**The Faith and Fitness Movement**

Back to the Basics of the Mind, Body, and Spirit

by Pamela Parker

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**The Faith and Fitness Movement**

Back to the Basics of the Mind, Body, and Spirit

by Pamela Parker

**INTRODUCTION**

**The church is the cornerstone of the community.** When people have issues, concerns, or need help they often turn to the church, or spirituality, for help or for answers. The church is part of the vibrant and diverse “fabric” that colors our world with hope, healing, and wellness. **However, ironically, the church has been determined to be one of the unhealthiest places in the world.** According to a 2011 study conducted by Matthew Feinstein of the Northwestern University’s Feinberg School of Medicine, **those who go to church frequently, meaning just once a week, are 50% more likely to become obese than those who do not regularly go to church!** Additionally, the study claims that children and teenagers who participate in church are more likely to become obese by middle age.1 Obesity is a major marker for chronic disease, unhealthy living, and fatalities caused by heart disease, cancer, diabetes, and other ailments. During the global Covid-19 pandemic of 2020, the church was hard hit with fatalities. Why? Because many who go to church, as evidenced by this study, were obese and many were dealing with chronic disease that put them at a higher risk. **But the church is taking a stand.**

After 2010-2011, and especially after the onset of the Covid-19 pandemic, the church has been awakened to statistics such as these and is **as** **a Body of Believers we are on mission to annihilate** this dilemma of illness, disease, and death through the faith and fitness movement.

This book, The Faith and Fitness Movement, is for anyone desiring to understand how to, and what it means, to live healthy in the mind, body, and Spirit; particularly in the end times – from a Biblical perspective. This book is also, most certainly, for health enthusiasts, faith and fitness enthusiasts, fitness instructors, nutritionists, mental health and athletic coaches, sports enthusiasts, health and fitness ministries, Christian organizations, pastors and leaders, behavioral health specialists, and athletes who are a part of the mission to help get the church, the Body of Christ, healthier and in the mind, body, and Spirit.

**To those of you who will read this book, I want you to know you have already been prayed for, by faith, in advance.** It is likely that you are looking to obtain information about mind, body, and Spirit health, wellness, and longevity in general. If health tips are what you are looking for, you have come to the right place. You will get 'some' physical, mental, and spiritual tips on health and wellness in this book. You can find this type of information, on how to get “dat body” in shape, build muscle, live healthy, and so on, in the appendix of this book.

**However, here is the disclaimer:** This book will be less about getting in shape, living our best life, exercise, and nutrition hacks that we can find almost anywhere on the internet, and more about the evolution of the faith and fitness movement from a Biblical perspective, man’s view of exercise, health, and fitness, and how faith and fitness can transform the lives of people.

**So, although this reading is fitness-based,** the concepts of this book can also be used to shift our perspectives about how we can also use other non-fitness based interest groups to save souls, make disciples, and build Kingdom community.

**This book is all about aligning our passion for fitness to what is most important to God. But it can also empower all of the ‘Born Again Bodies’, living on this earth, to actively use faith and their various spheres of influence to do the same.**

Again, you will get some practical and spiritual health and fitness tips in the appendix. The appendix provides generalized information on physical, mental, and spiritual wellness. It can help you on your journey to better health or enlighten you if you are already in tip-top shape. However, 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.

**VERY IMPORTANT NOTE ABOUT NUTRITION – WE CAN’T JUST SKIP OVER THAT.**

**This book will lean primarily on the evolution of faith and fitness through the lens of physical fitness or exercise.** But please note that nutrition counts more towards your wellness goals, in the natural body, than exercise. **Exercise is about 80% of what is most important in a health and wellness program. But exercise only accounts for about 20% of our wellness goals.** Exercise is an important supplement to nutrition that helps build muscle, can help grow brain cells, builds bone density, fights osteoporosis, increases metabolism, improves sleep, and has other important health benefits. **Exercise is a crucial part of any health and wellness program, but we cannot “out-exercise” a poor diet.** **Please prioritize proper nutrition over exercise and be sure to include rest and relaxation, sleep, hydration, and undoubtedly prayer, at the top of your list, in your faith and fitness journey. There will be some generic information nutrition:** eating the right types of food – proteins, carbohydrates, and fats in the proper proportions, and hydration **in the *Natural Basics for the Body* section of the APPENDIX, on Page ? of this book.**

80%

NUTRITION

20%

FITNESS

**100%** **MIND**SET

***The Preface***

Like a mass of beating drums, I twirled around inside my mother’s womb like rolling thunder, as Daddy, 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 womb.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 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 would be, was classes with gospel music. But the Born Again Bodies organization and the birthing of this book often left me 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, in 1994, although I had taught a couple of fitness classes at a few churches, when 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 as a whole. I have for years been carrying “this baby,” with no sonogram to get a peek at what this “Born Again Bodies thing” was supposed to be. Like Noah, I understand that I have at times looked a little ridiculous, was mocked at, and laughed at, by some, for this peculiar, unknown, indescribable, ‘thing’ God told me to build. I know the feeling of Noah or Joseph who had a dream but did not know the process would be challenging. But 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 founded 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 true essence of 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, and why I founded Born Again Bodies®, and my calling has shifted. My mind has been TRANSFORMED.

**TRANSFORMATION**

*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.*

Romans 12:2

**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. We are an evangelistic outreach team that will outlive 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 our whole world to make us shift old paradigms into a new way and innovative way of thinking. This looks like God changed, *to us*, but He did not change. He just made “new wine.”

**Evangelistic faith and fitness is a new wineskin (Mark 2:22 NIV)** **that holds what God has seen all along and being revealed in the recent years to ordinary people, like me. But we all have an opportunity to “pour the wine” into the new wineskin – to participate in this faith and fitness movement, in some way large or small… with eternal profit in mind.**

There are many, new and great writings, devotionals, and academic publications, around the faith-based health and wellness revolution, emerging. I do encourage you to take advantage of other authors’ readings about mind, body, and Spirit health and wellness. We are all better, together.

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 manual that are written to help us on our individual fitness journeys or to helps everyone get in shape, and/or live longer. The Faith and Fitness Movement book is different than most mind, body, and Spirit writings because the focus is on how we can make an eternal impact in our lives and the lives of others. This book focuses on what we all can do to ‘Be FIT,’ while impacting the BODY of Christ, from a corporate, KINGDOM PERSPECTIVE. It 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 put a magnifying glass on the evangelistic opportunity we have, at our fingertips, through fitness and the establishment of apostolic hubs across the globe.

God is the lead author of this book. I surrender to his penmanship, and **I humbly say,** **“Lord, help me hear what you want me to write. For without your help, I am totally lost building “this ark” of a book, called “The Faith and Fitness Movement.”**

With every “swipe of my pen” to write this book in 2025, it has become clearer to me why God told me to establish a faith-based fitness organization, called Born Again Bodies®, in 1994. ‘I thought’ it was all about fitness classes that the faith based community could participate in and ‘I thought’ it was about how Saints, and people in general, could become healthier and live longer with gospel and/or clean music. All of my thoughts, or analytical thinking about what ‘I thought’ God was doing, were “good things”, but they were not most profitable (1 Corinthians 10:23 WMT).

I know, now, Born Again Bodies was always about a faith and fitness community of Believers who are accountable to Christ and doing what is important to God.

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

**Chapter 1: The Faith and Fitness Movement:** Back to the Basics

“In the beginning was the Word, and the Word was with God, and the Word was God (Genesis 1:1 and John 1:1 KJV).” and this Word, the Creator of Heaven and Earth, was incubating and birthing *the Faith and Fitness Movement* from the beginning of time.

Today, this faith and fitness movement is propelling healthier Kingdom citizens, healthier churches, and more vibrant communities as a whole. This is wonderful! Let’s keep it going, Kingdom citizens! However, I also believe there is more to this movement of faith in fitness “than meets the eye.”

So, before we go too far into the evolution of faith and fitness, let’s dissect the foundational elements of this movement.

**FITNESS**

**First, let’s look at the modern definition of the word “fitness.”** We must think about this word, “fitness,” because it has been integrated into the foundation of the Christian belief systems, which is founded on “faith.” Fitness has been attached to faith and has emerged as an evolution called “The Faith and Fitness Movement.”

 Cambridge Dictionary defines fitness as the condition of being physically strong and healthy, the quality of being suitable for someone or something, and activities relating to keeping healthy and strong bodies, especially through exercise.2 The Word of God deals with this activity, called exercise [or bodily exercise], in 1 Timothy 4:8. **But going back in time there are some basic tenets around, the faith and fitness to uncover about this body that God created.**

**The body is God’s design, and the Creator knows how to best care for the body.** Health and wellness is God’s masterplan for body. He is “The Subject Matter” expert on health and wellness. No other authority can top what He says about the subject.

God formed man inside of a body. He intentionally designed a physical and spiritual connection of the body, to Himself, and the body of man reflects the likeness or image of God.

*And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul (Genesis 2:7 KJV).*

**God gave the body a role and a purpose.** The body serves as the temple of the Holy Spirit and the body’s purpose is to glorify God with our bodies. Believers are expected to honor God with our physical bodies as vessels of His divine presence**. God has given us a responsibility to be good stewards who take care of our bodies. Caring for our bodies is an act of love for God who gifted us with this temple we inhabit.**

*After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church…*

*(Ephesians 5:29 NIV).*

**This responsibility to care for our bodies does require discipline and obedience, and that is not always easy.** Discipline and obedience sometimes includes fasting, and it always includes turning away from gluttony, in any form. Discipline and obedience promotes fitness in the body.

In this day and time, fasting from food for 16 to 24 hours, or more, forces the body into ketosis. Achieving ketosis, a metabolic state where the body burns fat for energy instead of glucose. Keto fasting is one of the most popular health hacks people are using to lose weight. However, the most effective type of fast that requires submission, and obedience is a spiritual or Biblical fasting with prayer to seek and hear from God, obtain power and answers, and to be mentally, spiritually, refreshed. Biblical fasting also takes our bodies into ketosis however there are mind, body, Spirit benefits that far outweigh fasting for popular weight loss. Although both keto fasting and Biblical fasting require discipline, fasting with right spiritual motive of submission, repentance, dependance, sincerity, and other acts of humility – to allow God to feed the afflicted soul so we can hear from God. A mind, body, Spirit fast is not just to lose weight is God’s design; through this sacrifice of “pushing away from the table,” we can receive power, ability, and miracles, that does not happen through earthly mainstream fasting.

