each person praying for the next person after asking, “How can I pray for you?”





## Ideas jar

- Think about a fun activity someone else in the family would like to do with others this week. For example, play a sport or board game, family movie night, or a picnic. Remember, do not think of what **you** want but what someone else in the family might like to do. Each person writes their idea on a piece of paper and drops it into a jar.
- Each day pick one suggestion to do as a family and guess the person the activity was designed for.

### **Reflect:**

*Were you happy with what was picked?*

*Why or why not?*



## Health tip for living long

Eat meals together. Relationships are important and a busy family needs to find ways to connect every day. A family meal is an ideal place to reconnect, value each other, and share ideas.



## Hand touches

- Assume a push up position facing a partner. Try to touch the other person's hands while you are protecting your own.  
How many touches can you make in 60 seconds?



<https://youtu.be/tT9ATt9fLxE>

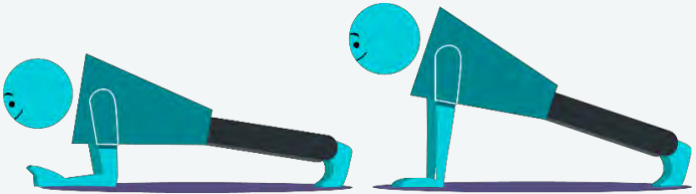
- Rest and talk together.

Share with your family the things that really interest you.

***Go deeper:*** *What interests do you have that are not shared by others in the family?*



## Up-down planks



- Start in the plank position on your elbows and toes with your body in a straight line. Shift your weight and press up so you are supported on your hands - left hand then right hand. Then go back down to elbows.
- Do 10 repetitions and rest. Do two rounds.



<https://youtu.be/enZlwtIYOi0>

**Go easier:** Keep the same technique from your knees (instead of your toes) or on a chair.

**Go harder:** Do four rounds.



## Sit-up / push-up tabata



- Listen to the Tabata music.



<https://youtu.be/AmcrvuWBkpQ>

- Do sit-ups for 20 seconds, then rest for 10 seconds. Do push-ups for 20 seconds, then rest for 10 seconds.
- Repeat this sequence. Do eight rounds.

***Go harder:*** Increase the number of repetitions in 20 seconds.



## Put others before yourself

- Read Philippians 2:3-4.

Why is it good to value others and put their interests before your own?

- Line up facing one way and put your hands on the shoulders of the person in front. Give them a shoulder massage. Now turn and face the other direction and massage the new person in front of you.

What did you notice about this activity?

**Talk with God:** Each person names an interest of another member of the family and prays for that person.

# Pole vault

*Pole vaulting is a courageous and awe-inspiring sport. Competitors fling themselves up to 5 meters high on the end of a flexible pole to clear a bar and land on a mat below.*

*In the 1936 Olympics, only one American and two Japanese competitors remained in the pole vault competition. Eventually, the two Japanese athletes, Shuhei Nishida and Sueo Oe, were competing for the silver and bronze medals. They both jumped the same height. They were close friends and asked if the competition could be stopped so they could share the honor. The officials said the competition must go on. Later, after review, one was awarded the silver medal and the other the bronze. But they had a creative solution. They cut the medals in half and made two new ones, both half silver and half bronze. They have come to be known as the 'medals of friendship.'*

*How does this story inspire you?*

*How can your family put others first?*







## Giving is better

- Each person needs 5-7 small stones (or seeds or paper balls). Stand in a circle together. Hold the small objects in your open left hand. When the game starts each person takes one stone at a time from their own hand and puts it on another person's hand. Play for 2-3 minutes. The game will get faster.

The winner is the person with the least number of stones because in this game 'it is better to give than receive'.

**Reflect:** *How difficult was this game?*

*How can you put this into practice and give more to others this week?*



<https://youtu.be/CNd60n05UYw>



## Health tip for living long

Invite others to eat with you. Not just friends and family, but people from your community too.



## Move to music



- Put on some favorite music. Repeat these moves until the music ends:
  - 20 running in place
  - 5 squats
  - 20 high knees running
  - 5 squats with hand clap above head



<https://youtu.be/ATHqkVnm8nE>

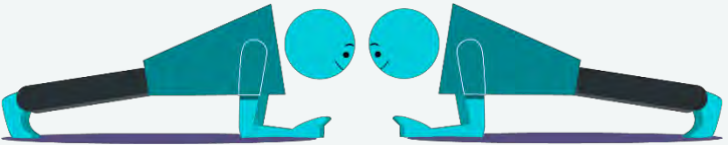
- Rest and talk together.

