**Born Again Bodies®**

Faith, Fitness, and Evangelism

by Pamela Parker

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**Born Again Bodies®**

Faith, Fitness, and Evangelism

by Pamela Parker

**DISCLAIMER for this entire book:** Be sure to consult your doctor before beginning any exercise plan and work with a fitness professional to ensure you are performing exercises properly to prevent injury or fatality. Any general nutrition information provided for your reference, only. This is no means meant to advise you about your unique dietary needs. Please consult a professional nutritionist to address your water intake and dietary requirements, which may be different based upon your health condition.

**Introduction:**

**If you are reading this book, by faith you have already been prayed for, in advance.** It is likely that you are looking to obtain information about mind, body, Spirit health or health, wellness and longevity, in general. If that is what you are looking for you have come to the right place for useful references to physical, mental, and spiritual tips and remedies for health and wellness in this book. **You will find tips and nuggets on how to get “dat body” in shape, build muscle, live healthy, and so on.**

This book is primarily for health enthusiasts, faith and fitness enthusiasts, faith and fitness instructors, nutritionists, mental health and athletic coaches, sports enthusiasts, health and fitness ministries, pastors and leaders, behavioral health specialists, and athletes, and anyone desiring to live healthy in the mind, body, and Spirit.

***However, here is the disclaimer:*** *This book will be more about the evolution of the faith and fitness movement, the discourse of the health and fitness that God created, and* ***how to use the faith and fitness movement as a tool to play our parts in The Great Commission to save souls and make disciples in “Dat Body” and make disciples of Jesus Christ.*** *(Matthew 28:16-20)*

**So, although this reading is fitness-based,** the concept behind this evangelistic tool book can be used to shift our perspectives about the usefulness of any other non-fitness based interest group to save souls, make disciples, and build kingdom community.

**This book is all about aligning our passions to what is most important to God. This book can empower all of the ‘Born Again Bodies’, living on this earth, to actively use various spheres of influence to do the same.**

**Again, you will get some practical and spiritual health and fitness tips in this book, but most of this is in the Appendix.** It is an overview of some basics for physical, mental, and spiritual wellness. It can help you on your journey to better health or just enlighten you if you are already in tip-top shape. There is some information on exercise which is helpful but not primary. Scripture says in in 1 Timothy 4:8, “bodily exercise profits little…”. God affirms that exercise has “some” value, but he also made it plain that it was not top priority. **So, if exercise (or health) has value, why did God ‘diminish’ its value [profitability], at the same time?** It is because He is saying exercise does matter, but it is not the most important thing. If you want to understand the most important facet of faith, fitness, and the role of exercise in health and wellness, in the Body of Christ, this entire book is for you.

**But the concept of what is shared in this evangelistic tool book can be used to shift our perspectives about using any other non-fitness based interest group** to save souls, make disciples, and build Kingdom community.

**This book is all about aligning our passions to what is most important to God.**

**So, what is most important to God?**

**It is that we love Him and love others as ourselves.**

**Matthew 22:36-40 - New International Version**

*36 “Teacher, which is the greatest commandment in the Law?” 37 Jesus replied:* ***“‘Love the Lord your God with all your heart and with all your soul and with all your mind.’[****a] 38 This is the first and greatest commandment. 39 And the second is like it:* ***‘Love your neighbor as yourself.’[b] 40 All the Law and the Prophets hang on these two commandments.”***

**If loving God and loving others is most important to Him, then should not the way we approach faith and fitness come from this perspective? Should not our vision and approach to health and wellness align with God’s vision about what is most important to Him?**

For this reason, Born Again Bodies will focus on what God desires for healthy living, which like everything else He requires is less ‘me-focused’ and more about others.

There is a surface-level, Christian status-quo statement that began to become more popular around the year 2010-2011, or so, when the faith and fitness movement began to emerge… We began to often hear a common and similar response, in Christian circles, about the Kingdom fitness movement, when they were asked why they want to get fit. Generally, the answer is often something like this:

**“I want to live longer so I can be fit to do more for Kingdom ministry. I am no good for the Kingdom if I am out of shape, you know.”**

This answer is commendable, and it is a very good answer. There is nothing wrong with this type of statement. **But is there more than what we see “on the surface” about faith and fitness?**

The questions that ‘beg’ attention to this are:

“Are my desires for exercise and health more about me – looking good, feeling good, living long?” (Again, there is absolutely nothing wrong with that. Remember, there is “some” profit to that [1 Timothy 4:8] but it is little in the grand scheme of life from God’s perspective.

“Does God “**neeeed”** me to live longer?... so **“I” …** can live longer and do more in ministry for the church?” “Is this this why my health and wellness and faith and fitness are so vital?”

“Or does God want me to live my life, within the confines of the allotted time He has already appointed for me to live, to reach OTHERS to help them attain the highest degree of health and wellness that can be achieved – with the time that I do have?

*“And as* ***it is appointed*** *unto men once to die…” - Hebrews 9:27 King James Version*

Could it be that God is offering me the opportunity to use faith and fitness to help OTHERS enter in a journey with “Dat Body”, called the Kingdom, and that faith and fitness can be that tool to do just that? I think so.

**Helping OTHERS is the main reason for this book.**

This Bible-based reading focuses on the fundamental reason why Mind, Body, and Spirit health and wellness can be of high profitability, especially in the end times.

**DIGGING DEEPER**

**ABOUT EXERCISE with a FRESH END-TIMES PERSPECTIVE**

Let’s take a first look at 1 Timothy 4:8.

**King James Version:** “For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.”

**New International Version:** For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

On the surface, this means exercise is not important or of much use, but there is more to this.

*--------------------------*

Now, let’s take another look at 1 Timothy 4:8 through a new lens.

The focus is not on the exercise but on the Godliness, or Godly use of, exercise, faith, and fitness.