***Isaiah 58:3-10 KJV***

*3 Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours.*

*4 Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high.*

*5 Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the Lord?*

*6 Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?*

*7 Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?*

*8* ***Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the Lord shall be thy reward.***

*9* ***Then shalt thou call, and the Lord shall answer****; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of the yoke, the putting forth of the finger, and speaking vanity;*

***10 And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noon day:***

One temptation of the body, as it pertains to physical health (fitness) is gluttony [excessive and indulgent consumption of food and drink]. Gluttony is a sinful behavior that goes against the principles of temperance and self-control and sneaks in to promote chronic disease often through obesity. Gluttony in the body is a form of idolatry as we make food a god.

Old Testament:

**Proverbs 23:20-21** warns against overindulgence.

New Testament:

**Philippians 3:19 (ESV)** also touches upon the idea of self-control in relation to eating habits. "Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things."

This passage suggests that prioritizing physical desires, including indulging in excess food, can lead one away from spiritual and moral virtues. The Bible encourages Believers to practice moderation, gratitude, and stewardship in all aspects of life, including our approach to food and drink. But sometimes the only solution we have to break the chains of gluttony is a spiritual fast. Fasting and prayer helps break the chains off of us in many areas as Jesus told the disciples when they could not cast a demon out of a man, like Jesus did.

***And when He had come into the house, His disciples asked Him privately, “Why could we not cast it out?” So He [Jesus] said to them, “This kind can come out by nothing but prayer and fasting*** *Mark 9:28-29 NKJV.*

Biblical fasting for the body is a form of health and wellness, an act of faith, that leads to mind, body, and spiritual health. But I do think it is also important to say that **God is not a hard master whipping us with rules on fasting and reminders to not be gluttons. Within balance, God wants us to LIVE LIFE and to LIVE it MORE ABUNDANTLY!**

Enjoying the nourishment, and enjoying the life, that is provided to us by God is not inherently sinful but actually encouraged, particularly through the book of Ecclesiastes.

Scripture in Ecclesiastes reminds us that life does not have to be a perpetual fast. It is just that there is time and season to everything.

**As a matter of fact, there are at least seven times where King Solomon says in this book that there is nothing better than to eat, drink, be merry, and to LIVE LIFE.**

**Check out:** Ecclesiastes 2:24-26; 3:12-13; 5:18-20; 8:14-15; 9:7-8; 9:9-10; 11:8 NIV

God is not against us enjoying life’s delicacies, fellowshipping, eating, enjoying good drink, and having fun. This is approved and a gift from God, as noted in Ecclesiastes 9:7 and Ecclesiastes 3:13 in the New International Version.

*Go, eat your food with gladness, and drink your wine with a joyful heart, for God has already approved what you do - Ecclesiastes 9:7 NIV.*

*That each of them may eat and drink, and find satisfaction in all their toil—this is the gift of God - Ecclesiastes 3:13 NIV.*

God wants us to enjoy what life has to offer while live here in our earthly bodies. Pulling away to fellowship relieves stress and contributes to mental health and physical health. God is for this. He just does not want the things, food, and delicacies of this life to have us.

When it comes to our responsibility to take care of our bodies, the emphasis is placed on maintaining a balanced and disciplined lifestyle and avoiding the pitfalls of gluttony (or excess) that may lead to spiritual separation and/or physical harm to bodies, undermining our fitness. But even the pursuit of fitness can lead to idolatry if not managed. Over responsibility to maintain levels of fitness and perfectly fit bodies can also be a form of gluttony through fitness. But we will avoid this pitfall by calling it out gluttony in this book. We will implement fitness with a spiritual mindset that is aligned the heart of the Father.

**Now that we have look at some basics about fitness in the mind, body, and Spirit, let’s look at the basics about faith.**

**FAITH**

**Now, let’s get back to the basics. Let’s delve in and look at this word, called “faith.”**

Scripture defines faith as “the substance of things hoped for and the evidence of things not seen” in Hebrews 11:1 (KJV). It goes on further to state in Hebrews 11:3 (KJV) that “through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear.” Faith propels things; faith takes nothing and creates something; faith lines up our thinking with God and ignites a remarkable ability for us to believe in invisible things we cannot see. Faith compels our heavenly Father to move on our behalf, as He is pleased by faith (never fear). As a matter of fact, according to Hebrews 11:6, without faith, it is impossible to [even] please God.

**But as it pertains to this faith and fitness movement, there are a few rhetorical questions to think about.** Our faith is in what? ... that we will be more fit and healthy Kingdom citizens? That we will be a physically stronger body of Believers? That through faith and fitness, we will live longer? And what is this ‘substance of things we are hoping for’ as it pertains to fitness? ... What is this ‘evidence of things not seen’ that we are expecting to manifest? I do believe these are questions to think about.

**You see, faith is a big deal to God.** Faith is the lifeblood of salvation through Christ. All of Hebrews Chapter 11 is devoted to defining faith. The Bible is founded on faith. With this being the case… that faith is so important, it probably behooves us to not casually toss the word “faith” with the word “fitness” just because we are using gospel music, because we are Christians, and/or because we are a part of fitness programs that are in, or orchestrated by, the church.

**So, the biggest question, as it pertains to faith and fitness, is,** “**WHY did we combine the word, “faith,” with the word, “fitness,” at all?”**

Because of the importance of faith in this fitness movement, I do believe that it is important for us to look at the entire passage of Hebrews Chapter 11 and a few other passages of scripture about faith. We will be looking at the King James Version. We do need to look at the scriptural foundation of faith in the Bible to get an understanding of the faith and fitness evolution. Let’s read.

**Scriptural Passages on FAITH**

**Hebrews 11:1 KJV defines faith.**

***1 Now faith*** *is the substance of things hoped for, the evidence of things not seen.*

**This definition of faith is proceeded by Hebrews 10:19-25, that outlines our responsibility to protect and steward [to hold fast to] our faith.**

**Scripture Passage on FAITH - Hebrews 10:19-25 KJV**

***19****Having therefore, brethren, boldness to enter into the holiest by the blood of Jesus,*

***20****By a new and living way, which he hath consecrated for us, through the veil, that is to say, his flesh;*

***21****And having an high priest over the house of God;*

***22Let us draw near with a true heart in full assurance of faith****, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water.*

***23Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;)***

***24****And let us consider one another to provoke unto love and to good works:*

***25****Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.*

**Hebrews 10:19-25 also reminds us we can boldly and confidently go into the presence of God [beyond the veil] because of the sacrifice of Jesus Christ.** Our responsibility to uphold faith also includes gathering [assembling] together in fellowship to perform good deeds [works] and to encourage [provoke] one another unto love [the act of agape love as per Strong’s Bible Concordance 26[e] and the personhood of love, who is God Himself (1 John 4:8 NIV). These scriptures deal with the accountability, or the cost of, being a faith-filled Believer who has been saved by grace through faith.

**Hebrews 10:19-25 also shows us that faith is not just a belief system that we often casually narrow down to declaring surface-level statements** like “I have faith…,” meaning, on a surface level, I BELIEVE in x, y, or z. Nor does it do ‘faith’ justice to simplify it to “I have faith” that I can do this or that. Or “I have faith” that this will happen.”

While there is nothing really wrong with these statements, it is just that the source of our faith may, at times, be shallow. In regard to the faith and fitness movement, I wonder if this is another area where some of us, in our humanity, have casually thrown the word “faith,” together with the word fitness, for various reasons but with no real forethought. But there is a level of accountability that comes with ‘the walk of faith’ that we profess we believe.

So, again, there are some questions that still resonate about this whole faith and fitness movement: Our faith is in what? ... Is our faith that we will be more fit and healthy Kingdom citizens? Or is it faith that we will be a stronger body of believers who live longer? I ask again, what is this faith and fitness movement all about? ... and why did we combine the word “faith” with the word “fitness” together in the first place?

**Let’s dig deeper and move forward to look at faith through the entire chapter of Hebrews 11.** It is several passages, but it is important enough to read as we look deeper at this word, called faith. In this New Testament chapter, we can see the continuity of acts of faith and the faithful people of the Old Testament. There were many examples of faith exemplified by people of faith, in the Old Testament.

***1 Now faith is the substance of things hoped for, the evidence of things not seen.***

***2****For by it the elders obtained a good report.*

***3Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear.***

***4By faith*** *Abel offered unto God a more excellent sacrifice than Cain, by which he obtained witness that he was righteous, God testifying of his gifts: and by it he being dead yet speaketh.*

***5By faith*** *Enoch was translated that he should not see death; and was not found, because God had translated him: for before his translation he had this testimony, that he pleased God.*

*6But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.*

***7By faith*** *Noah, being warned of God of things not seen as yet, moved with fear, prepared an ark to the saving of his house; by the which he condemned the world, and became heir of the righteousness which is by faith.*

***8By faith*** *Abraham, when he was called to go out into a place which he should after receive for an inheritance, obeyed; and he went out, not knowing whither he went.*

***9By faith*** *he sojourned in the land of promise, as in a strange country, dwelling in tabernacles with Isaac and Jacob, the heirs with him of the same promise:*

***10****For he looked for a city which hath foundations, whose builder and maker is God.*

***11Through faith*** *also Sara herself received strength to conceive seed, and was delivered of a child when she was past age, because she judged him faithful who had promised.*

***12****Therefore sprang there even of one, and him as good as dead, so many as the stars of the sky in multitude, and as the sand which is by the sea shore innumerable.*

***13These all died in faith, not having received the promises, but having seen them afar off, and were persuaded of them, and embraced them, and confessed that they were strangers and pilgrims on the earth.***

***14****For they that say such things declare plainly that they seek a country.*

***15****And truly, if they had been mindful of that country from whence they came out, they might have had opportunity to have returned.*

***16But now they desire a better country, that is, an heavenly: wherefore God is not ashamed to be called their God: for he hath prepared for them a city.***

***17By faith*** *Abraham, when he was tried, offered up Isaac: and he that had received the promises offered up his only begotten son,*

***18****Of whom it was said, That in Isaac shall thy seed be called:*

***19****Accounting that God was able to raise him up, even from the dead; from whence also he received him in a figure.*

