

The Ultimate Race — 10 days of fun!



*family.fitness.faith.fun*



**Keep running the 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

Philippians  
4:8

Truth or lies?

Focus on the  
lovely

What is worthy  
of praise?



Warm-up

Drop to the  
ground

Move to music

Knee tag



Move

Chair dips

Dips with leg  
raises

Timed dips  
with leg raises



Challenge

Sports  
challenge

Fill the cup  
relay

Dip challenge



Explore

Read the verse  
and discuss a  
glass of water

Reread verse  
and discuss  
what you see

Reread verse  
and remember  
your birthday



Play

Two truths and  
a lie

Memory game

Mime what  
you admire



## 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>

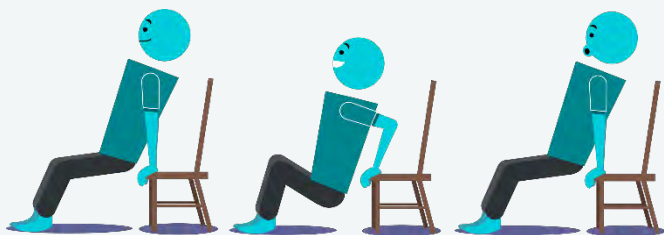
Rest and talk together.

When did someone tell you something you knew wasn't true? What did you do?

***Go deeper:*** *When have you been caught up in a lie?*



## Chair dips



Dip on a chair by supporting your weight on your arms. Keep feet on the floor.

Inhale ↑  ↓  Exhale

Do 5-10 repetitions and rest. Repeat.



<https://youtu.be/VfhAazNUNIo>

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



## Sports challenge

The family runs together. One person shouts out a sport – for example, football. Everyone runs around pretending to play football. Do the same with other sports such as archery, tennis, and long jump. Be creative!



<https://youtu.be/D7rvj9ICaXM>



## Truth or lies?

Read **Philippians 4:8** from the Bible.

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

Our minds are very powerful. The Apostle Paul encourages us to be careful what we allow our minds to focus on. He reminds us to fill our minds with things that are good and positive. This is a challenge we all need to work on in our race!

### **Bible passage — Philippians 4:8 (NIV)**

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.



Fill a glass half-way with water. Ask each person to describe how much water is in the cup. Half full or half empty? (Both are true.)

Paul encourages us to check what we are thinking about. We often get caught up in negative thinking, especially in hard times. Paul provides us with a list of things that please God to measure our thinking against.

What do your answers to the glass of water tell you about the way you think?

Discuss how you can be truthful and positive in your thinking.

**Chat to God:** Thank God that He showed us His truth through Jesus. Ask Him to help you discern the truth and think on things that please Him.



## Two truths and a lie!

Each person comes up with two true statements and one lie. Make sure the lie is believable and the truths are not obvious. Take turns to share your three statements. The family votes on which statement they think is a lie.

For younger children you may want to use a statement such as "I like \_\_\_\_ (fill in with two things they like and one they don't)".

### ***Reflect:***

*Was it hard to come up with a lie?*

*Was there something new you learned about a family member?*



**Health tip for living long**

Avoid snack food between meals.



## Move to music



Put on some favorite music. Repeat these moves until the music ends:

- 10 running on spot
- 5 squats
- 10 running on spot
- 5 squats with hand clap above head



<https://youtu.be/ATHqkVnm8nE>

Rest and talk together.

Tell of something you saw recently that was lovely.

***Go deeper:*** *When did you have a negative first impression of something but then realized it was actually good and lovely?*



## Dips with leg raises



Dip on a chair by supporting your weight on your arms. As you dip, extend one leg off the floor. Alternate legs.

Do 10 repetitions and rest. Repeat.



<https://youtu.be/TOXFtDm3WqM>

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



### Fill the cup relay

Using a chair, each person does three dips and then runs to a marker to scoop water into a glass using a spoon. Tag the next person to continue. Keep going in a relay until the glass is full.