**WHEN EXERCISE (Health, Faith and Fitness, and Wellness) ‘PROFITS MUCH’…**

Exercise, Faith, and Fitness can be used as an evangelistic tool, while we stay fit, to

lead OTHERS into salvation, discipleship, and into eternal life*.*

**Now, THIS is exercise that pleases God and PROFITS MUCH, as we align**

**with His mandate to pursue and share Godliness through exercise.**

 **As we do our part, large or small, we help support The Great Commission.**

***Matthew 28:16-20 - 16 – The Great Commission***

*Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. 17 When they saw him, they worshiped him; but some doubted [Him]. 18 Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. 19 Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 and teaching them to obey everything I have commanded you….”*

**As**

**BORN AGAIN BODIES**

 **(Believers)**

**We have an opportunity to change lives for eternity**

**…through the faith and fitness movement.**

***Now, that’s Good for the HEART, SOUL, MIND, SPIRIT, and “DAT BODY.”***

**Faith and Fitness 101:** Fundamental Basics for Mind, Body, and Spirit

Health and Wellness that Saves Lives and Pleases the Heavenly Father

*The Preface*

 **Like a mass of beating drums, I twirled around inside my mother’s womb like rolling thunder, as my father often told the story about me. He thought for sure I was the son he was hoping for because I was so energetic in my mother’s belly.** From my childhood until his last days of living, my father would often reenact what I was like, his recollection of me in the womb. He would audibly resound as he described my infancy in my incubation stage. I am not sure I can mimic the sound and the rhythm that my father used to describe his experience with me as an unborn child but let me try. **When Daddy described my movement in my mother’s womb, he would make this rhythmic movement like he was beating the drums and the sound. “Buh-luh-luh-lummmm!!!!”** Yep, I know that is not a word, laughing out loud, but hopefully you get a visual of the intensity of movement my father witnessed me drum up on the inside of my mother’s womb. He would always finish his recollection story with this statement, “We could barely get your mother on the gurney. Your mother was not even, laying “dowwwn”, on the table and you, my (Pamela-lama), came out into this world kicking!”

 Now, looking back and as I write today, I think my Dad was turning me on to something that my Heavenly Father wanted to reveal to me. That he created and fashioned me in a certain, energetic way for His purpose that I am walking into in this season.

 Flashback over my fitness journey, as a child I was very athletic. I ran track, played basketball, was a cheerleader, and did gymnastics, and I always loved to dance even as a small child I could hear music “on steroids.” After high school, I started taking group fitness classes and eventually went on to become a group fitness instructor at a local gym in Austin, Texas. I taught Cardio Funk aerobics in 1989. It was a class format that I made up at the time. I had not seen it, but I thought let’s make this calisthenics stuff fun with clean R&B music. It was fun. My class grew. I then knew that I loved fitness from that time, forward.

 After that, I got serious about the fitness industry and became a fitness professional. I am a National Academy of Sports Medicine (NASM) certified personal trainer, and an American Fitness Association of America (AFAA) certified group fitness instructor – where I have coached or led a number of fitness modalities. Over the years, I have seen a lot of changes in the fitness industry and particularly in group fitness classes – some good, some not so good.

 As it relates to this writing, I have been pregnant with the book since 1994, when God spoke to me and told me to establish an organization called Born Again Bodies (BAB). “Huh? What is Born Again Bodies?” I wondered. But I wrote it down. Okay God, I am supposed to have faith-based fitness classes with Christian music. That is all I thought BAB could be, was classes. But the Born Again Bodies organization and the birthing of this book has left me often perplexed, similar to what I think Noah might have felt when He was building an ark - he had never seen before. And at that time God gave me the name Born Again Bodies, I did not know of, and had never heard of, anyone talking about health and wellness in the Body of Christ, Kingdom wellness, or faith and fitness. I have for years been carrying “this baby,” with no sonogram to get a peek at what this “BAB thing” was supposed to be. Like Noah, I have at times looked a little crazy, was mocked at, and laughed at, by some, for this ridiculous, unknown, indescribable, ‘thing’ God told me to build. I know the feeling of Noah. I established Born Again Bodies in stages, a little “deer in headlights” about it all along.

 Again, I originally thought it was just of in-studio fitness classes for Christians or people who wanted to hear clean music. In 2005, I established Born Again Bodies, but it was more than in-studio fitness classes. It became a community-based organization that provided fitness and health classes for youth, adults, and seniors in underserved populations. Born Again Bodies was making a difference for underserved populations. In 2016, the organization was recognized and awarded a Humanitarian of the Year Award for the free and discounted fitness and wellness exercise community services we were providing in the Austin, Texas area.

 However, later in 2016, my dad became ill. I became my father’s caregiver and put Born Again Bodies on pause. Actually, it was much more than a pause. It was more like a halt, and my Born Again Bodies team disbanded, as I cared for my Dad. But the ambiguous “ark-like” vision that Born Again Bodies was supposed to be, never did die. I was still pregnant with this “God Idea.” I could not quit. It was not until 2024, and now in 2025 as I write this book, that I finally see the framework of what God told me to build. Now, my mind is resolute in spite of it all. I am so glad I did not quit. I am so glad I did not give up.

**My mind about my role in the fitness industry, why I founded Born Again Bodies, and my calling has shifted. My mind has been TRANSFORMED.** Romans 12:2

*Romans 12:2*

*2 And be not conformed to this world: but be ye transformed by the*

*renewing of your mind, that ye may prove what is that*

*good, and acceptable, and perfect, will of God.*

 **With this TRANSFORMED MINDSET about exercise, faith, and fitness**, I know now in these end times, **WE can use the appointed KAIROS time** [Greek word for time – Kairos: special, opportune time – appointed by God] that has been given, to leverage our passion for exercise, health and wellness, and faith **to reach OTHERS in the BODY of Christ** – dispersing health, life-balance, wellness, strength, and peace through the mechanism of faith, fitness, exercise, health, and spirituality. An evangelistic outreach that will last well beyond us, reach OTHERS in the community, and last for eternity in the Kingdom of God in heaven.

 **We have been called to use our passion for health and wellness** and our sphere of influence or connection to fitness, for such a time as this, **to save souls and make disciples in the Kingdom**. God’s Word has not changed but as many know from the 2020 Covid-19 pandemic, God can disrupt the whole world to make us shift old paradigms into a new way and innovative way of thinking. Evangelistic faith and fitness is the new wineskin (scripture) – the new mindset priority for faith and fitness and we all have an opportunity to take part in it in some way, large or small.