***20By faith*** *Isaac blessed Jacob and Esau concerning things to come.*

***21By faith*** *Jacob, when he was a dying, blessed both the sons of Joseph; and worshipped, leaning upon the top of his staff.*

***22By faith*** *Joseph, when he died, made mention of the departing of the children of Israel; and gave commandment concerning his bones.*

***23By faith*** *Moses, when he was born, was hid three months of his parents, because they saw he was a proper child; and they were not afraid of the king's commandment.*

***24By faith*** *Moses, when he was come to years, refused to be called the son of Pharaoh's daughter;*

***25****Choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season;*

***26****Esteeming the reproach of Christ greater riches than the treasures in Egypt: for he had respect unto the recompence of the reward.*

***27By faith*** *he forsook Egypt, not fearing the wrath of the king: for he endured, as seeing him who is invisible.*

***28Through faith*** *he kept the passover, and the sprinkling of blood, lest he that destroyed the firstborn should touch them.*

***29By faith*** *they passed through the Red sea as by dry land: which the Egyptians assaying to do were drowned.*

***30By faith*** *the walls of Jericho fell down, after they were compassed about seven days.*

***31By faith*** *the harlot Rahab perished not with them that believed not, when she had received the spies with peace.*

***32****And what shall I more say? for the time would fail me to tell of Gedeon, and of Barak, and of Samson, and of Jephthae; of David also, and Samuel, and of the prophets:*

***33Who through faith*** *subdued kingdoms, wrought righteousness, obtained promises, stopped the mouths of lions.*

***34****Quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, waxed valiant in fight, turned to flight the armies of the aliens.*

***35****Women received their dead raised to life again: and others were tortured, not accepting deliverance; that they might obtain a better resurrection:*

***36****And others had trial of cruel mockings and scourgings, yea, moreover of bonds and imprisonment:*

***37****They were stoned, they were sawn asunder, were tempted, were slain with the sword: they wandered about in sheepskins and goatskins; being destitute, afflicted, tormented;*

***38****(Of whom the world was not worthy:) they wandered in deserts, and in mountains, and in dens and caves of the earth.*

***39And these all, having obtained a good report through faith, received not the promise:***

***40****God having provided some better thing for us, that they without us should not be made perfect.*

**Comprehensively, when we think of faith, as written in Hebrews Chapter 11, we can deduce that faith was not something new that came about in the New Testament. Jesus taught us how to activate a faith that was already existent and exemplified by pioneers of faith before He walked on earth.**

*But aside from when faith emerged, in the Old or New Testament, there are* ***two important points to highlight about faith:***

**Point 1:** As we saw earlierin Romans 5:1-2 KJV**,** scripture emphasizes **the importance of actions surrounding this word, “faith.”** It points out our responsibilityto uphold faith, to include gathering [assembling] together in fellowship, to perform good deeds [works], and to encourage [provoke] one another unto love [the act of agape love as per Strong’s Bible Concordance 26(e)] and the personhood of love, who is God Himself (1 John 4:8). These scriptures deal with the accountability, or the cost of, being a faith-filled Believer who has been saved by grace through faith.

And…

**Point 2:** Scripture emphasizes **the importance of this word, “faith,” as it pertains to our salvation, in Romans 5:1-2 KJV and in Ephesians 2:8-9 KJV.**

***Romans 5:1-2 KJV***

***1*** *Therefore being justified* ***by faith****, we have peace with God through our Lord Jesus Christ:*

***2****By whom also we have access* ***by faith*** *into this grace wherein we stand and rejoice in hope of the glory of God.*

***Ephesians 2:8-9 KJV***

***8****For by grace* ***are ye saved through faith****; and that not of yourselves: it is the gift of God:*

***9****Not of works, lest any man should boast*

**These two points, or passages of scripture about faith,** tie back to a responsibility to uphold faith in our own lives and to encourage others unto love. These two points also tie back to the good news of the gospel, that we are saved [justified] through faith.

These scriptures outline the precious and valuable purpose of this word, called faith. It also tells us how we are to handle faith for ourselves and how we are to spread the tenets of faith to others. But is this what we are doing as it pertains to faith and fitness? Are we using faith and fitness in a manner that upholds the essence of what this word, “faith,” even means? In many cases, many are doing a great and commendable thing with the whole faith and fitness movement, but are we overlooking something?... using faith and fitness, which is good, but misappropriating the profitability of it on a higher level?

If we miss the main purpose of the faith and fitness movement, the consequences are that we could be doing a great thing but doing “a great thing” with little to no eternal value.

If we miss the faith “thing,” we could miss what God values the most in anything that we do—be it in the area of fitness or anything else. The church is making tremendous strides to get involved in the faith and fitness movement. We are helping the saints live healthier, and we are helping revitalize communities. But in the midst of our good deeds, the last thing we would want is to be doing fun, helpful, and exciting things for man and be misaligned with what God wants.

**So, about “this faith thing,” there are numerous examples of God demonstrating health, healing, and wellness through miraculous acts of faith.**

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

**In the New Testament, health, wellness, and miracles of faith were activated during Christ’s life here on earth and taught to His disciples. Jesus’** resurrection demonstrated to the world the highest level of healing and eternal health that world has an opportunity to obtain. After His ascension into heaven, the Holy Ghost was sent to ignite power in the Book of Acts. People activated health and wellness through their faith and miracles, signs, and wonders ensued. After Christ’s ascension into heaven, He sent power through the Holy Ghost, to those of us who want to accept Him as Lord and Savior, as way for us to also perform miracles, signs, and wonders through faith. (Acts 1 and 2)

**Again, faith is a huge doorway to the pinnacle of salvation. Faith is not a word to be taken lightly.** Our ability to get God to move or discharge His angels on our behalf is catalyzed by our faith. But today, we sometimes have casually tossed this word, faith with the word fitness. This is concerning. **The concern is that we might miss God on this**.

**So, how do we avoid missing God in this faith and fitness movement?** How do we make sense of this concept that combines the words “faith” with “fitness” in a way that honors God and keeps the principles of the Kingdom of God first?

***But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you (****Matthew 6:33 KJV).*

**We have to go back to the basics about faith.** Since we are saved through faith, and salvation is a gift of God that manifests through our faith, then we would be remiss not to recognize that faith’s highest purpose, or usefulness, would lead to salvation using the area of fitness for the mind, body, and Spirit.

**But how do we get there?**

1. **We transform our mindsets** **about faith and fitness** through the foundational principles of “faith” in the Word of God. With a renewed “fisherman’s” mindset, we recognize faith integrated into the fitness movement is not just a vehicle to have healthier saints in the Body of Christ who are having fun exercising, eating right, and getting fit, but I believe **the main purpose of combining faith, with fitness, as followers of Christ (fishermen) is to save souls and make disciples in the Kingdom of God.** (Matthew 4:19)
2. **We activate faith over fitness.** We hold fast to the profession of our faith without compromising our values to fit into the world’s system in the health and wellness industry. (Hebrews 10:23)
3. **We become “touchable.”. We should not be so “churchy” that we cannot be any earthly good.** We can’t attract or help save the lost when we are so religious that we are, simply put, just weird. We must become all things to all people to save souls (1 Corinthians 9:22). However, while we connect with the lost, we will not “ditch” our faith in order to conform to things that violate who we are and the principles of faith upon which we stand.
4. **We spread salvation by sharing our faith** and the principles of mind, body, and Spirit wellness and through fitness fellowship opportunities to save souls and make disciples of Christ, which has eternal value.

**In summary, the faith and fitness movement begins and ends with God.** Health and wellness began with God establishing man in a body that is made in His image. Faith and Fitness was God’s idea, and He had, and has, the master plan. God created the body, and it is His design, for His people. Optimal health, life, and eternal life only come through Him.

Looking forward, it will be great to see how much healthier we are in the Body of Christ as the years progress because of the innovative faith-based fitness programming that is being implemented to help fight obesity, chronic disease, and mental and physical health. However, what is more exciting is what the Body of Christ will look like as we get back to the basics of what God sees as most profitable through the lens of exercise, health, and wellness…that is, saved souls and “a school of disciples so high in number that it breaks the net.”

Jesus died, rose from the dead, ascended to heaven, and now sits on the right hand of God the Father, and they are one triune being with the Holy Ghost. The most relevant act of faith we can embark upon occurs when we to confess with our mouths and believe in our hearts these truths and confess [an invisible God] Jesus as Lord (Romans 10:9). By so doing, we receive the free opportunity to be saved and be justified for an eternity—allowing us to live healthy and whole in the mind, body, and Spirit for eternity. Yes, the primary and crucial act of faith is to believe in a real, but invisible, God who can save us from death, hell, and destruction. This decision leads to a life of abundance and escorts us into a phenomenal mansion that Jesus has prepared for us, when it is our time to go to heaven. No ritzy health resort on this earth can compare to the heavenly suites of paradise. By faith in Jesus as Lord, we have an opportunity to live life forever in eternity.

**In light of faith’s significance to the Body of Christ, we circle back to this question, “Why did we combine an eternally meaningful word like “faith” with the word “fitness” in this movement?”**

Well, we often conjoin faith with fitness because of our pursuit to help make the saints healthier, for us to live longer, or for us to be stronger so we can do more for the church. These are all good things, but they are not the principal things. The combination of faith with fitness is worth it when we effectively use foundational Biblical principles to uphold the profession of our faith, to expand fellowship and love through faith, and to replicate Kingdom citizens in the Body of Christ through faith, and with an evangelistic tool called fitness. This is when combining the words, faith and fitness has the most valuable meaning.

With a renewed “back to the basics” mindset about the faith and fitness movement, we have a beautiful opportunity to align this sphere of influence with the heavenly mind of Christ. So, let’s go out there in our neighborhoods, churches, gyms, and in our community and catch those “fish” who do not even realize they are hungry. Let’s help them swallow the “bait of faith” in by sharing the good news of salvation and guide them into discipleship by using mind, body, and Spirit health in the faith and fitness movement.

**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 our 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 man’s involvement in exercise, the health and wellness industry, and more into the faith and fitness movement, it is my hope that every Believer will be enlightened in some way to think deeper about our own personal roles 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 of God,** how we can use this sphere of influence to help change the world, and how we can make an eternal impact on the lives of others—when we get back to basics of a faith that propels mind, body, and Spirit health, wellness, and fitness for an eternity, while we still have time.