Three dips = one spoon.



<https://youtu.be/4ezmpWOF8K8>

***Go harder:*** Increase the number of dips per spoonful.



## Focus on the lovely

Read Philippians 4:8.

Hold up a piece of paper with a small scribble in the center. What do you see? You can see the ugly scribble or you can see a paper full of potential.

Why are we drawn to focus on small imperfections? We need to learn to look below the surface to see what is lovely and wonderful, such as the goodness in someone's character.

How can we look deeper than outside appearances and focus on inward character?

**Chat to God:** Collect natural objects such as stones or snail shells around your house and find something lovely about each of them. Thank God for the loveliness in each other.

# Table tennis

*Josephine Medina contracted polio as a child which affected the growth of her legs. She was inspired to learn table tennis by her father who competed for his national team. She became so good at the game that she too was selected for the national team. However, she was later told she couldn't compete because she had a disability. Her passion and determination for the game stayed strong. She refused to give up her goal. She continued playing table tennis and joined the paralympic team, eventually winning a bronze medal in Rio de Janeiro in 2016.*

*"I just want to prove that disability is not a hindrance in achieving your goals. It is just an instrument in reaching success in your life."*

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

*How can your family learn from Josephine?*







## Memory game

This is a memory game. Each family member needs two pieces of paper. Draw the same object on both pages. Choose someone to guess for this round. Shuffle the pages so that everyone has two different pictures. Everyone stands randomly in a line holding their pictures. The guesser looks at everyone's drawings then turns around while everyone changes their order and hides their drawings. The guesser then chooses one picture to reveal and must remember who is holding the matching picture. If incorrect, start again. If successful, play with a new guesser.



<https://youtu.be/P92YNScLbT4>

## Health tip for living long

Sometimes when we feel negative, we eat 'comfort' food to make us feel better. This habit often leads to weight gain and avoids dealing with the issues behind our painful thoughts.





## Knee tag

Compete in pairs. Try to touch your opponent's knees as many times as you can in 60 seconds while you protect your own with your hands and body position.

Change partners.



<https://youtu.be/cdXD5KN5iBM>

Rest and talk together.

What do you admire about each person in your family?

***Go deeper:** What do you admire about yourself?*



## Timed dips with leg raises



Dip on a chair by supporting your weight on your arms. As you dip, extend one leg off the floor. Alternate legs.

How many can you do in 30 seconds?

Repeat and try to increase your number.



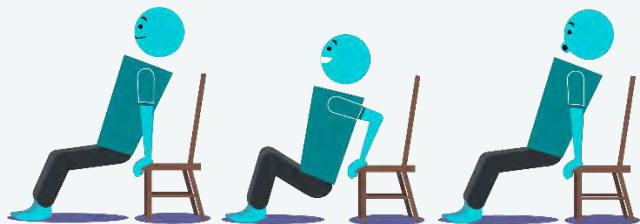
<https://youtu.be/TOXFtDm3WqM>

***Go harder:*** Increase the time limit to 60 seconds.



## Dip challenge

How many dips can your family do in 90 seconds?



Each family member does as many dips 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!



## What is worthy of praise?

Read Philippians 4:8.

Paul concludes his list with an instruction to focus on things that are worthy of praise.

Think about your birthday. How does it feel to be celebrated and appreciated on your special day?

What excellent or praiseworthy things can we be thinking about?

Jesus is worthy of praise. Together, make a list of things you can praise Jesus for.

**Chat to God:** Pray and thank God for people in your community who follow Jesus' example. Make a card to thank them for their example to your community.



## Mime what you admire

On separate pieces of paper write at least one thing you admire about each person in your family. Perhaps they are a good student, a good football player, a good cook, always helping others, and so on. Put the papers in a basket.

Two people pick a paper from the basket and mime it. Others must guess what was admired and the person it referred to.