 There are many, new and great writings, devotionals, and academic publications, around the faith-based health and wellness revolution, emerging. I encourage you to take advantage of other authors’ readings around the faith-based fitness movement. But I also invite you to explore this book with an open mind, as it is not the standard “Do This – Don’t Do That” prescription health and wellness that helps us on our individual fitness journeys, helps other people get in shape, and/or live longer. This Born Again Bodies® book is different than most faith-based fitness writings as the focus is on how we can

This Born Again Bodies® book is different than most writings in that the focus is on what we all can do to ‘Be FIT,’ while impacting the BODY of Christ, from a corporate, KINGDOM PERSPECTIVE. This book is less about how we can help others live life fully here on earth but how we can catalyze Kingdom replication, on into eternity. This book takes the focus of our personal aspirations to live a long life but promotes “dying to self” to help save souls and make disciples through faith and fitness.

I admit, it would have been so-so much easier for me to write a general book about fitness, or fitness for the church, but God has called me to declare this outlook about the evangelistic opportunity in fitness and the establishment of apostolic hubs across the globe. He is the lead author. I surrender to his penmanship. I humbly say, “Lord, help me hear what you want me to write. For without your help, I am totally lost building “this ark”, called “Born Again Bodies: Faith, Fitness, and Evangelism.”

But, again, I am finally more resolute that the purpose of my calling is to enlighten Believers about our roles in the faith-based wellness movement, how we can use this sphere of influence to help change the world and make an eternal impact on the lives of others.

**Lastly, I am also clear that this book is about a faith and fitness community of Believers, called BORN AGAIN BODIES.**

℘ **AFFIRMATIONS** ℘

 **I BELIEVE**, I was born to give **birth** to things, born to **survive** challenges, born to **thrive** in this life, born to **walk into my CALLING**, from God, to **help save lives**, and be a conduit for **health**, **mental clarity**, and **renewal** in my own life, and **in the lives of others**.

**I BELIEVE,** I like some of you, were also **BORN AGAIN and CALLED to use faith and fitness to help everyday people LIVE** FREELY, HEALTHY, WELL, and WHOLE – in the Mind, BODY, and SPIRIT, **for ETERNITY*.***

**I BELIEVE**, I was born to **move** …as it is “in Him, I live, move, and have my being.”

Acts 17:28

**Born Again Bodies®**

We are a Faith and Fitness Community Accountable to Christ.

**WE are TRANSFORMED MINDS.**

Romans 12:2

Let’s Read…

**Chapter 1: Faith and Fitness 101:** Where Health and Wellness Began

**Health and wellness began with God’s Design for the Body**

**God Created the Body of Man that Depends on Health and Wellness to Survive**

* + 1. God formed man in a body- Genesis 2:7
		2. God had an intentional physical and spiritual connection of the body to Himself – His Image – Genesis 1:27
		3. The body of man had purpose – to reflect the likeness of God

**God Gave the Body a Role and a Purpose – 1 Corinthians 6:19-20**

* + 1. The body’s role is to serve as a temple of the Holy Spirit
		2. The body’s purpose is to glorify God with our bodies
		3. Believers have a purpose to honor God with our physical bodies as vessels of His divine presence

**God has given us a responsibility to take care of our bodies – be good stewards**

1. We are to care for the body – Ephesians 5:29
2. Care of the body is an act of love -Ephesians 5:29
3. Care of the body is an act of spiritual discipline and obedience – Ephesians 5:29

**Chapter 1: Faith and Fitness Basics:** Where Health and Wellness Began

**Health and wellness was founded by God and the health and wellness movement started before Jesus Christ arrived on the scene. God used men and women of God who were empowered by faith to believe for or implement healing in the lives of others.**

**God envisioned and spoke about health, wellness, and fitness.**

1. Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit. – 3 John 1:2 (NIV) Beloved, …prosper and be in health, even as thy soul prospereth. – 3 John 1:2 (KJV)
2. My son, attend to my words; incline your ear to my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those who find them, and health to all their flesh. – Proverbs 4:22 (KJV)

**God demonstrated health and healing.**

1. Moses’ hand was made leprous (i.e., affected with skin disease) – Exodus 4:6-7, 30
2. Jeroboam’s hand withered and restored – 1 Kings 13:4-6
3. Waters of Jericho healed – 2 Kings 2:20-22

**God activated health and healing in the hearts of people through faith.**

1. There were more examples of healing, health, and wellness in the Old Testament to include: Widow’s son raised from dead – 1 Kings 17:17-24; Waters of Jericho healed – 2 Kings 2:20-22; Shunammite’s son raised from dead – 2 Kings 4:19-37; Naaman cured of leprosy – 2 Kings 5:10-14; Resurrection by touch with Elisha’s bones – 2 Kings 13:21; Hezekiah healed (answer to prayer) – 2 Kings 20:7

**Chapter 1: Faith and Fitness Basics:** Where Health and Wellness Began

**Health, wellness, and faith accelerated during Christ’s life here on earth and after His resurrection, as he demonstrated miracles, signs, and wonders. Believers gained authority to administer health, wellness, faith, and fitness with miraculous power, after Christ’s death, burial, resurrection and ascension into heaven which demonstrated the highest level of healing and eternal health that world has an opportunity to obtain.**

* + - 1. **Plan to summarize this…**so not to lose the readers with too much verbiage before getting the core purpose of the book – provide practical, spiritual wellness, faith and fitness foundational tips while empowering readers to do with what they can to be an evangelistic tool of health and healing in their own communities.
			2. Plan to include the principles of faith in this, reason why miraculous healing occurred.

**Chapter 1: Faith and Fitness Basics:** Where Health and Wellness Began

**Conclusion: The health and wellness movement began and ends with God.** Faith and Fitness basics and the health and wellness movement began with God establishing man in a body that is made in His image. Faith and Fitness was God’s idea, and He has the master plan.

**First,** health and wellness began with God’s Design for the Body and God Created the Body of Man that Depends on Health and Wellness to Survive.

**Second,** health and wellness was founded by God and the health and wellness movement started before Jesus Christ arrived on the scene.