*“And this gospel of the kingdom shall be preached*

*in all the world for a witness unto all nations;*

*and then shall the end come (Matthew 24:14 KJV).*

**Chapter 2: Faith and Fitness 101:** The Evolution of Exercise – Look at “dat” body!

Now that we have delved into the term faith and fitness for the body, mind, and Spirit and how it was a part of the beginning, **we can look at how exercise became a part of daily life for many and what it means for us, today.**

**EXERCISE**

Chapter 1 REVIEW

As mentioned in Chapter 1,Cambridge Dictionary defines fitness as the condition of being physically strong and healthy, the quality of being suitable for someone or something, and activities relating to keeping healthy and strong bodies, especially through exercise.3 The Word of God deals with this activity, called exercise [or bodily exercise], in 1 Timothy 4:8.

**God demonstrated the first form of exercise [or fitness].**

**Scripture Passage – Genesis 1:2 NIV**

***God Moved Upon the Water***

*“Now the earth was formless and empty, darkness was over the surface of the deep,* ***and the Spirit of God was hovering\**** *over the waters****.”*** *Genesis 1:2 NIV (Hovering is also used in the New King James version.)*

*\* The definition of the term* ***hovering****, in the Greek, is* ***mə·ra·ḥe·p̄eṯ****. According to the Englishman’s Concordance, this term means:*

*HEB: וְר֣וּחַ אֱלֹהִ֔ים****מְרַחֶ֖פֶת****עַל־ פְּנֵ֥י  
NAS: of God was* ***moving****over  
KJV: of God****moved****upon  
INT: and the Spirit of God was* ***moving****over the surface*

***Hovering or Moved = Movement =Exercise***

*There is only one occurrence of this particular word called, merahepet, [hovering, moved, or moving] in scripture.* ***This movement, or exercise, was performed by God and it is found in the very beginning of holy scripture, in the book of Genesis.***

**Because we are made in God’s image, we were all meant to move, to exercise, to dance in our natural bodies, or to move by His Spirit.** Even if we cannot move [or exercise] in the natural, we move (or exercise) by the Spirit – through daily life.

**Exercise** or physical activity began with God. But as highlighted in 1 Timothy 4:1-16, man got involved in exercise.The elaborate emergence of athleticism, athletics facilities for exercise, and bathing pools were established during the ancient Greek and Romanization civilization period. Exercise, or the official practice of physical activity was established in Greek facilities, called “gymnasia.” We get the English word, “gym” from this term.

The Romans exercised their bodies in boxing, javelin throwing, stone throwing, and running on the plain. Yet the oldest recorded traditions of sport in Rome, which were largely those of the upper classes, consisted of hunting, riding, and activities that prepared for the military. The Romans participated in weightlifting that evolved into a more sophisticated activity than in Greek times when they used rocks, boulders, and even cattle. They trained systematically under the supervision of trainers, lifting balanced weights of stone and metal and even the light jumping weights from Greek athletics that would be useful for calisthenics. Some wealthy owners had their own baths, ball courts, and private massage therapists, so that they could exercise in private out of the public eye.4

A famous Greek physician, Aelius Galen, validated exercise and he particularly approved of weight training. Galen saw two main benefits from exertion, “one, for the evacuation of excrement, the other for the production of good conditioning of the firm body parts.” He also believed **exercise** improved the strength of organs, aided metabolism, and assisted with the distribution of nutrition from food.5 Doctor Galen’s medical validation of the benefits of exercise further ignited the reason why exercise would subliminally start taking first place in the lives of the ancient people of Greece and Rome.

Sports competitions, as we know it, and the Romans discipline of exercise grew. The gymnasium functioned as a training facility for competitors in public games. It was also a place for socializing and engaging in intellectual pursuits.

**Gymnasium comes from the Ancient Greek term gymnós, meaning "naked" or "nude".**

Only adult male citizens were allowed to use the gymnasia. These male athletes competed nude, a practice which was said to encourage esthetic appreciation of the male body, and to be a tribute to the gods. Men, and eventually some women, trained to prepare for physical competition or display, to improve physical, emotional and mental health, and to look attractive.6 Ughh-ohh, do you see something happening here, in ancient times, that we see in today’s society?

**Competition, nudity, and vanity of appearance was growing.** Does this sound familiar, today? Could it be that these passions could pull us away from God and His principles of health, faith, and fitness, even today?

Like today, body image and looking good have become super important to ancient citizens. **Man, idolized exercise, and even honored gods through exercise, and with their physical bodies.**

The focus on using exercise to look and feel good began to run ramped and…

**The “Look at “dat” body!” era, entered the scene.**

History repeats itself. Like we do today, men of ancient times took what is profitable, beneficial, or good and began to idolize exercise. They say Satan uses the same three tricks to get us off course, the lust of the eyes, the lust of the flesh, and the pride of life. (1 John 2:16). Exercise was perverted by some to lust over the physical bodies we see, the lust of the flesh leading to nudity and promiscuity, and the pride of life that causes us to want the applause of men. Well, it worked back then on the Greeks and Romans, and it is “out of control” today, in some circles.

But thank goodness, like today, God sent a man of the five-fold ministry to redirect us when we get off course. And we do get off course. We need apostles, prophets, evangelists, pastors, and teachers to tell the true to get God’s sheep back in line, from time to time.

*11 And he gave the apostles, the prophets, the evangelists, the shepherds[a] and teachers,[b] 12 to equip the saints for the work of ministry, for building up the body of Christ, 13 until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood,[c] to the measure of the stature of the fullness of Christ,- (Ephesians 4:11-13 ESV).*

**God redirected man about the idolization of exercise through Apostle Paul. Let’s look at what Apostle Paul said to his disciple and minister, Timothy, about being watchful of the pagan trends that were growing, to include the over-prioritization of exercise.**

**Scripture Passage - 1Timothy 4:1-16 NKJV**

***The Great Apostasy (apostasy means “falling away” from the faith)***

*4 Now the Spirit [a]expressly says that in latter times some will depart from the faith, giving heed to deceiving spirits and doctrines of demons, 2 speaking lies in hypocrisy,* ***having their own conscience seared with a hot iron,*** *3 forbidding to marry, and commanding to abstain from foods which God created to be received with thanksgiving by those who believe and know the truth. 4 For every creature of God is good, and nothing is to be refused if it is received with thanksgiving; 5 for it is [b]sanctified by the word of God and prayer.*

***A Good Servant of Jesus Christ***

*6 If you instruct the brethren in* ***these things*** *(Greek – tauta or the instruction previously given), you will be a good minister [diakonos – servant of a king, one who serves, to run errands] of Jesus Christ,* ***nourished in the words of faith and of the good doctrine*** *which you have carefully followed. 7 But reject profane and old wives’ fables, and* ***exercise yourself toward godliness. 8 For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come. 9 This is a faithful saying and worthy of all acceptance.*** *10 For to this end [c]we both* ***labor [kopiOmen – Labor is an*** *aorist term - meaning we toil, in an ongoing manner – we are laboring with wearisome effort to teach, proclaim and promote the Kingdom of God and Christ]* ***and suffer reproach [oneidizometha- Another*** *aorist term, meaning we are being reproached – shamed;* *to reproach, upbraid, revile- of deserved and underserved reproach, on an ongoing basis.], because we trust in the living God, who is the Savior of all men, especially of those who believe. 11 These things command and teach.*

***Take Heed to Your Ministry -****12 Let no one [d]despise your youth, but be an example to the believers in word, in conduct, in love, [e]in spirit, in faith, in purity. 13 Till I come, give attention to reading, to exhortation, to [f]doctrine.*

*14 Do not neglect the gift (****charismatos*** *– spiritual gift given to you by grace) that is in you, which was given to you by prophecy with the laying on of the hands of the eldership.*

*15 Meditate on these things; give yourself entirely to them, that your progress may be evident to all****.***

***16 Take heed to yourself and to the doctrine. Continue in them, for in doing this you will save both yourself and those who hear you.***

In this passage of scriptures, Apostle Paul instructs Timothy to remain steadfast in God’s sound doctrine (faith, love and purity) which will mark you as a good minister [all Christians are called to be ministers of reconciliation 2 Corinthians 5:14-21] and a follower of Jesus Christ. He enlightened Timothy that exercise has some profit, but exercising godliness is profitable for all things, having promise of the life that now is and of that which is to come. Meditating on Godly attributes and actions will make your progress evident to everyone.

**KEY POINTS -** (1 Timothy 4:16)**:**

* Only sound doctrine of faith, love and purity of Jesus Christ will lead to your own salvation and save others. Uphold godliness and sound doctrine.
* As we continue on this exercise and faith and fitness, we too must do our best to uphold sound doctrine, not compromise our faith to fit in (be hypocritical), and tell the truth to others because when we do these things we save ourselves and others even through exercise, health, wellness, faith, and fitness.

**What’s the Big IDEA?**

Faith-Based Believers, and entire communities, benefit from exercise and the health and wellness movement, but we must keep a Biblical perspective on exercise. Health and wellness and exercise began with God, our creator. Because God created exercise, and everything He created is good, believing that Christians should not exercise because of one scripture which states that exercise profits little, is not the answer. Exercise has some profitability, in the right context. Exercise in the Body of Christ has great benefits for the faith-based community and our world as a whole. As churches, ministries, and Believers pay attention to the health of our bodies, we take part in a global movement to improve the health and vitality of our communities, lower healthcare costs, help mitigate chronic health conditions, and we help make the world a better place.

But we must not ignore or dismiss this reality, when man got involved in exercise - and like much of what we do when we find out the benefits of what God has created, we use it for our own gain, overdo it, or what is worse we pervert it. The focus on physiques and self-aggrandizement (or showing off and showing out) even amongst some fellow Believers, has began to run ramped.

**Getting that “Look at “dat” body!” reaction from the crowd** in daily life and on social media has become a common practice, even if it means degradation of our values, nudity, perversion, or what is what is worse – straight up demonic activity. Like those in ancient Greece and Rome, exercise, “self” improvement, and getting “dat” body in shape has become an area of idolization over the pursuit of God or Godliness, for some Believers. The wholesome intent for exercise has been mixed with the cares of this world for some.

**Let’s keep trying to uphold what is right through sound principles of faith.**

**Let’s Keep “THE MAIN THING” – “THE MAIN THING.”**

**Christ First. Souls Second. Fitness Last.**

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

As we have discussed, physical exercise and faith and fitness is nothing new to God. It was just new to us.