Who are some of the people you look up to in your community?

**Go deeper:** *Who has inspired you recently?*



## Mirror planks



- Work in pairs. Get into a plank position facing a partner. One person in each pair will be the mirror and will need to copy everything the other one does. Hold each plank for at least 20 seconds. Rest and repeat. Have fun.



[https://youtu.be/TgnD\\_L\\_Pk50](https://youtu.be/TgnD_L_Pk50)

***Go harder:*** Increase the time to one minute per round.



## Plank challenge

How many seconds can your family do a continuous plank for?



- Each family member does a plank for a maximum of 90 seconds. Combine the scores for the family total.
- Once you've got your family total, challenge another family to see if they can beat your score. Share your results and see who comes out on top!



## Jesus put others first

- Read Philippians 2:3-5.

In verse 5 Paul goes on to say why we should put others first – because Jesus did. Jesus showed us how to value others. We need his mindset. Discuss Jesus' mindset.

- Make a list of people you think need to be valued more in your community. How can you see them like Jesus does?

**Talk with God:** Imagine how Jesus might see each person in the community and value them. Choose one or more people on the list and pray for them.



## Count to ten

- Stand in a circle with heads bowed and eyes closed. As a team, count to 10 in order (1,2,3 ... 9,10) but do not go around the circle consecutively. If two players call the same number at the same time, start counting from 1 again. It will take a few attempts to be successful.
- Repeat, but this time stand in different parts of the room with eyes closed. Try counting to 20.

### **Reflect:**

*How did you find the challenge?*

*What did you have to do well to get to 10 without starting over again?*

## Tip for parents

Make eating together important for kids. Train them in conversation. Ask everyone questions like 'Tell us about your day' or 'What were you grateful for today.' Talk about something in the news.





DAY 13

DAY 14

DAY 15

Phil. 3:12-14

Keep going

Don't look back

Focus on the finish line



Warm-up

Starfish

Follow the leader

Drop to the ground



Move

Burpee preparation

Practice burpees

Burpee ball toss



Challenge

Games challenge

Burpee dice challenge

Burpee challenge



Explore

Read the verses and set timers for small tasks

Reread verses and write a list of distractions

Reread verses and make a finish line



Play

Build a tower race

Stepping stones

Bocce adapted



## Starfish

- Work with a partner. One person gets in a plank position with legs apart. The other person jumps over the legs, one leg at a time, and returns to the start. Repeat 10 times and then swap places.
- Do three rounds.



<https://youtu.be/GRuEVoqebvl>

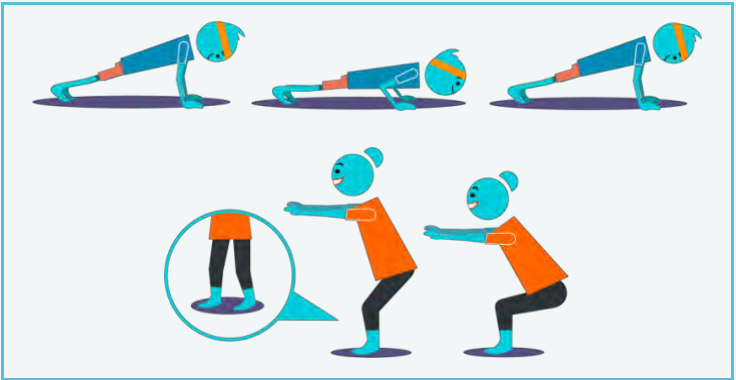
- Rest and talk together.

How long did it take you to learn to ride a bike? What made you want to keep trying?

**Go deeper:** *When did you last feel like giving up, but decided to push through?*



## Burpee preparation



- Part of a burpee is pushing off the floor. Do three rounds of 5 push-ups and 10 squats. These movements will help you to build up to a burpee.
- Rest between rounds.