**Third**, health, wellness, and faith accelerated during Christ’s life here on earth and after His resurrection and Believers were empowered to take hold of the authority to heal the sick, raise the dead, and activate eternal healing in others.

**Reflection:** Since God is the master architect of the body, the mind, and the Spirit and He had, and still has, a plan for eternal and lasting wellness, we must include Him in every aspect of faith and fitness from His perspective, not ours. We must be accountable for the bodies and the time he has given us to live in these bodies in a way that honors Him and draws others to Him, even in the area of exercise, health and wellness, and faith and fitness.

As we delve into the health and wellness industry, the faith and fitness movement, and practical and spiritual health tips for ourselves in this book, it is my hope that every Believer will be enlightened in some way to think deeper about their own personal roles to play in the faith-based wellness movement; which is bigger than going to the gym, eating right, fighting chronic disease, or even living long to work in church ministry. This faith and fitness movement is about the Kingdom and how we can use this sphere of influence to help change the world and make an eternal impact on the lives of others.

**Chapter 2: Faith and Fitness Basics:** WhereHealth and Wellness Detoured

**[Use the Romans who were more interested in their physique and exercise - in the Bible to elaborate on this chapter…– use this to frame this chapter]**

1. **Example:** Test
2. **Example:** Test
3. **Support:** Test
4. **Example:** Test
5. **Example:** Test
6. **Support:** Test
7. **Example:** Test
8. **Example:** Test

**Chapter 2: Faith and Fitness Basics:** Where Health and Wellness Detoured

**Second main point (second strongest):** Test

1. **Support:** Test
2. **Example:** Test
3. **Example:** Test
4. **Support:** Test
5. **Example:** Test
6. **Example:** Test
7. **Support:** Test
8. **Example:** Test
9. **Example:** Test

**Chapter 2: Faith and Fitness 101:** Where Health and Wellness Detoured

**Third main point (weakest):** Test

1. **Support:** Test
2. **Example:** Test
3. **Example:** Test
4. **Support:** Test
5. **Example:** Test
6. **Example:** Test
7. **Support:** Test
8. **Example:** Test

**Chapter 2: Faith and Fitness Basics:** Where Health and Wellness Detoured

**Conclusion:** Test

1. **Restate topic:** Test
2. **Summarize three main points:** Test
3. **Revisit:**

**Chapter 3: The Awakening of Health and Fitness Industry:** The Profession

**Transition:** Exercise and physical fitness was nothing new to God. It was just new to us.

We will begin this chapter with a very brief definition and history of the fitness industry for context. However, we will not spend much time in defining and outlining this historical section, so we move on to evolution of fitness, the emergence of the faith-based mind, body, Spirit health and wellness movement, and what the utility of fitness means for our lives today. We will end this chapter with practical tips for the beginning exercise enthusiast and a correlation between the different exercise categories and a spiritual reflection of those exercise categories for Born Again Believers.

**FITNESS CATEGORIES DEFINED**

**ANAEROBICS – without oxygen:**

* High Intensity Interval Training (HIIT), weightlifting, sprinting, power, or strength training, calisthenics like squats, push-ups, pull-ups, and dips and explosive plyometric movements like jumps, hops, skips, jump squats, and jump lunges that require rapid and repeated stretching and contracting of the muscles
* Builds muscle mass and increase strength and power
* Increases endurance, fat loss, decreases bone stiffness, and strengthens bones and muscles.
* Performed in short and fast bursts of time
* Uses energy already stored in the muscles or fat instead of using oxygen for energy
* Anaerobic exercises are only meant to be done in very short time frames as these powerful movements are not meant to be sustained very long
* Corrects muscle imbalances and improves posture

**AEROBICS – with oxygen:**

* Running, walking, jogging, dancing, kickboxing, gardening, swimming, jumping rope, step aerobics, climbing stairs, cycling, rowing, skating, etc. performed in a rhythmic and continuous time frame
* Blood carries oxygen to the muscles through the small blood vessels that get wider so we can carry more oxygen to our large muscle groups like the arms, legs, and hips
* Discards toxins from the body through carbon dioxide
* It can be high intensity (high heart rate with bouncing or jumping (called ballistics)) or low intensity (low heart rate and without bouncing or jumping (called ballistics)
* With consistency it increases the heart’s capacity to pump oxygen into the muscles - improving cardiovascular fitness

Both anaerobic and aerobic exercise improve circulation and heart and lung function, decrease high blood pressure, decrease inflammation throughout the body, decrease risk of developing conditions like diabetes, heart disease, and stroke, help lower your blood sugar, lowers high cholesterol and triglycerides, and improve mood/energy.

**THE EVOLUTION OF FITNESS**

 **Many think the fitness (health and wellness) industry began in the 1950’s when television fitness guru, Jack LaLanne, came on the scene.**

Anerobic [add info about Jack LaLanne and his work in the area of strength/anaerobic training]

1. Something about Lalanne1
2. Something else about LaLanne

Add a closing statement here about anaerobic training and Jack LaLanne.

 **Others think the fitness (health and wellness) industry began around the late 1960’s or 1970’s and grew to be a part of everyday life in the 1980’s with the emergence of televised aerobics exercise, weightlifting, and gym memberships.**

* + - * 1. Aerobic exercise was defined in the late 1960’s by Kenneth H. Cooper, MD, MPH., coined as the “Father of Aerobics” is a pioneer of preventative medicine who is highly regarded as a leader of the international physical fitness movement and credited with motivating more people to exercise in pursuit of good health than any other person, Dr. Cooper has long advocated moving the field of medicine away from disease treatment to disease prevention. The Cooper philosophy, “It is easier to maintain good health through proper exercise, diet, and emotional balance than to regain it once it is lost,” has been proven valid in scientific research.2 His timeless philosophy and research on proper nutrition and aerobic exercise have been scientifically proven to be vital to our health and longevity.
1. Dr. Cooper released his first bestseller called *Aerobics*, in 1968 where he defined aerobics. Dr. Cooper’s stated, “Aerobics is with air, or with oxygen, and the ability of the body to utilize large amounts of oxygen is the real secret to physical fitness. Aerobic exercises are those exercises which demand large amounts of oxygen and produce beneficial effects in the heart, the lungs, and the blood vessels.”3
2. As this book is written in 2025, at age 91, Dr. Cooper has logged more than 38,000 miles running, Dr. Cooper sets an example for maintaining a healthy lifestyle by exercising at Cooper Aerobics Center on a regular basis in Dallas, Texas.2

After the announcement of Dr. Cooper’s research in the late 1960’s/early 1970’s, people began to understand that aerobic exercise, that challenged the heart capacity, was important for health, disease prevention, and vitality.