We will begin this chapter with a very brief definition of the aerobic and anerobic categories of fitness for context and practical knowledge. However, we will not spend much time defining exercise in this historical section, so we can move on learning more about the evolution of fitness, what fitness means for our lives today, and how the fitness industry has paved the way for interest groups made up of saved and unsaved people who need a risen Savior.

For more information and enlightenment about exercise, be sure to read the Appendix section, *Defining the Fitness Exercise Categories* on Page ?, which will delve deeper into the exercise categories, provide practical exercise formats for the beginning exercise enthusiast, provide a correlation between the different anaerobic and aerobic exercise categories, and then provide a spiritual reflection about these exercise categories for Believers.

**DEFINING THE FITNESS EXERCISE CATEGORIES**

See the APPENDIX for More – Page ?

**ANAEROBICS** – any exercise performed that require energy, faster than oxygen can be supplied and that uses glycogen for energy (without oxygen)

**AEROBICS** – any exercise performed that is fueled by oxygen that is carried through the blood to keep going (with oxygen)

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**VERY IMPORTANT NOTE ABOUT NUTRITION**

**This book will lean primarily on the evolution of faith and fitness through the lens of physical fitness or exercise.** But please note that nutrition counts more towards your wellness goals, in the natural body, than exercise. **Exercise is about 80% of what is most important in a health and wellness program. But exercise only accounts for about 20% of our wellness goals.** Exercise is an important supplement to nutrition that helps build muscle, can help grow brain cells, builds bone density, fights osteoporosis, increases metabolism, improves sleep, and has other important health benefits.

**Exercise is a crucial part of any health and wellness program, but we cannot “out-exercise” a poor diet.**

Please prioritize proper nutrition over exercise and be sure to include rest and relaxation, sleep, hydration, and undoubtedly prayer at the top of your list in your faith and fitness journey.

**There will be some generic information nutrition:** eating the right types of food – proteins, carbohydrates, and fats in the proper proportions, and hydration **in the *Natural Basics for the Body* section of the APPENDIX, on Page ? of this book.**

**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.**

1. Anerobic [add info about Jack LaLanne and his work in the area of strength/anaerobic training]
2. Something about Lalanne1
3. Something else about LaLanne and close it
   1. Others think the fitness (health and wellness) industry began around the late 1960’s or 1970’s with Jazzercise and grew to **be a part of everyday life in the 1980’s with the emergence of jogging, televised aerobics exercise, weightlifting, and gym memberships.**
   2. 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. Dr. Cooper released his first bestseller called *Aerobics*, in 1968 where he defined aerobics.
   3. 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.
   4. Group fitness emerged in the 1970s with the creation of aerobic dance by Jackie Sorensen, which led to the development of modern group fitness programs[**1**](https://fitstcharles.com/fitness-throughout-history-the-1970s/)[**2**](https://journals.lww.com/acsm-healthfitness/Fulltext/2014/11000/The_Evolution_of_Group_Fitness__Shaping_the.4.aspx). Jazzercise, created by Judi Shepherd Missett, also played a significant role in shaping the fitness industry during that time. SOURCE: Jackie Sorensen. Wikipedia. Retrieved from <https://en.wikipedia.org/wiki/Jacki_Sorensen>. Retrieved on April 15, 2025.
   5. **Mainstream exercise emerged in the 1980’s, by giving people an opportunity to watch fitness gurus on national television and workout at home. This pivot redefined group fitness and opened up the door for fitness syndicated television celebrities like Jane Fonda, Arnold Schwarzenegger, Billy Blanks, and Denise Austin to arise while the group exercise revolution went through explosive growth.**
4. Add very brief context Jane Fonda
5. Add very brief context Arnold Schwarzenegger
6. Add very brief context Billy Blanks
7. Add very brief context Denise Austin

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

1. **Also, in the 1980’s the fitness industry boomed, local and worldwide gymnasiums were established and expanded for the middle classed citizen to take part in. Like in the days of Romanization, man is now involved in the fitness movement.**
2. Add context about this… YMCA
3. Add context about this… 24 Hour Fitness and/or Gold’s Gym
4. **This fitness industry is still on the rise, with new modalities being developed almost commonplace, and new interest groups are being formed. These groups to name a few:**
5. Zumba, CrossFit, Boot Camps, Line Dancers, Step Exercise, Hip Hop Fitness, Pilates, Running Groups, Walking Groups, Skating Groups, and so on…
6. **Man becomes more deeply involved in the benefits of exercise, like the Romans.** Athleticism, showing our physiques, group fitness, gym facilities on the rise
7. **History repeats itself:** **Man takes what is** **profitable, beneficial, or good and begins to idolize exercise – Look at “Dat” Body!** – meaning look at me; the focus on looking good and feeling good began to run ramped (Lovers of Self)

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

**Conclusion:** The fitness industry that began to thrive in the Roman culture is still in existence, today. However, in this chapter, we saw that the focus on exercise of ancient times repeat itself in the hearts of man in today’s society. In the area of fitness, the focus on the body, getting stronger, looking better, and feeling better emerged, and it grew corporately. Exercise has benefits. It helps people live longer, be stronger, and live good. It is positive and not inherently a negative thing, but what happens with the heart of man is that we often mix what God created, as good, as a way to elevate self. Modern-day exercise celebrities and the pursuit of body image stepped on the scene in the fitness industry and the purpose of fitness “sometimes”, becomes more about many wanting to be a star, to show off our physiques, or to use it to seduce or draw others to us through sexuality.

**Now, on the other hand there are many of us who just want to live healthily, honor God, be strong, or fight health problems. This is commendable and well worth it. But, even in that, is that all that there is to this health and wellness movement? Or, from God’s perspective, is there more?**

Again, it is not bad to want to look good, feel good, be strong and it is great that Believers are striving to be fit. Corporately, the Body of Christ, is focused on becoming healthy and this is absolutely a great thing! Let’s keep it going Kingdom Health and Wellness Enthusiasts!

This book is not meant to diminish the value of faith and fitness in the Body of Christ but to level-set these concepts, which often point to a “look at ‘dat’ body to a mindset. It is just about the balance of these valuable tools called diet and exercise and not allowing the pursuit of a fit body to become mixed with the world’s fitness view on fitness or accept fitness modalities that do not align with God’s standards. We cannot allow diet, exercise, physical fitness, showing off our physiques, and certain types of fitness and fitness dance modalities to become an idol in our lives to be a part of our faith-based movement, especially in a time when we have already been warned that in the last days men would become conceited and lovers of self. (2 Timothy 3:1-5 NIV)

1. But much like the Roman culture, many of us are not aware that if we do not stay on guard, the pursuit of fitness, exercise, and body image can become about idolization, celebrity-elevation, self-promotion, and slowly pull us away from the putting God who we love and serve, and His desires, in first place.
2. Exercise – or that which is good can take a twisted turn when it was actually meant to benefit us.
3. How we use exercise, diet, exercise, faith and fitness, is up to us. We have the power to use it for good and for God’s glory. I think we are on the right path to wellness in the Kingdom of God, but I also believe there is more.

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**Chapter 4: Population Health:** Communities, Minorities, & the Church

**The rise of free and discounted, grant-funded community-based group fitness, physical fitness, fitness dance, boot camps, strength training, aerobics, and nutrition programs that cater to targeted demographics such as youth, adults, and seniors in communities, to minorities, or to spiritual, or faith-based populations have arisen as programs that can receive funding to help prevent community physical and mental health issues.**

1. **General Aerobics**

**Example:** [add context]

**Example:** [add context]

1. **Jazzercize**
2. **Example:** [add context]
3. **Example:** add context]
4. **Boot Camps**
5. **Example:** [add context]
6. **Example:** add context]
7. **Other strength and conditioning modalities**

**Chapter 4: Population Health:** Communities, Minorities, & the Church

**Federal, state, and local governments began to fully recognize the importance of using exercise in targeted populations in communities to help with chronic disease prevention and reversal.**

**Communities**

1. Chronic disease prevention
   1. Heart Disease
   2. Type II Diabetes - Combat or even reverse Type II Diabetes and help fight other chronic diseases
   3. Cancer
   4. Other ailments
2. Funding and grants became available to spread community wellness
3. Funding Youth, Adults, and Seniors became healthier.

**Chapter 4: Population Health:** Communities, Minorities, & the Church

**Minorities**

1. Office on Minority Health 1989 – health studies to deal with health disparities; minority health
2. Statewide Offices and state initiatives
3. National Health Awareness Campaigns – such as smoking cessation, particularly targeted to minorities

**Churches**

Faith-based communities or churches became a targeted demographic population to channel grant funds to organizations to address health disparities. Studies, such as the one below, were conducted to reveal the issues in the spiritual and/or faith-based community to support reasons for much-needed change and funding:

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 to help with chronic health.
3. The church and spirituality runs deep in the African American and Hispanic culture
4. American Heart Association – Faith Based Initiative
5. Diabetes Association – Initiative

**Minority Health and the Church**

1. **Minority health studies became more prevalent.**
2. The church became, and especially churches comprised of minorities, more aware of the health issues that the demographic faced.
3. Organizations such as the American Heart Association, the American Diabetes Association, and others recognized the need to reach the faith-based community, partnered with churches, and channeled funding to address the issue of minority health through church
4. The Covid-19 pandemic further highlighted the health disparities and the need for community based fitness for underserved populations on a global scale that could be funded.
5. The church became more aware of the need for diet and exercise and began to more intentionally ramp up health and wellness programs, fitness classes, and/or develop health and fitness ministries through their own efforts or through collaboration with local community, state, or federal organizations.

**Chapter 4: Population Health:** Communities, Minorities, & the Church

**Conclusion:** The church and faith-based programs play a major role in health and wellness promotion and chronic disease prevention, and faith and fitness is key. But faith and fitness is bigger than the programs that we can implement to help people live healthily. It is a channel for eternal life.

America and the World Health Organization began to address community health for youth, adults, and seniors and more fervently promote wellness through nutrition and exercise programs.

Developed federal and state initiatives to address health and provide services.

Minority health studies revealed a number of disparaging health disparities between the white population and people of color; unveiling ethnic and social disparities as it related to access to, and awareness of, healthcare services and remedies.