### ***Reflect:***

*How did you feel when you were the person being admired?*

*Did you know it was you?*





## Tip for parents

Avoid snack food between meals. Provide healthy alternatives like fruit and vegetables. Model eating healthy food for your children.

DAY 4

DAY 5

DAY 6

Colossians  
3:12

Put on  
kindness and  
compassion

Put on  
humility and  
gentleness

Put on  
patience



Warm-up

Junkyard dog

Hand touches

Move to music



Move

Slow speed  
skaters

Speed skaters

Obstacle speed  
skaters



Challenge

Speed skater  
race

20,15,10,5

Speed skater  
challenge



Explore

Read the verse  
and put on 2  
shirts

Reread verse  
and arm  
wrestle  
competition

Reread verse  
and set a  
stopwatch



Play

Ants on a log

Rob the nest

Family walk



## 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/jgISsNnFVys>

Rest and talk together.

Describe someone you would say is really kind.

***Go deeper:*** *How is compassion different from kindness? Give an example.*



## Slow speed skaters



Practice speed skaters to develop leg and core strength. Bend and touch the knee with the opposite hand (one repetition). Start slow then increase speed and make the movements fluid.

Do six. Rest and do 12. Rest and do 18.



<https://youtu.be/oothd4lrmxg>

***Go easier:*** Decrease the number of repetitions.



## Speed skater race



Count how many speed skaters you can do in 60 seconds.

Rest for 60 seconds.

Then stand on a line (rope) and jump in these ways:

- 20 forward/back
- 20 side to side

Complete two rounds.

***Go harder: Do more rounds.***



## Put on kindness and compassion

Read **Colossians 3:12** from the Bible.

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

In this letter Paul gives the believers some very practical and valuable wisdom on how to live for Christ in community with others. Attractive qualities such as kindness and humility come from Jesus. We need to wear them like clothes.

### **Bible passage — Colossians 3:12 (NIV)**

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

What does this verse tell us about how God sees us?

We are chosen, holy and loved. God has set us apart to live and behave as Jesus did and grow more and more like Him each day. Developing Jesus' character is like putting on clothing.

Put on two pieces of clothing (for kindness and compassion) as you talk about what this could look like for each of you this week.

It can be hard to show these qualities but thankfully we have Jesus' help each day.

**Chat to God:** Think of people who need to know God's compassion and kindness today. Draw two shirts and label them COMPASSION and KINDNESS. Write down the people's names. Pray for them now.



## Ants on a log

Everyone stands on a 'log' (a line, low wall or a bench). The goal is to reverse your order on the log without anyone falling off. Work together so everyone is successful. Set a timer.



<https://youtu.be/l1pHjfxleEc>

### ***Reflect:***

*What helped you be successful?*



## Health tip for living long

Get outdoors and enjoy nature. Go for walks, swim, run, do gardening, or enjoy a local wilderness.





## Hand touches

Stand upright in 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>

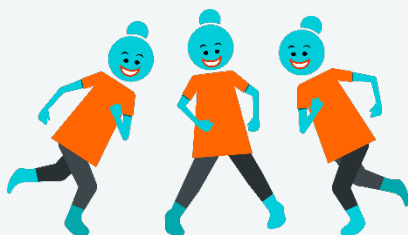
Rest and talk together.

Talk about times when you need to be gentle.

***Go deeper:** Find examples of famous people who showed humility or gentleness.*



## Speed skaters



Practice speed skaters. Each time your foot comes forward, try to reach and touch it with the opposite hand. Start slowly and then increase speed and fluency.

Do 10. Rest and do 20. Rest again and do 30.



<https://youtu.be/oothd4lrmxg>

***Go harder:*** Increase the number of repetitions to 40, 50 or 60.

**20, 15, 10 and 5**

Start with 'high fives', then do:



- 20 jumping jacks
- 15 lunges
- 10 push-ups
- 5 squats

End with 'high fives'.

Do three rounds with no rest between them.

***Go easier: Do 10, 8, 6 and 4.***



## Put on humility and gentleness

Read Colossians 3:12.