***Go harder:*** Increase the number of repetitions.



### Games challenge

- Everyone lies face down across a line. One person shouts out the name of a sport – for example, basketball. Everyone runs to the other side of the room and pretends to bounce a ball as they go, then lies down again. Take turns to call out a sport. Others could include:
  - Long jump: frog-jump to the other side.
  - Swimming: run to the other side with swimming movements.
  - Be creative! Have fun!



<https://youtu.be/c-pXM76f3-c>



## Keep going

- Read **Philippians 3:12-14** from the Bible.

If you need a Bible, go to <https://bible.com> or download the Bible App onto your phone.

Paul's main goal in life is to really know Christ, to experience Christ's power in his life, and to become more like Him. Paul knows he still hasn't reached his goal, but like an athlete in a race, he is determined to keep running towards the finish line. Like Paul, we too must press on towards the goal.

### **Bible passage — Philippians 3:12-14 (NIV)**

Not that I have already obtained all this, or have already arrived at my goal, but I

press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

- Try setting timers for things you like to do quickly throughout the day. For example, set a 2-minute timer for brushing your teeth and set a 15-minute timer for 'no technology' at dinner time.

Was it hard to continue until the timer went off?

What are some of your small goals in life?

Why is it important to have small goals aligned to your big goal in life?

**Talk with God:** Pray that like Paul, you will remember you haven't arrived yet, but need to keep going in the race of life.



### Build a tower race

- Divide into two teams. Each team finds eight objects around the house to use to build a tower.
- Have a race to build the tallest tower possible. Do it as a relay.

Alternatively, set different challenges each time using the same objects, such as strongest tower, most creative tower, widest tower, and so on.



<https://youtu.be/aitvZweGZUg>



## Health tip for living long

Make good decisions for  
the health of the  
environment.





### Follow the leader

- Go for a short jog around the house or yard while everyone follows a chosen leader. Try to go to every room or space. The leader can change movements – side steps, high knees and so on. Swap leaders.



<https://youtu.be/v-W35X8Fj68>

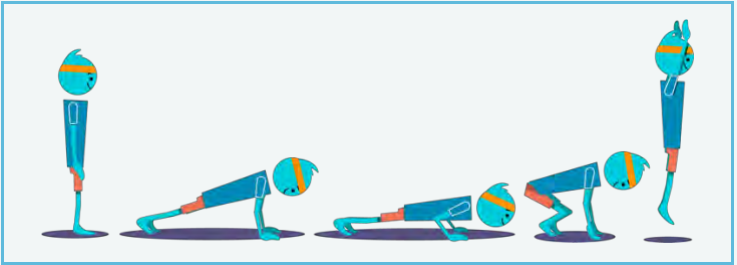
- Rest and talk together.

What was last year like for you? Do you feel like it was successful or not?

***Go deeper: What success or failure in your life do you remember sometimes?***



## Practice burpees



- Start slowly and use the correct technique. Stand upright and move to the plank position to do a push-up on the floor. Jump your feet in and do a partial squat. Then leap into the air and clap above your head. Try to do it in one fluid movement.
- Do three burpees then rest. Do five rounds.

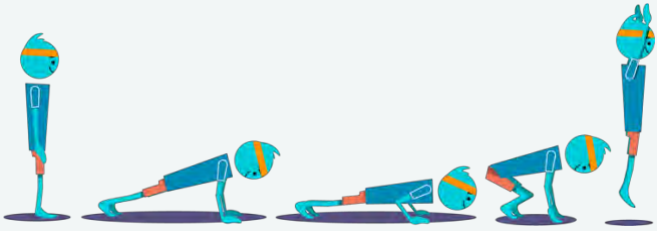


[https://youtu.be/Q\\_tH\\_IRNJc0](https://youtu.be/Q_tH_IRNJc0)

***Go easier: Do only two rounds.***



## Burpee dice challenge



- You will need a dice or small pieces of paper numbered 1-6 in a bowl.
- Stand in a circle and take turns to roll the dice or select a piece of paper and do the number of burpees indicated. Add the total number of burpees for your family. What's your score?
- Do four rounds or play for four minutes.



<https://youtu.be/wOLk2y8sjml>

***Go easier: Do two rounds.***



## Don't look back

- Read Philippians 3:12-14.

Why shouldn't an athlete look behind in a race?

- Together write a list of some of the things that might prevent or distract followers of Jesus from running the race. Then, take the paper and throw it in the trash.