The correlation between minority health and faith-based communities was highlighted as an avenue some of the health disparities issues had trickled into minority communities. But it was also recognized as an avenue for solutions to the minority health dilemma that issues ethnic minorities face.

What many of us have missed or just downplayed, in a general sense in the church, is the eternal value that makes fitness profitable in the faith-based community.

**Chapter 5: The Rise of Faith-Based Fitness:** The Doors of the Church are “Open”

As mentioned, federal, state, and local governments began to fully recognize the importance of exercise in chronic disease prevention and the importance of channeling funds to the faith-based community as well. Churches and the congregants benefit from the exercise programs but also benefit from the funding, as well. This is a good thing, but it is not a good thing if churches and faith-based leaders do not scrutinize the partnerships or covenants we are making to bring the fitness or exercise industry in the four walls of the church or in our faith-based community programs. The church doors have been “opened”, where in some cases they should be closed.

**Many churches have opened their doors for individuals and organizations to come and do programming for their congregations because they have a fitness format.** In context, all fitness formats or types of instructors that will be pointed out are not bad, in and of themselves. It is just that the fitness formats and music needs to be scrutinized, eliminated or at least modified, so they do not violate the Biblical principles of which Christians stand on, but more importantly so that we do not offend the Holy Spirit, or Holy God we serve. The Kingdom fitness movement is good for the Body of Christ, but we must keep our eyes open to strange dance that is seeping in the church. Without being over-religious like the Sadducees or Pharisees, we must stay alert to also scrutinize and discern when the dance fitness movements are not appropriate based on God’s standards. Lastly, even when we have fitness instructors and coaches that are members of the church, we should have a basic idea of where they stand on the basic tenets of Biblical principles, and they should be individuals who are alert about not mixing unholy or unbiblical movements and music in their fitness programs… meaning:

***I have literally witnessed coaches, who claim they are gospel instructors, play “Back that Thang Up” and twerk dance gyrating everything their mama and daddy gave them,*** *then play a gospel song, and then go back and play another retched perverted song in their class.*

**This is madness!**

***I am not judging their salvation. But I am observing this as ignorance or compromise, and in some cases rebellion****.*

***We the church must answer a question that has plagued my mind,*** *at least since the year 2010, well after 1994 when God spoke to me about founding my Born Again Bodies organization.*

**Who sets the standard for the church as it pertains to health and fitness ministries?** Should we stand idly by and allow the health, wellness, and fitness movement to infiltrate and run over basic principles of holiness in the church for the sake of getting our bodies in shape and living longer? God forbid.

**Before you think I may be over-spiritualizing things,** please note that I have taught hip hop dance and fitness for many years, to include leading hip hop fitness classes the day before each of my two children were born. **So, I am not saying that I believe a church cannot play a secular song or that dance or fitness movements need to be “stiff.”** For instance, a song like “A Lovely Day”, by the musician Bill Withers, is not a gospel song but it does violate Biblical principles - no more than us singing “Happy Birthday”, which is not a gospel song. Additionally, energetic dance movements, that are not sensual in nature, are acceptable with discreet attire. However, dance movements that focus on gyrations and thrusting in a sensual manner, such as twerking, doing the snake on the floor, and other similar movements are not acceptable.

**In summary, religious rules and religious constraints are not the goal here. “If the Son therefore shall make you free, ye shall be free indeed.” – John 8:36 KJV**

**The goal is to freely enjoy the fun health benefits of the fitness movement while not violating the boundaries of God’s Biblical principles.**

In an effort to help congregants be healthy and strong, many churches of today are opening their doors for a variety of fitness formats and movements. New types of fitness modalities are being developed in the health and fitness industry every year. It is pretty commonplace. These modalities are available to everyone, in or out of the church. They are not all bad or wrong, in and of themselves, but we are going to look at few formats:

* + - 1. Zumba
      2. Yoga – Hindu origin – Lord Shiva, the Adi-Yogi, or the very first yogi; and the Saptarishis
      3. Hip Hop dance
      4. Heels – often trapse into sensuality in these classes – twerking and gyrating, floor work and sometimes more
      5. TRAP – hip hop dance that often includes twerking and gyrating

**Churches open doors for fitness instructors**

1. Zumba – mostly general movements, but can trapse into sensual or Bali movements in some classes
2. Yoga – many movements are specifically aligned poses meant to worship Hindu gods
3. Hip Hop dance and other – generally acceptable movements but sometimes trapse into sensual movements in some classes
4. Heels classes – often trapse into sensuality in these classes – twerking and gyrating, floor work and sometimes more
5. Trap classes – hip hop dance that often includes twerking and gyrating

**Chapter 5: The Rise of Faith-Based Fitness:** The Doors of the Church are Open

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

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

1. [*Talk a little bit about discretion in attire here]*

**Conclusion: Some churches are discerning of the times we live in, but many churches are “open” to bringing any organization that has funding, or any instructor that has a credential or talent, into the church.** In some churches, instructors and congregants are allowed to wear any attire, perform any type of dance movements, and play any type of music in the House of God.

* 1. **Today, some of the music and 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.**

**Holy Hip-Hop Movement by Pamela Parker**: Written in 2010 and Revised in July of 20111

***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 everywhere – whose glory is being lifted?”

Please be careful of overdoing it with the jewels, and large earrings, just because it is hip hop. Mainstream hip hoppers in the world wear a lot of “garbs,” 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.

**Many circles in the church of God have “opened the doors” and given ‘strange fire’ access of the enemy to enter the church.** This covert move of Satan has given him and his nymphs permission to run free in our churches because we often unknowingly or openly disregarded the importance of keeping worldly things, that go against Biblical principles out of God’s house, outside of His church. Satan is counting on our ignorance while God is cheering for us to study to show ourselves approved (2 Timothy 2:15) and to be alert and of sober mind because the devil prowls around like a roaring lion looking for someone to devour (1 Peter 5:8).

**It would behoove us to ask ourselves these questions about fitness, music, and dance in our churches and ask ourselves:**

A. **Who sets the standard for fitness and dancing in the church? The community, the organizations, the instructors?** No brothers and sisters, it is the church, the fivefold ministry, and the Saints who walk in love but also know the Word of God well enough to discern when faith and fitness is not matching up to God’s standards in music, in dance, and in the attire.

B. But moreover, who sets the standard for faith and fitness in the church? **The One who set the standard for what happens in the church [meaning the church, as defined in the Greek, as the ecclesia, or in the lives of “the called out ones”]. This person is God, period. He is the Chief Faith and Fitness Coach.**

But asking these questions should help us answer a lot of ambiguity around what is “okay” to do in God’s house and with God’s people.

When we do not do our due diligence to check out the lyrics of the music that we allow ourselves to hear, or take the time to discern or to understand the origins of the dance movements that we partake in, we are operating in ignorance and not being sober, or alert, about who and what we are allowing ourselves to “break bread” with, in our churches or in our own individual temples.

**Whether we are engaging in, watching, or listening to fitness music or classes online, in the park, in the gym, or at a church event, the same standard still stands, and God still expects us to denounce, and reject, anything that does not line up with his standard for holiness.**

**Some of us have “opened” the door and welcomed darkness into our sanctuaries, or the sanctuaries of our individual hearts, through the fitness and dance movement.**

*When, frankly, there are times when we need “kick the tables over” like Jesus… and boot some things out of “the building,” evict them from our holy temple, shut the door, and lock it shut!*

*(Read John 2:15-17)*

***A faith and fitness movement, that is embedded in the heart of***

***Who is first will protect the sanctity of Who should be first, in our lives.***

***That “Who” is God, the Holy Ghost, and Jesus Christ our Lord.***

**Chapter 6: The Fall of Morality in Fitness:** 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. There was a certain type of respect for the things of God, even if a person was not a Believer. Like water dripping from a faucet, there has been a consistent shift in mainstream music over time.**

The 1960’s hippie movement rolled in a sexual revolution where youth rejected mainstream moral custom, embraced drug use, alternative lifestyles, accepted drug use, and casual sex. This was the beginning of a revolution and “freedom” that changed the wholesome ideals of America that has also influenced other countries.

In the 1970’s the degradation of morality continued and in music continued and by the 1980’s people became more open about sexuality, and the promotion of promiscuity and fornication through music. People felt free to say anything through the music, but somewhere around the 1990’s the music shifted again, the mixture of profanity in music was added to the music.

So, now by the time we hit the mid-2000’s and beyond filthy music that highlights acts in the bedroom, degrades women and men, rattles profanity, and blatantly dishonors God, became commonplace. Fast forward to the 2020’s, Satan is having a “field day” in the music with the integration of some songs and sounds that are blatantly sensual, sexual, and some are downright demonic.

**Why am I calling this out? Because the enemy of our souls is rocking us to sleep with his and he is doing it even through the fitness industry.**

**Christian instructors and class participants are often partaking in the sights, sounds, and unholy dance movements, in these workout rooms in the fitness arenas for the sake of getting in shape.**

Am I against secular music or freedom to dance? No, absolutely not. Am I against listening to and partaking in any type of music and any type of dance movement that defies the heart and holiness of my Lord, Jesus Christ? Yes. I am against this type of music, and I am against these types of dances that dishonor Him. Jesus set us free and I do not believe we have to be bound in the area of music and dancing. However, I do believe we have boundaries that we should live in as Kingdom citizens, without excuse.

“You are not slaves; you are free. But your freedom is not an excuse to do evil. You are free to live as God’s slaves” (1 Peter 2:16 NLT)

I know so many of us love God, and we do not want to go against Him. Many things we do in ignorance, including me, at times. But I am here to shine a light on this issue to wake us up to accountability; to an awareness of the times, we live in, and the subliminal tactics of the enemy to lull us into accepting anything that he puts out there. These tactics through music that is infiltrating the fitness industry are not by happenstance.

They are covert and intentional schemes of the enemy to get worldly sounds “in our spirit” – opening the door to more defiance against God. It is subliminal. Slowly over time, we become more accepting of “anything goes” and sometimes we are pulled into the same behavior of the world because we gave him a foothold on our mind, through the sound of music. Knowingly or often unknowingly, we are taking cognitive sips of devil’s schemes through the music of the world. Before we know it, we are drunk with the same things of the world.