Are you good at listening to the advice of your parents, friends, or coaches?

Listening to others to learn from them shows we are growing in humility, rather than thinking we know everything.

Put on the clothing you wore for the first session and add two more pieces for 'humility' and 'gentleness'. Hold a family arm wrestling competition. Talk together about ways to speak up which demonstrate humility and gentleness. This is being quietly strong.

**Chat to God:** Each person draws a picture of themselves. Place them together and write the five words from Colossians 3:12 around

your family. As you add color to your photo, pray for each other.

## Sitting volleyball

*How do you go from enemies to teammates?*

*The Rwandan sitting volleyball team competed at the 2012 London Olympics. Although they didn't win a game, they demonstrated the incredible power of forgiveness and love within their team.*

*In the 1990s Rwanda suffered a terrible civil war between two tribes, the Tutsis and Hutus. Two volleyball players in the 2012 paralympic team, Dominique Bizimana, and Jean Rukondo, had lost legs from landmines in the civil war. One was a Hutu and the other a Tutsi. They had good reason to hate each other but instead became teammates and friends. They helped bring unity to their whole team.*

*They rebuilt their lives because they could forgive and accept forgiveness.*

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

*How can your family take forgiveness to the next level?*





## Rob the nest

Place several balls or pairs of socks per person in a container in the middle. It should be an equal distance from all players. Each person also has a 'nest' (small container) in front of them. Set a timer for five minutes.

On "go" everyone runs to the middle and grabs one item for their nest. Continue until all the 'treasure' is gone. Players can steal one item at a time from each other's nests, but cannot defend their own. The person with the most 'treasure' in their nest at the end of two minutes wins.



<https://youtu.be/S19OODh8hEw>

### **Reflect:**

*What qualities does this game bring out in the players?*



## Health tip for living long

Find creative ways to be outside together with others. Try planning a scavenger hunt or a picnic.





## Move to music



Put on some favorite music. Repeat these moves until the music ends:

- 10 running on spot
- 5 squats
- 10 running on spot
- 5 squats with hand clap above head



<https://youtu.be/ATHqkVnm8nE>

Rest and talk together.

What do you find it hard to wait for?

**Go deeper:** *When have you seen a sportsperson show patience?*



## Obstacle speed skaters



Do speed skaters with an object such as a rope or book on the ground that you have to step over. Make the speed skaters smooth and then increase speed.

Do 20. Rest and then do 20 again.

Do three rounds.



<https://youtu.be/KdLp2OmhRIs>

***Go harder:*** Do more rounds or do them faster.



## Speed skater challenge

How many speed skaters can your family do in 90 seconds?



Each family member does as many speed skaters 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!



## Put on patience

Put on your four pieces of clothing and add one more.

Read Colossians 3:12.

Set a timer for 1 minute and wait in silence as you think about times you or your friends have gone through challenges which test your patience. Talk about these times.

Did anything help? What did you/they learn? While feelings of frustration may arise, these are also opportunities to learn life lessons.

**Chat to God:** We all need patience. Pray and ask God for help to grow in this area.



## Family walk

Is there a place you have wanted to go and explore as a family? If you can, take a walk together and as you go talk about what you have learned this week. Which virtue is hardest for you to put on? Which is the easiest? Choose one you want to work on this week. Pick up a rock or something from nature that will be a reminder of your walk together.

## Tip for parents

Be a good model by spending time outdoors for your kids. Plant vegetables in a garden together. Keep a local wilderness free from rubbish. Go for walks regularly and notice how seasons change.