**Mainstream group fitness exercise and personal training emerged in the 1970’s with an opportunity to watch fitness gurus on national television and workout at home. This pivot redefined aerobics. Fitness television celebrities like Jane Fonda, Richard Simmons, and ? arose… [expound]**

1. Add context about this…
2. Add context about this…

**Chapter 3: The Awakening of Health and Fitness Industry:** The Profession

1. **In the 1980’s the fitness industry boomed, local and worldwide gymnasiums arose.**
2. Add context about this…
3. Add context about this…
4. **The development of fitness professional certifications and standardization exploded. Fitness is now a career with millions (or is it trillions?) of professionals leading exercise across the globe.**
5. Add context about this…
6. **This fitness industry is still in existence, today, with new modalities being developed almost commonplace.**
7. **Example:** Test
8. **Example:** Test
9. **Example:** Test

**Chapter 3: The Awakening of Health and Fitness Industry:** The Profession

**Conclusion:** The fitness industry is still in existence, today, with new modalities being developed almost commonplace.

1. **Restate topic:** [add this context]
2. **Summarize three main points:** [add this context]
3. **Revisit introduction or tie all ideas together:** [add this context]

**PRACTICAL INFO/TIPS:** When you perform anaerobic (without oxygen), strength training exercise routine on a consistent basis for several weeks or months, the muscles will experience hypertrophy. Hypertrophy causes the muscles to increase in mass and power because of the stretching, contraction, and damage done to the muscles during the exercise. About the “no pain – no gain” phrase, there will be some pain, but it should not be excruciating. Press through the pain and stay consistent. Don’t quit.

If you’re just starting an aerobic (with oxygen) workout routine, or if you haven’t been active in a while, start out slowly. Warm up for 5 to 10 minutes, increasing the pace as you go. After you warm up, aim to do the activity of choice for at least 5 minutes. Each day, add a little more time to your exercise routine, picking up the pace as you go. Be sure to include a cooldown, such as walking or stretching. You can start this by just walking or moving around in your home while you watch your favorite television show.

**SPIRITUAL REFLECTION:** Anaerobic: When we consistently clamp down (contract) and bear up (stretch) under the weight, jumps, and pressures of this life; especially, when it seems we have no more strength to go on - with Christ by our side, we become stronger and gain power to handle more.

Read and Meditate on 2 Timothy 4:7

Aerobics: The ability to keep running through life’s challenges, with the breath of God as the “wind beneath our wings.” With our consistent connection to Him, we increase our capacity to breathe in more of Him and release toxins or life stressors that have no place within us. Even when our heart is pounding and begging for air, if we run with God, stay consistent, and we don’t quit, we increase our endurance and we win this race, called life.

**Read and Meditate**

Luke 21:19 – “By your endurance you will gain your lives.”

Hebrews 12:1 – “Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us,”

Galatians 6:9 – “And let us not grow weary of doing good, for in due season we will reap, if we do not give up.”

2 Timothy 4:7 – “I have fought the good fight, I have finished the race, I have kept the faith.”

SOURCES:

1. ABOUT Jack Lalanne
2. ABOUT Kenneth H. Cooper, MD, MPH. Cooper Complete® Team. Retrieved from <https://www.cooperaerobics.com/cooper-complete/kenneth-cooper>. Retrieved March 22, 2025.
3. Aerobics Defined by Kenneth Cooper. Cooper Aerobics. Retrieved from <https://www.facebook.com/CooperAerobics/videos/aerobics-defined-by-dr-kenneth-cooper/465270934896747/>. Retrieved March 22, 2025.

**Chapter 4: The Rise of Community Fitness:** The World on a Health Mission

**The rise of group fitness or calisthenics aerobics changed the world.**

1. **General Aerobics**

**Example:** [add this context]

 **Example:** add this context]

1. **Jazzercize**
2. **Example:** [add this context]
3. **Example:** add this context]
4. **Boot Camps**
5. **Example:** [add this context]
6. **Example:** add this context]

**Chapter 4: The Rise of Community Fitness:** The World on a Health Mission

**Federal, state, and local governments began to fully recognize the importance of exercise in chronic disease prevention.**

1. **Combat or even reverse Type II Diabetes and help fight other chronic disease**
2. **Funding Youth, Adults, and Seniors became healthier.**
3. **Funding and grants became available to spread community wellness**

**Chapter 4: The Rise of Community Fitness:** The World on a Health Mission

**Studies about churches arose:**

1. **Example: 2011 Study by Northwestern University, showing those who go to church are 50% more likely to be obese than those who don’t go to church.**
2. **Nonprofit organizations began to approach the church about helping with this issue.**
3. **American Heart Association – Faith Based Initiative**
4. **Diabetes Association – Initiative**
5. **Minority health studies became more prevalent.**
6. The church became, and especially churches comprised of minorities, became more aware of the health issues that the demographic faced. more aware of issue
7. The church became more aware of the need for diet and exercise and began to hold fitness classes and/or develop health and fitness ministries

**Chapter 4: The Rise of Community Fitness:** The World on a Health Mission

**Conclusion:** The Covid-19 pandemic further highlighted the health disparities and the need for community based fitness for underserved populations on a global scale.