1. Some Christians are taking part in listening to this music, minimizing the impact and consequences of what these sounds can do to us or other people through compromise or blinding our eyes, and/or ignoring the subliminal tactic of the enemy to allow perversion to infiltrate our homes, families, children, and even our churches through music.
2. Satan, known as the chief musician, is certainly happy about our ignorance and this decline in holiness. He is even happier when we act out what we have heard by the way that we move, or dance, in ungodly ways to his inspirational music. This leads us to the degradation of dance movement in the fitness industry.

**Chapter 6: The Fall of Morality in Fitness:** 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 acceptable – whether a person was saved or not.**

1. Over time, like music, the dance movements became riskier. But I reiterate that it all started with the music, through the chief musician of music who was cast out of heaven by God. Go figure, one of the ways Satan is coming to us in this day and times is through the music. Should we be surprised?
2. **Just like we have seen with Romanization, with the fitness industry, with the music, and dance movements… over time when man gets a hold of what is good, like the enemy of our soul, we tend to want to take ownership and create skewed rituals or idolization of these good things, while fitting them within our paradigm.** Often, we mix the things, and the freedoms God has given us with the world, without thinking about the spiritual implications of what we are doing. At the same time, sometimes we do things knowingly out of our disobedience, but many times maybe not. Many times, I think we do things out of compromise. We want to fit in with the world more than what we want to please God. So, we “blind our eyes.” We compromise, and we basically say, “Ehhh, it’s alright. It is not hurting anything or anyone.” **It’s not hurting anyone.?. Or is it?**

**Could it BE?... that WE?...THE CHURCH?**

**…have cosigned on the ways on the ways of the world - that lead to death, hell, and destruction - through something as innocent as music, movement, and fitness?**

**Oh my, God FORBID! THIS is MADNESS!**

**Chapter 6: The Fall of Morality in Fitness:** The Music. The Movement. The Madness.

**The MADNESS: I do not believe God is rigid. I do not believe Christians can only dance to gospel music. There are clean, secular songs that do not contradict with Biblical principles. I do not believe God frowns upon this.** I also believe He does not frown on dance that is not 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 if we do not heed to His warnings, He will need to pour out His wrath on us to get our attention, to wake us up, and to save those of us who will listen.

Unknowingly and knowingly, some fellow Believers are taking part in degrading music and dance movements rituals in the fitness dance industry. Minimizing this, and/or ignoring the subliminal tactics of the enemy, allows and welcomes perversion to infiltrate our homes, families, children, and even our churches. This is more devastating than we realize. **The fitness industry, in some circles, has been demoralized and become tainted in many ways. And sadly, some Christians and some churches have accepted the downfall of morality in the fitness area, too. Yes, this is madness, but this book shines the light on this covert operation of the enemy. In this end time we are called to take a stand for the greater good of the Body of Christ and life everlasting.**

**Chapter 6: The Fall of Morality in Fitness:** The Music. The Movement. The Madness.

**Conclusion:**

* + - 1. **Perversion has infiltrated the music in the fitness industry**, and it is seeping in like carbon monoxide leading us into to acceptance, compromise, unholiness, and sometimes leading us to defile our temples – our own bodies. Yes, it could defile me too… I am not exempt. If I allow myself to listen to and participate in anything, it is highly possible, I could eventually be led astray as well. That’s happened to me before. Now, that takes care of that – there is no finger pointing here. I am just as vulnerable to getting off track with the good that I should do, if I allow myself to listen to, dance to, or participate in anything - as anyone else is. Wisdom says stay away from these things for “bad company corrupts good character.” (Read Romans 7:19-25 – Apostle Paul on, “the good that I would I do not: but the evil which I would not, that I do…” and meditate upon 1 Corinthians 15:33 NIV – “Do not be misled: “Bad company corrupts good character.””)

1. **The infiltration of perverted music is deceiving us into the acceptance of seductive or filthy dance movements** such as twerking, gyrating, strip club-like movements that should be preserved for married couples in the bedroom. And yes, unfortunately, I have even witnessed former praise dancers, who I personally know bow to this type of compromise and teach this madness as instructors in the fitness arena. This truly saddens me. I still love them, and I pray for them. I still believe God for them to turn back to what is right.
2. The strange, dark, and demonically influenced mixture of the music and the dance movements, in some fitness classes, is seeping in like carbon monoxide into the hearts of some Born Again Believers, and into some churches. **Today, some of the types of fitness classes, music, and dance-fitness that some Believers and churches are partaking in, are conforming to fit the world’s standards and not the Lord’s.**

**This is sad. This is madness.**

**But with a “back to the basics” perspective about the faith and fitness movement, in a “new wineskin”, based upon God’s standard for His church, we can turn things around.**

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

**We have just read about The Music. The Movement. The Madness:**

We read about some of the music in the fitness industry that promotes Satan’s agenda to draw us away from the things of God, the dance fitness movements that pervert and promote unholiness, and the madness of the strange mixture of the two – the mixture of dark music and the filthy dance movements that are now being accepted, and taught, by some of us who proclaim Christ. But what is worse is that this mixture of the sights and sounds in the fitness industry is also being accepted in some churches.

**A. It’s time for us to wake up** to what is happening in the fitness industry and how it is impacting the faith and fitness movement and mind, Body, Spirit wellness.

**1.** But brothers and sisters, it’s time for us to wake up from our sleeping about the covert operation of the enemy to take some of us down through fitness.

**2.** The enemy is using slippery, slithering tactics, orchestrated by powers, principalities, and spiritual wickedness in high places while some of us are sleeping.

3. These are diabolical schemes, managed by the fallen angel and chief musician himself, namely Lucifer aka Satan, the accuser of the brethren.

**B.** We must not only wake up to fight the enemy’s tactic. **It’s time to** sound and be, the alarm to **expose** the workers of darkness. We cannot remain silent.

**1. It's time** **for us to expose** darkness and illuminate the truth of what is happening in the fitness industry

**2.** This is not a chronological time, but the Kairos or appointed time of God for us to move in the end times for the harvest of souls for the Kingdom.

3. We have been called at such a time as this, speak up, and stand out using our spheres of influence to make disciples of Christ.

**C. It’s time for we, the church, to** go back to the basics of Kingdom health and wellness movement – **to be set apart for the Master’s use.**

**It’s time for we, the church,** and I am not talking about buildings or ministries… I am talking about the ecclesia (or called out ones), who are the temples of God and commissioned ambassadors of the Kingdom’s heavenly embassy, here on earth, **to be set apart and ‘be the difference’** here on earth in the health, wellness, and fitness arena in the gyms, online, in our communities, in our health and wellness ministries and in our physical churches.

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

**Conclusion:** As a child, I generally tried to do what I could to avoid getting disciplined by my parents. I also did not want my brothers and sisters to get into any trouble either. As an adult and as many faith-filled Christians, I do not want the Lord to have to wake any of us up through His wrath or especially through eternal damnation in the pits of hell. Like many of you, I want us all to be in the right relationship with God because I love Him, and I love God’s people. I do not want to see any of us experience God’s wrath.

Neither does God. It is because of His love and mercy, like our own earthly parents or caring guardians, He warns us about the people, places, and things that are off limits for our protection and well-being. He warns us to stay away from this, to stay away from them, or do not touch that. God has been warning us to reject unholy things and “come out from among them” and be set apart. [add scripture].

I am thankful He warns us where we are going astray through His Word and He stands there open armed waiting for us to return to Him. The time is now and based upon the signs of this age, time is running out.

**A.** The fact that time is getting short should not be a surprise to the Body of Christ, as scripture has warned us of this dispensation - that in the last days many would depart from the faith; this and many other signposts would be markers for the end times to include a generation that is becoming wiser and weaker, as many are falling away from the faith and not enduring sound doctrine. That same snake from the garden of Eden is “clenching his deceitful fangs” in the lives of people and “slithering his way” into the lives of carnal Christians and “unguarded and/or modernized” churches that need to return back to basics of sound Biblical doctrine of faith-based principles, i.e., the commandments (Proverbs 3 – leading to long life), loving God first and his people, fellowshipping, and being holy and set apart.

**It’s time for Kingdom health and wellness ambassadors to rise up and use the Word of God and the arsenal of influence that we have - to snatch as many people as possible from the impending pits of hell, that we can, while we still have time.**

**B. We have been warned** that it’s time **to wake up** from our sleep and be about our father’s business based on the signs of this age, which now includes being on guard about the enemy’s tactics in the fitness arena. (add scripture). **We have been charged by God to expose** the works of darkness, and this now obviously includes darkness in some parts of the fitness industry. We must call out the strategic hand of the enemy to use music, dance movements, and unholy mixture of the two - to slowly diminish morality and slowly but surely deceive many to depart from the faith. (add scripture) We have been commanded to be holy and set apart. (add scripture)

**C. I have fought speaking about the devastation of the fitness industry for years. It is so much easier to keep quiet and to just fit in. But I know God has been calling me out, for many years, to write this book and to be a mouthpiece.** Now, with all that is happening in our world, the signs of this age, and the covert strategies that I have witnessed become blatant tactics of the enemy to change our world, the Saints, the church, and fitness, I know it’s time.

* 1. **But on a high note, the faith and fitness movement is a commendable and noteworthy pivot for the Body of Christ that promotes longevity, strength, flexibility, and physical and mental health, overall. However, faith, fitness, and the mind, body, and Spirit health movement is bigger than you and I. It is bigger than a fit corporate body or church that can accomplish lots of work for the Kingdom because we are living longer and getting stronger.** It is now trickling into the territory of heaven or hell consequences for some people, some communities, and sadly some churches. But we as the Body of Christ must say, “Not on my watch.”
  2. **It’s time to wake up**, **to expose** darkness found in some of the music, some of the fitness dance and fitness “night club” agendas, and some of the attire. It’s time **to be set apart in the faith and fitness movement**. I know, now, it’s time for Kingdom Health and Wellness Ambassadors to arise. Are you, or will you be, one?

**God has a heart for health, wellness, and fitness. It was always a part of His original blueprint for people to be fit, healthy, and strong. God envisioned and spoke about, and is still speaking 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)
2. Beloved, …prosper and be in health, even as thy soul prospereth. – 3 John 1:2 (KJV)
3. 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. [their bodies] – Proverbs 4:22 (KJV)
4. My son, forget not my law; but let thine heart keep my commandments: For length of days, and long life, and peace, shall they add to thee. – Proverbs 3:1-2 (KJV)

Health, wellness, and miraculous healings accelerated through faith during Christ’s life here on earth and after His resurrection. Because of His example, Believers have been empowered to take hold of our authority to heal the sick, raise the dead, activate eternal healing in others, and to be a witness of the Good News of salvation. God used men and women of God who were empowered by faith to believe for, or implement, healing in the lives of others. He can use you and I too, if we let Him.