DAY 7

DAY 8

DAY 9

1 Timothy  
6:11-12

Flee from what  
is evil

Pursue what is  
good

Hold on to  
eternity



Warm-up

Move to music

Running on hot  
lava

Starfish



Move

Wall push-ups

Knee push-ups

Partner  
push-ups



Challenge

Push-up relay

Obstacle  
course

Push-up  
challenge



Explore

Read the  
verses and  
play tag

Reread verses  
and do a  
treasure hunt

Reread verses  
and create a  
human chain



Play

Flip-flop relay

Battle of skill

Samurai, Ninja  
and Sumo





## Move to music



Put on some favorite music. Repeat these moves until the music ends:

- 10 running on spot
- 5 squats
- 10 running on spot
- 5 squats with hand clap above head



<https://youtu.be/ATHqkVnm8nE>

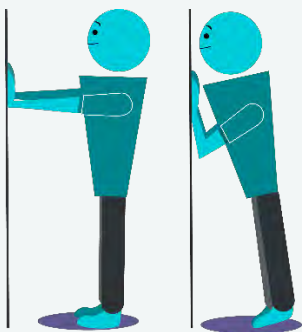
Rest and talk together.

Do you run faster when something is chasing you or when you're chasing after something?

***Go deeper:*** Tell of a time when you wanted to run from a situation or problem.



## Wall push-ups



Stand with arms outstretched towards a wall. Lean forwards, place palms on the wall, bend elbows and push back to standing position.

Complete 10 wall push-ups and rest.  
Repeat.

***Go harder:*** Push up from the knees or toes.

## Challenge

**Push-up relay**

Divide into two teams and stand on opposite sides of the room. Put 21 objects such as toys, spoons, or balls in the middle.

Members of each team take turns to run to the center, do five push-ups, pick up an object, and run back to tag the next person. Continue until all objects are picked up.

Which team collected the most?



<https://youtu.be/dTqhZR0NbCE>

*Go easier: Do the push-ups on a wall.*



## Flee from what is evil

Read **1 Timothy 6:11-12** from the Bible.

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

These words are written by the apostle Paul in a letter to his good friend and student, Timothy. Timothy is much younger than Paul. Together they had travelled and served many believers in different cities. Paul seeks every opportunity to give advice and teach Timothy how to live a godly life.

### **Bible passage — 1 Timothy 6:11-12 (NIV)**

But you, man of God, flee from all this, and pursue righteousness, godliness, faith, love, endurance and gentleness. Fight the good fight of the faith. Take hold of the eternal life to

which you were called when you made your good confession in the presence of many witnesses.

Play tag. One person is 'in'. When the person who is 'in' tags someone else, they join the tagger's team. (If your family is small, you only join the other team after being tagged three times.) Play until everyone is tagged.

Reread the verses. It contains a list of things we must strive for. Can you name their opposites?

We often underestimate evil and think we can easily resist it, but it entangles us. It is a fight! That's why Paul encourages us to always flee from what is evil. What do you need to flee from today?

**Chat to God:** Write a personal list of evil you must flee from. Pray that God will give you strength and wisdom.



## Flip-flop relay

Work in pairs. One person will be the walker, the other will move the flip-flops. The walker walks slowly across the room while the other person moves the two flip-flops so the walker always steps on a flip-flop. Swap roles.

The walker can close their eyes in the last round.



<https://youtu.be/dFu3aQ8zDWE>

### *Reflect:*

*What happened when the walker closed their eyes?*

A photograph of a man and a young girl in profile, looking at each other. The man is on the right, and the girl is on the left. They are both wearing light-colored t-shirts. The background is bright and out of focus. The entire image has a teal overlay. A white text box is centered over the image.

**Health tip for living long**

Be assertive but not  
aggressive.



## 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/dCWo\\_H0vpGg](https://youtu.be/dCWo_H0vpGg)

Rest and talk together.

What qualities should a good detective or tracker or hunter have?

***Go deeper:*** Share what you most want to accomplish in life.





## Knee push-ups



Start in plank position with knees on the ground. Keeping a straight back, lower your body by bending your arms so your chest touches the ground. Push back up to the starting position.

Complete two sets of 8 repetitions. Rest 30 seconds between sets.