1. **Restate topic:** [add context]
2. **Summarize three main points:**  [add context]
3. **Revisit introduction or tie all ideas together:** [add context]

**Chapter 5: The Rise of Faith-Based Fitness:** The Kingdom on a Health Mission

**Churches open their doors for organizations to come and do programming.**

**A**. **Support:** [add context]

**1. Example**: [add context]

**2. Example:** [add context]

1. **Support:** [add context]

**Chapter 5: The Rise of Faith-Based Fitness:** The Kingdom on a Health Mission

**Churches open doors for instructors**

1. **Zumba**

**Example:** [add this context]

 **Example:** add this context]

1. **Yoga**
2. **Example:** [add this context]
3. **Example:** add this context]
4. **Line Dancing**
5. **Example:** [add this context]
6. **Example:** add this context]

**Chapter 5: The Rise of Faith-Based Fitness:** The Kingdom on a Health Mission

**The church opens the door for fitness attire in the church….**

**A. Nothing wrong with fitness attire within reason**

**1. Example:** [add this context]

**2. Example:** [add this context]

**Chapter 5: The Rise of Faith-Based Fitness:** The Kingdom on a Health Mission

**Conclusion: The church now is open to bring strange fire in the church if not careful.**

**A. The question becomes who sets the standard for fitness in the church?**

**B. The bigger question is who sets the standard for the church, period?**

**C. Revisit introduction or tie all ideas together:** [add this context]

**Chapter 6: A Fallen Fitness Industry:** The Music. The Movement. The Madness.

**The MUSIC: Aside from the distinction of fitness in the world and fitness that now entered the church, there was a time that fitness music was pretty discreet and clean – whether a person was saved or not.**

**Over time, the music has become riskier.**

* 1. **Today, some of the music is downright sexual**

Satan, known as the chief musician, is certainly happy about this decline in holiness and even happier that we would move in unGodly ways to music that goes against His principals.

**E.** Some Christians are taking part in listening to this music, minimizing this through compromise, and/or ignoring the subliminal tactic of the enemy to allow perversion to infiltrate our homes, families, children, and even our churches.

**Chapter 6: A Fallen Fitness Industry:** The Music. The Movement. The Madness.

**A. The MOVEMENT: Aside from the distinction of fitness in the world and fitness that now entered the church, there was a time that fitness movement was pretty discreet and functional – whether a person was saved or not.**

**B. Over time, the movements have become riskier but it started with the music.**

**C. Today, some of the movements are downright sexual. As a former hip hop instructor and a praise dance leader with the Eagles International Institute, I have much to say about movement. However, I am going to summarize my thoughts on movement and fitness dance by sharing a writing I wrote in 2010 on Holy Hip Hop to outline what I was beginning to see as an issue with fitness movement, even amongst Believers.** [I just stuck my hip hop writing in here for now… I need to look at transition and see if anything is not relevant now since I wrote this in the 2010-2011 time frame.]

**MOVEMENT AND EXERCISE**

**Holy Hip-Hop**

by

Pam Parker

***Purpose of Hip-Hop***

* To reach a generation of people, who can relate to this form of music, for the Kingdom of God; and to save their souls.
	+ There is a mantle to carrying this form of dance; just like pageantry, mime, liturgical and so on.

***General Principles***

Every form of dance can be holy **­as long as it fits within the constraints of God’s Biblical principles and His guidelines for purity.**

What is holy can be controversial and subject to interpretation. So, what is the litmus test? Measure the movement against the Word of God and the Holy Spirit and pursue peace within your soul, at all costs; even if it means starting the dance choreography, all over again.

***Choreography***

Ask yourself does this urban movement send out a message of praise or worship into the atmosphere, or is it just cool? Ex: The worm on the floor move…. No! Really? Are you kidding me? But, I have actually witnessed someone do this movement in a dance in church.

A worm is a representative form of a snake. A snake is the representative form of Satan, the devil. Demonstrative worm movements on the floor release demonic empowerment into the atmosphere! We often do not do things intentionally, just out of the lack of knowledge.

“My people perish for the lack of knowledge” (Hosea 4:6)

*At the same time, there is a balance. Y*ou are free to move. God is not constraining you. He who the Son has set free is free, indeed. (John 8:36)

With urban prayze, remember there may be moments of making a transitional or cool move to lead into something more meaningful. And that is okay, however with urban prayze it is even more important to maintain an attitude of praise and worship and prayerfulness as we move. Why? …Because some of the sounds are similar to R&B, mainstream hip-hop and other secular genres.

About secular music – Because of liberty in Christ, I believe it is not a sin to listen to secular music **that does not contradict with God’s Word and His principles.**Many songs are not necessarily gospel, that we sing or encounter every day and God is not shaking His royal finger at us and saying…uh-uhh-uhh. For example: Is it really wrong to sing the song, “The Itsy, Bitsy Spider” or “Happy Birthday”? These are secular songs that are not speaking about God. We must be careful to not allow rules to confine us. I believe it is alright to listen to a secular song that is positive, motivating and does not go against the Holy Spirit.

The Word says, “whatsoever things are true, whatsoever things [are] honest, whatsoever things [are] just, whatsoever things [are] pure, whatsoever things [are] lovely, whatsoever things [are] of good report; if [there be] any virtue, and if [there be] any praise, think on these things.” (Philippians 4:8). For this reason, I believe we are at liberty to listen to other musical genres – as we check what we listen to against God’s Word. But, doesn’t this apply to everything we partake of in this place we live in, called the world. Every day we have choices about what and how much we eat, where we go to work, who our friends will be, what movies/television we watch and so on. All things, that stay within the boundaries of God’s will are fine to enjoy. Just ENJOY LIFE!!!

***Testimonial:*** It was 1997. I introduced a hip-hop dance at a conservative church. What was I thinking!?!...or really what was **GOD thinking?** It was Easter 1997; the youth went forth and did an urban prayze dance where they were dressed / covered appropriately for the dance and the movements were clean and non-seductive. The dance went forth and some were blessed by it, but the rigid were certainly appalled. After the dance, a friend of mine said, “I was just shocked.” I was hurt and questioned myself. Only to see Christians delve into urban prayze even more deeply with the onset of hip hop gospel artists. But I do remember this – around 1997 even basic liturgical dance movements were often rejected in many churches. Dance was not an acceptable form of worship in many Christian circles. I am pretty sure by now, even that church is doing urban prayze and mime. I think I, and others like me, who tread in the area of urban prayze at church were making a prophetic declaration of liberated worship in the creative arts.