Why does Paul look forward instead of looking back?

**Talk with God:** Does your family have a story of success or failure in its history? Pray that you won't be tempted to rest on past successes or be discouraged by past failures as you run the race.

# Fencing

*Fencing is a combat sport between two players. It is one of five sports which have been featured in every modern Olympics. (The others are athletics, cycling, swimming, and gymnastics.)*

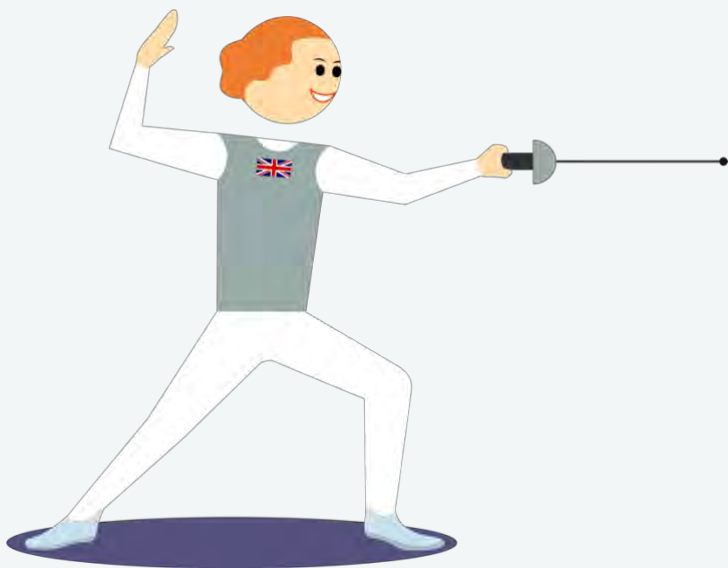
*British fencer, Judy Guinness, was in a position to win the individual fencing gold medal against Austria's Ellen Preis at the 1932 Los Angeles Olympics. Ahead at the end of the final gold medal bout, she reminded the judges of two points that needed to be added to her opponent's score for touches they had missed. The judges updated the score sheets and announced that Ellen Preis had won the gold medal and Judy Guinness the silver.*

*Judy Guinness remembered that the foundation of sport is fair play – not just*

*winning. She lost her gold medal but earned respect from everyone.*

*How does this story inspire you to run your own race?*

*What can your family learn from Judy Guinness?*







## Stepping stones

- Work as a team to get from one side of the room to the other by standing on only two 'stepping stones'. A 'stepping stone' could be a towel, T-shirt, mat, pillow, or something else. Avoid touching the ground by helping each other to balance.
- Set an amount of time to do this activity and see if your family can succeed.
- If you have space, play this outside.



<https://youtu.be/Qo9PRHcq82M>

### ***Reflection:***

*What helped you succeed?*

## Health tip for living long

Aim to cut down the use of plastics. Dispose of plastic waste carefully so it doesn't become an environmental problem for our children. Alone we cannot fix every global problem, but we can each do something local.





### Drop to the ground

- Run around the room or yard as you do this activity.
- One person is the leader. When the leader shouts out a body part such as elbow, knee, back, or ear, everyone must put that body part on the ground.



<https://youtu.be/i1LOFXnidV4>

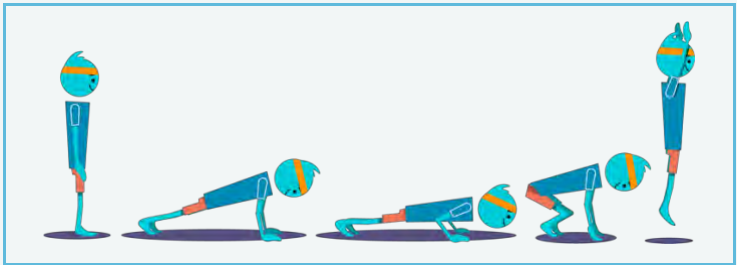
- Rest and talk together.

What reward have you been promised for finishing a difficult task?