***Go easier:*** Push up against a wall.

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



## Obstacle course

Set up an obstacle course. Use the space you have inside or outside (for example, run to the tree or chair, leap over the path or rug, and so on). Be creative! Take turns to get through the obstacle course as quickly as possible. Time each person.



<https://youtu.be/0wf6zfkzmCQ>



## Pursue what is good

Read 1 Timothy 6:11-12.

Organize a small treasure hunt. One adult hides a couple of simple clues, leading the rest of the family to the 'treasure'.

What is the treasure Paul calls us to pursue? Pursuing these is a 'good fight of the faith'. It requires concentration, discipline, and constant effort.

Why is it worth making these things your lifelong pursuit?

**Chat to God:** Draw your family. Ask God to help you to pursue righteousness, godliness, faith, love, endurance, and gentleness.

# The sprints

*There can be more than one winner! Niel Louw and Elliot Mujaji were competitors in the 100 meters. They were competing at the 2000 Sydney Paralympics because they had both suffered arm amputations in electrical accidents when they were younger. As they rebuilt their lives, they became good sprinters and rose in international competition. Niel went into the competition as the favorite but in the heats had a leg cramp, came last in his race, and missed the final. Elliot ran his heat and won. He was ranked third in the final. The final was a photo finish, but Elliot triumphed as the world's fastest T46 sprinter.*

*What is most surprising, however, is that while these were important and life-defining races in the world's toughest competition, both men considered that the greatest prize was still to come. They will both be winners*

*in the greatest race of life, finishing with eternity with God as their prize.*

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

*What can your family learn from this?*





## Battle of skill

Form two teams. Each team chooses one representative to compete for each of the skills. If your family is small, each person can compete in each skill and count their points.

Try these: Highest jump, hold breath the longest, clap the loudest, hop the longest on one foot, Hula hoop the longest ...

Make up your own!

Count the points to see who won the battle.



<https://youtu.be/VV0RLgWHeXc>

A photograph of a man and a young girl in profile, facing each other. The man is on the right, looking towards the girl on the left. The image has a teal color overlay. A white text box is centered over the image.

## Health tip for living long

Express your ideas without humiliating others. Stay positive. Avoid accusing or mocking one another.



## 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.

What is the longest time you've done something for?

***Go deeper:*** How do you imagine yourself in 10 years? What will you be doing?





## Partner push-ups



The key to a good push-up is keeping your body in a straight line and your elbows close to your side.

Face your partner on the floor with your knees on the ground and your hands in line with your shoulders. Do a push-up at the same time and then give each other a one-handed 'high five'.

Complete 10 and rest. Do two rounds.



<https://youtu.be/AZnZ7xXamO0>



## Push-up challenge

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



Each family member does as many push-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!



## Hold on to eternity

Link hands and create a human chain. The person at one end touches an immovable object. What is the farthest point your chain can reach without breaking?

Read 1 Timothy 6:11-12.

Have you ever imagined what eternity will look like? It has no beginning and no end ... it's perfect!

Why does Paul ask us to hold on to eternity like a lifeline? Even more than that – to fight for it. What makes eternity so valuable?

**Chat to God:** Who would you like to spend eternity with? Think of all those you do not wish to part from. Gather one stone or button for each one and pray for them by name.



## Samurai, Ninja and Sumo

Make up a simple action for the three different characters – Samurai, Ninja and Sumo. Stand facing each other and choose a leader.

Everyone, including the leader, secretly chooses a character to act out. At the count of 3, everyone does the action for their chosen character. Anyone with the same character as the leader gets a point. The first person to five points wins.

Swap leaders and play again.



<https://youtu.be/VOSEtmEtljw>



## Tip for parents

Teach children to resolve conflict from an early age. It requires constant practice. Value relationships, stop bullying, and teach respect.

# 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

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.

This resource is given freely and meant to be shared with others at no cost.

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If you translate this into a different language, please email it to us at [info@family.fit](mailto:info@family.fit) so it can be shared with others.

Thank you.

The family.fit team



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