***Choreography – other notes***

* Listen to the umpire of your soul. Be careful about using popular moves or popular people in your dance, just because they are popular.
* Remember when you borrow from Michael Jackson, Beyonce and popular artists because you like the move – you may have just welcomed whatever spirit is on them into the sanctuary and into the place of worship.

***Attire/Hair/Jewelry***

* Discretion is crucial, particularly with hip hop because there is much hip movement. (Hip movement should never have gyrations.)
* Even the popular skinny jeans, and other attire, really need to cover the hip and groin area. With the movement being so dynamic it is important to be covered appropriately.
* Clothing should be loose fitting around the chest area.
* Flesh should be very limited, and the breast area should not be seen – AT ALL.
* The hair should be away from the face and not flop around in your eyes and face. The hair would become a distraction. The hair, as described in the Word, is a woman’s glory.

*“But if a woman have long hair, it is a glory to her: for [her] hair is given her for a covering.”*

 *(1 Corinthians 11:15.)*

* + The Lord will not share his glory with another.
	+ If the hair is flopping around in our face, and we just read it is our glory, then the question becomes – “When we dance with our hair flopping around in our face and everywhere – whose glory is being lifted?”

Please be careful of overdoing it with the jewels, and large earrings, just because it is hip hop. Main stream hip hoppers in the world wear a lot of garb, and basically anything goes. But this is not so, for the Holy God we serve. Too much jewelry is simply a distraction when we are moving around and ministering. People’s eyes are naturally drawn to the flash more than the dance when there is too much.

***Spiritual Positioning***

Hip-Hop or urban prayze has a different purpose in the church than other forms of dance. Pageantry primarily invokes the royalty and deity of God. Mime and liturgical often invoke worship, encouragement and adoration. Hip-Hop however often invokes praise.

Hip-Hop does have an element of entertaining, but this entertainment has more to do with lifting the soul or encouraging others to praise God; than entertaining just for the sake of showing others how well you can dance. Because of the entertainment element it is critical to maintain an attitude of humility and to point the Spirit of the movements in the direction of God; making Him the real center of our attention and our affection.

***In summary:***

The main thing **is** the main thing. We have to have an attitude of prayer when ministering in hip-hop otherwise it is just simply a bunch of dance steps with no impact to lift the atmosphere.

Written in 2010 and Revised - July 2011

**E.** Some Christians are taking part in these degrading movements, minimizing this, and/or ignoring the subliminal tactic of the enemy to allow perversion to infiltrate our homes, families, children, and even our churches. The fitness industry has fallen in many ways and sadly some of the church has fallen in this area, too. This is madness.

**Chapter 6: A Fallen Fitness Industry:** The Music. The Movement. The Madness.

**The MADNESS: I do not believe God is stiff. I do not believe Christians can only dance to gospel music. There are clean, secular songs that do not contradict with Biblical principles that I do not believe God frowns upon.** I also believe He does not frown on dance that is non-perverted that may not be a praise dance. But I also believe, holiness is still right in God’s eyes, and it is because of perversion God keeps warning us in these end times that He will need to pour out His wrath on us. Out of His mercy, He warns us. [add scripture].

**This book is not meant to beat anyone down, but to wake us up. God is serious about this, and He is serious about the Great Commission.**

**A. To be successful at using fitness for the Great Commission, we cannot mix conflicting music, movement, or things with that which is holy.**

**1. Example**: [add context]

**2. Example:** [add context]

**B. We live in the world, and we do not reach the lost by being “holier than thou” but there is a standard.**

**1. Example**: [add context]

**2. Example:** [add context]

**Chapter 6: A Fallen Fitness Industry:** The Movement. The Music. The Madness.

**Conclusion:**

**A. Restate** whathas seeped in like carbon monoxide in the church …and today the world of not just fitness but fitness for Believers has been reshaped to fit the world’s standards and not ours.

**B. Summarize three main points:** Perversion has infiltrated the movement and the music in the fitness industry, and it has created madness in our world and is not seeping into churches.

**C. Revisit introduction or tie all ideas together:** We cannot change everyone and we cannot police everyone, but what can we do to do our part to uphold righteousness in our fitness classes and environments?

**Chapter 7: Kingdom Health and Wellness Ambassadors Arise:** It’s Kairos Time

**We have just read about The Music. The Movement. The Madness. It is time for those who understand the covert tactics of the enemy to influence and infiltrate the church with perversion.**

**A. Support:** [Add scriptural references and expound] Use the Romans who were more interested in their physique in the Bible to elaborate on this… corrected by Apostle Paul

**Chapter 7: Kingdom Health and Wellness Ambassadors Arise:** It’s Kairos Time

**It is time to stand up against the tactics of the enemy to diminish our ability to save souls and make disciples, as individuals.**

**A. Stand up against music that is not wholesome**. (Whatsoever things are good, lovely, or of good report …scripture)

**1. Respectfully walk out the class or do not participate**

**2. Build your own class or playlist**

**B. Stand up against movement that is defiling.**

**1. Do another non-demeaning movement, if you are in fitness class**

**2. Or, respectfully walk out of the class if it gets out of hand**

**Chapter 7: Kingdom Health and Wellness Ambassadors Arise:** It’s Kairos Time

**It’s time to stand up against the tactics and agenda of the enemy and sound the alarm, corporately.** Like a boycott of some sort… we say, “No. We will not compromise, we choose to be a part of fitness communities that do not contradict with our beliefs, and we choose to be a part of fitness communities where we have an opportunity where we can reach others. We are accountable to Christ.

**A. Support:** Test

**1. Example:** Test

**2. Example:** Test

**B. Support:** Test

**1. Example:** Test

**2. Example:** Test

**C. Support:** Test

**1. Example:** Test

**2. Example:** Test

**Chapter 7: Kingdom Health and Wellness Ambassadors Arise:** It’s Kairos Time

**Conclusion:** I am born again, and I belong to Christ. I am grafted into a community of Believers, called Born Again Bodies, that will not compromise holiness. I am part of a movement to save souls and make disciples through faith and fitness.