**Go deeper:** Do you have a goal for the rest of the year? How will you keep focused on it?



## Burpee ball toss



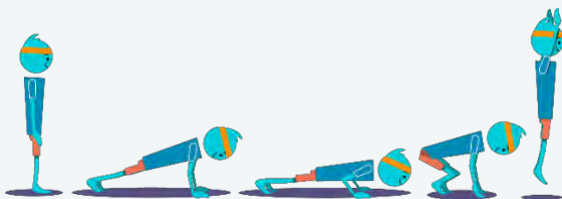
- Stand two to three meters apart facing a partner. Throw a ball to each other without dropping it. If one of you drops the ball, do five burpees before moving to the next round.  
Round 1: Throw and catch with the weakest hand  
Round 2: Stand on one foot  
Round 3: Close one eye  
Round 4: Lay on your back

***Go easier: Do two burpees for dropping the ball.***



## Burpee challenge

How many burpees can your family do in 90 seconds?



- Each family member does as many burpees as they can in 90 seconds. Combine the scores for the family total.
- Once you've got your family total, challenge another family to see if they can beat your score. Share your results and see who comes out on top!



## Focus on the finish line

- Read Philippians 3:12-14.
- On a long strip of paper, write what Jesus promises to give us if we keep following Him to the end.

Why does focusing on the finish line help us achieve our goals?

- Make this piece of paper into a finish line and run through it as a family to remember to keep focusing on our biggest goal in life.

**Talk with God:** Pray for God's help to be an example to others of pressing on 'toward the goal to win the prize for which God has called us'.



## Bocce adapted

- Find a ball to use as a 'jack' and three pieces of paper per person. Crumple the paper into balls and mark each set of three with a different color. Make a start line on the floor and roll the 'jack' away from you. The aim of the game is to get your balls closest to the 'jack'. The balls must be thrown in the air, not rolled. With feet behind the line, take turns to throw one ball at a time. The winner is the one with the most balls closest to the 'jack'.

Bocce is a sport of the Special Olympic Games for children and adults with intellectual and physical disabilities.



<https://youtu.be/vKevfVIX9cg>





## Tip for parents

Teach children about recycling. Have clearly labelled bins for different waste at home. Find a natural wilderness close by and help to keep it clean and free of plastic and waste.



# Bring people together

The opening or closing ceremonies of a big sports event are great times to bring people together.

Think about hosting a **Watch Party** and include some elements of family.fit to make it more fun.

- Pray for the families close by to you.
- Invite a few families and individuals to your home to watch sport together. Make the space comfortable and relaxed.
- Provide some snacks and drinks. Ask people to bring something to eat to share with others.
- Do other activities before or after the TV event. You could play some fun games. Answer thought-provoking questions. Share stories of athletes' performances

from the past. Share a Bible thought about sport.

- Ask people to dress up in clothes that match their country of origin, bring the flag of their country, or share a national dish or treat to eat together.
- Play some of the games or fitness exercises that you have enjoyed in family.fit.



Running on hot lava

<https://youtu.be/zsonkh1tv2w>

Mirror warm-up

Obstacle course

*See this as the launching pad for other events and joyful times that might serve your neighborhood.*



# Terminology

A **warm-up** is a simple action that gets muscles warm, breathing deeper, and blood pumping. Play fun, up-tempo music for your warm-up activities. Do a range of movements for 3-5 minutes.

**Stretches** are less likely to cause injury when done AFTER warm-ups. Stretch gently – and hold for five seconds.

**Movements can be seen on the videos** so you can learn the new exercise and practice it well. Starting slowly with a focus on technique will enable you to go faster and stronger later.

**Rest and recover** after energetic movement. Conversation is great here. Sip water.

**Tap out** is a way to pass the exercise on to the next person. You can choose different ways to “tap out” for example, hand clap or whistle. You make it up!

**Round** – a complete set of movements that will be repeated.

**Repetitions** – how many times a movement will be repeated in a round.

# Web and Videos

Find all the sessions at the [family.fit website](#)

Find us on social media here:



Find all the videos for family.fit at the [family.fit YouTube® channel](#)



**family.fit Five Steps**



**Promotional video**

## Stay Connected

We hope you have enjoyed this booklet of family.fit. It has been put together by volunteers from around the world.

You will find all the family.fit sessions on the website <https://family.fit>.

The website has the latest information, ways you can give feedback, and is the best place to stay connected with **family.fit**!

If you enjoyed this, please share with others who might like to participate.

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Thank you.

The family.fit team



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