**A. Restate topic:** Test

**B. Summarize three main points:** Test

**C. Revisit introduction or tie all ideas together:** Test

**Chapter 8: Self-Examination:** What's Your Role?

**Do You See the Importance of the Movement?**

**A. Support:** Test

**1. Example:** Test

**2. Example:** Test

**B. Support:** Test

**1. Example:** Test

**2. Example:** Test

**C. Support:** Test

**1. Example:** Test

**2. Example:** Test

**Chapter 8: Faith and Fitness: Self-Examination:** What's Your Role in Born Again Bodies?

**What’s Your Why?**

**A. Support:** Test

**1. Example:** Test

**2. Example:** Test

**B. Support:** Test

**1. Example:** Test

**2. Example:** Test

**C. Support:** Test

**1. Example:** Test

**2. Example:** Test

**Chapter 8: Faith and Fitness: Self-Examination:** What's Your Role?

**Not everyone will be a fitness instructor, lead a group, or join a faith-based specific group but everyone has a part to play.**

**A. Support:** Test

**1. Example:** Test

**2. Example:** Test

**B. Support:** Test

**1. Example:** Test

**2. Example:** Test

**C. Support:** Test

**1. Example:** Test

**2. Example:** Test

**Chapter8: Faith and Fitness: Self-Examination:** What's Your Role?

**In our community gyms, classes, and even with the classes we watch on YouTube or other media, we can choose not to compromise; standing strong in the belief that you are set apart from the world. Again, this is not about being over-religious but about a standard.**

**A. What’s your role**

**B. Summarize**

**C. Revisit introduction or tie all ideas together:** Test

**Chapter 8: Faith and Fitness: Vision:** What's Your Personal Action Plan?

**Fitness programs and any behavioral change programs – transformation programs have five stages of change – these can apply to an action plan for fitness transformation, engagement, and evangelism (Make this section like a workbook with space to write)**

**A.**

1. Precontemplation: Inactive or living a sedentary lifestyle.
2. Contemplation: Still sedentary, considering change.
3. Preparation: Engaging in some fitness activity.
4. Action: Regularly participating in a fitness routine.
5. Maintenance: Sustaining the fitness routine.

THERE are no wrong answers. This process is for your reflection, prayer, and meditation

**1. Precontemplation:** Are there any key things or concepts that you learned from this reading?

**2. Contemplation:** After this reading what do you think of differently that makes you want to think more about this?

**3.** **Preparation:** Are there any small steps that you might take now to change the things you currently do or do not do, as it pertains to fitness?

**4.** **Action:** Are there any classes, programs, or other programs that you may want to take part in ?

**B. Support:** Test

**1. Example:** Test

**2. Example:** Test

**C. Support:** Test

**1. Example:** Test

**2. Example:** Test

**Chapter 9: Faith and Fitness: Vision:** What's Your Personal Action Plan?

**Second main point (second strongest):** Test

**A. Support:** Test

**1. Example:** Test

**2. Example:** Test

**B. Support:** Test

**1. Example:** Test

**2. Example:** Test

**C. Support:** Test

**1. Example:** Test

**2. Example:** Test

**Chapter 9: Faith and Fitness: Vision:** What's Your Personal Action Plan?

**Third main point (weakest):** Test

**A. Support:** Test

**1. Example:** Test

**2. Example:** Test

**B. Support:** Test

**1. Example:** Test

**2. Example:** Test

**C. Support:** Test

**1. Example:** Test

**2. Example:** Test

**Chapter 9: Faith and Fitness: Vision:** What's Your Personal Action Plan?

**Conclusion:** Test

**A. Restate topic:** Test

**B. Summarize three main points:** Test

**C. Revisit introduction or tie all ideas together:** Test

**Chapter 10: Faith and Fitness Revolution:** Kingdom ADVANCE! - Are YOU Ready?

**A. Support:** Test

**1. Example:** Test

**2. Example:** Test

**B. Support:** Test

**1. Example:** Test

**2. Example:** Test

**C. Support:** Test

**1. Example:** Test

**2. Example:** Test

**Chapter 12: Faith and Fitness Revolution:** Kingdom ADVANCE! - Are YOU Ready?

**Second main point (second strongest):** Test

**A. Support:** Test

**1. Example:** Test

**2. Example:** Test

**B. Support:** Test

**1. Example:** Test

**2. Example:** Test

**C. Support:** Test

**1. Example:** Test

**2. Example:** Test

**Chapter 12: Faith and Fitness Revolution:** Kingdom ADVANCE! - Are YOU Ready?

**Third main point (weakest):** Test

**A. Support:** Test

**1. Example:** Test

**2. Example:** Test

**B. Support:** Test

**1. Example:** Test

**2. Example:** Test

**C. Support:** Test

**1. Example:** Test

**2. Example:** Test

**Chapter 12: Faith and Fitness Revolution:** Kingdom ADVANCE! - Are YOU Ready?

**Conclusion:** Test

**A. Restate topic:** Test

**B. Summarize three main points:** Test

**C. Revisit introduction or tie all ideas together:** Test

[**APPENDIX**](#APPENDIX_CONTENTS)

**REMINDER/Disclaimer for this entire book:** Be sure to consult your doctor before beginning any exercise plan and connect with a fitness professional to ensure you are performing the exercises properly to prevent injury or fatality. General nutrition information is provided for your reference. This is no means meant to advise you about your unique dietary needs. Please consult a professional nutritionist to address your water intake and dietary requirements which may be different based upon your health condition.

**Practical and Spiritual Tools for Your Health and Wellness Journey**

* **Natural Basics for the Body** – Nutrition, Exercise, Sunlight, and Supplements
* **Faith and Fitness Basics for the Body** – God’s Spiritural Remedies
* **Natural Basics for the Mind** – Meditation, Reflection, Breathing Exercise, Sleep
* **Faith and Fitness Basics for the Mind** – God’s Spiritual Remedies
* **Faith and Fitness Basics for Spiritual Transformation** – The Real Answer
	+ There are No Natural Remedies
	+ *There is ONLY ONE REMEDY and It Begins with The WORD.*
		- *(John 1:1-4 and Romans 12:2)*

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