**Chapter 8: Faith and Fitness Basics:** SuggestedApplication Tips

**As born again Believers, we have a responsibility to be a witness and help fulfill The Great Commission to save souls and make disciples. But how do we stand up against the evil tactics of the devil and his cohorts who are saturating the world with immorality, self-centeredness, and compromise in an effort to diminish our ability to save souls and make disciples? How can we, as individuals, ministries and churches, do our part to uphold the fundamentals of faith and fitness while not compromising our values?**

We can get there by returning to, or holding fast to, the basic tenets that a faith-filled Believer is admonished by God to uphold, and applying these principles to fitness and mind, body, Spirit health.

Keepin’ it real - we do live in this world, and we do not reach the lost by being “holier than thou”, or untouchable. At the same time, we still have a responsibility to protect and uphold God’s standards of faithfulness in the area of fitness, or anything else we do for that matter.

**SPIRITUAL APPLICATION**

Study to show ourselves approved a workman that need not be ashamed (scripture)

Sit under sound preached Word – faith comes by hearing and hearing by the Word of God; it takes faith to step out and be a witness about a God we have never seen

Sit under a pastor who can feed you knowledge and understanding of the Word

Dedicate time in prayer and fasting

Keep God’s commands (Proverbs 3 – leads to long life)

Endure sound doctrine

Forsake not the fellowship of Believers in ministry

To the best of our ability, hold fast to holiness

Whatever things are good, lovely, or are of good report – think on these things

Be quick to sincerely repent when we fall short

Be quick to forgive ourselves and others for their sins against us

Be a witness

Have fun, be kind, enjoy life, fellowship, pray, and study the Word of God

Be a light worth following in a dark world – be the Bible that some people may never have read

**Chapter 8: Faith and Fitness Basics:** SuggestedApplication Tips

**PRACTICAL APPLICATION**

**GENERAL:**

**To help reverse THE MADNESS, that of the fitness industry that is merging with some of our beliefs and in our churches, these would be some good questions to ask ourselves:**

1. Is what I am participating in, approving of, or dismissing in the fitness industry, changing or does it have the potential to change my mindset, or the mindsets and behaviors of other people, in negative ways?
2. Am I setting a good example for the non-Believer?
3. Am I minimizing what God said about staying away from perversion and maintaining holiness?
4. Do I need to think about whether or not I have settled into a nonchalant mindset that agrees that doing whatever I choose to do, or to ignore, in the faith and fitness movement is okay?
5. Is my participation, agreement, or dismissal of the types of music, dance movements, or attire detrimental to anyone’s current or potential spiritual walk with God?
6. Could I possibly be hurting someone, or my witness to someone, by any of the above?

**RESPONSIBILITIES AS A MIND, BODY, SPIRIT INSTRUCTOR**

1. The fitness instructor who is bringing music, movement, and fitness attire has a responsibility to only host classes that align with Biblical principles.
   1. It does not mean that a secular song cannot be played, unless the church or ministry requires all gospel songs. The guidelines of the House should be honored.
   2. It means that if a secular song is played, the instructor has taken the time to listed to every word, and the underlying sound of the music, and the dance fitness movement to ensure they do not conflict with God’s standards or
2. Instructors in the faith and fitness movement should be able to affirm their belief in the basic tenets of Christianity; that Jesus Christ is the only way to be saved, and that He is the Lord and Savior of their lives, and that the pursuit of holiness is a lifestyle – not perfect but it is in their heart’s desire to live for God.
3. The instructor should be intentional about making every effort to vet through and listen to and/or read the lyrics of the songs they will play.
4. They will be mindful to eliminate sensual dance movements, even if it is part of that fitness industry’s format. They will discard or modify those choreographed movements.
5. They will make every effort to wear fitness attire that covers personal body parts such as the breast, chest, and groin area, particularly when teaching in the church or sanctuary. The discreet attire should carry over to when the instructor is teaching outside the church as well, within reason. It is reasonable that Christians wear discreet swimwear attire at the beach, and it is also reasonable that mind, body, and Spirit fitness instructors would wear acceptable fitness attire at the gym and in other exercise environments. It is just that in the church, even in a fitness class, it is best to keep anything that could be a distraction or lead to a focus on the body during dance, fitness, or strength and conditioning movements, outside the church – just like swimwear. (Scripture: Use Exodus – re body coverings, royal priesthood).

**CLASS PARTICIPATION**

**Participating in in-person fitness classes**

1. **Choose modifications or not to participate when music and dance movements are not wholesome**.

(Whatsoever things are good, lovely, or of good report …scripture)

* + - 1. You cannot control everything in fitness environment, but if a song or two is degrading, this may be a good time to go to the restroom or go get a cup of water.
      2. If the dance movement to a song is degrading, do not do that dance, do something else. This may be a good time to go get a drink of water or stand on the sidelines. However, if the class is riddled with more than a couple of songs at the gym, respectfully walk out of the class or do not participate. Of course, if the music and dance music wreaks with things that vex your Spirit, do not participate period.
      3. Use your discernment, this is not meant to bind us as Christians but establish the distinction so that when we have an opportunity to speak to someone about Christ in those environments, our behavior and acceptance of these things will not hinder our witness. Remember: We are not hermits and even Jesus spoke to prostitutes (scripture) to share the gospel… if we isolate ourselves completely, we will likely missopportunities to the witness to others in that community.
      4. **The Best Choice: Find other classes that are appropriate: at gyms, studios, boot camps, churches, or ministries that do not devalue Biblical belief systems.**
      5. **Go walking, skating, swimming, or jogging, do line dancing, or find other activities for your faith and fitness journey.**

1. Be a witness
2. Have fun, be kind, enjoy life, fellowship, pray, and study the Word of God
3. Be a light worth following in a dark world – be the Bible that some people may never have read

**Participating in, or watching, online fitness classes and social media influencers**

Use the spiritual tips listed above, where relevant for online but more than anything watch your eyes and ears. Satan use the same three stale tactics to get us off track. He tempts us with the lust of the eyes, the lust of the flesh, and the pride of life. (add scripture). The internet and social media is full of temptations, sensuality, and some downright filthy or demonically inspired music, dance movements, and revealing raunchy attire to draw us in slowly or like lightening into sinful mindsets or behaviors. I do believe the internet has been a gateway for the dark world to infiltrate even well-meaning Christians, ministries, and even churches with the temptation of notoriety, acceptance, popularity, and/or to appeal to our desires.

If it does not fit, keep scrolling or better yet, at times, we may just have to turn it off or even fast from these online mediums until we are able to get a handle on its negative influence.

**CLASS INSTRUCTION**

1. When selecting instructors for your church or ministry, but even then, vet the instructors to determine if they should be teaching a group of people from your ministry.
2. Vet instructors for their credentials, insurance, and/or reasonable capabilities as needed; while also putting the proper participant class waivers in place to protect the church who could be liable for any accident, mishap, fatality.
3. Create a poster or flyer with examples of people wearing acceptable fitness attire in the church and put an x over the pictures with unacceptable attire (keeping it discreet).
4. Create a questionnaire to vet instructors about their basic beliefs and relationship with Christ,
5. Make it clear, in writing, the types of songs, music, and attire that are not acceptable.
6. If in doubt, you could provide a playlist of songs that you would like them to use to instruct classes, but it is generally better for them to choose their own playlist.
7. Prayer should be a part of the fitness class environment as well as the spiritual and physical application tips listed above.

**COMMUNITY COLLABORATIONS**

1. Vet organizations for the beliefs, values and traditions to ensure they do not conflict with Biblical principles
2. Create a terminatable Memorandum of Understanding for both collaborating organizations to sign that clarify the relationship, the agreement, and terms for termination of the agreement to perform fitness or health and wellness services.

**FITNESS FORMATS**

Like everything else, and the Romans we discussed regarding exercise in 1 Timothy 4:1-16 or Adam and Eve in the garden, man tends to take things that God creates, and we fit them in paradigms of idolatry, without thinking about the spiritual implications, ignoring them, disobeying them, or out of our lack of knowledge - we disregard them. **But now** we know, just because its fitness doesn’t mean it fits God’s standards. And just because a person has a fit and healthy-looking body, or that they have a great organization, or a great program, it does not mean that they are fit to touch the things or the people of God. Some programs, instructors, influencers, and organizations actually have the tendency to pull us further away from God. We must be intentional to be knowledgeable and discerning as we navigate through the faith and fitness movement. Here are some practical tips on fitness formats:

1. Highly encourage churches and individuals to steer clear of fitness formats that have roots in other religions, such as yoga which has poses that were created to honor Hindu gods. Do alternative stretching, breathing, and flexibility classes, instead.
2. Highly encourage churches and individuals to steer clear of twerking and belly dancing class formats, these have no places at all in the church of God.
3. Highly encourage churches and individuals to steer clear of heels classes that promote and glorify sensuality.
4. Encourage churches and individuals to vet the dance movements and music of all formats but particularly hip hop fitness formats which can be a good, clean, fun fitness format but hip hop can tend to veer “to the left”, if boundaries are not set.
5. Gospel TRAP and Deep House music is on the rise and this music is designed to honor God, but like everything else it is still important to vet the music and the movements. Like a bad amendment that slid into a legislative bill on capital hill, we can look up at what we thought was good legislation and discover something was snuck in, during the debate, that was detrimental to our lives. Satan loves this deceptive tactic. Yes, he knows the scripture – “My people perish for the lack of knowledge,” and he uses our ignorance to his benefit. Scripture But we call a “point of order” on his schemes, we slam the gavel down, and we say, “No More.” (Scripture – I would not have you be ignorant – brethren.)

**Things to incorporate/TO DOs for example and enlightenment about the subject as a reminder to stay awake, expose things that go against the faith, and be set apart.:**

* **Share the lyrics of the wobble and the dance**
* [**https://cedarministry.org/obey-god-dont-make-excuses/**](https://cedarministry.org/obey-god-dont-make-excuses/)
* **Use my transcript from my YouTube video**

**Conclusion:** Again, to reiterate these are not to be construed as religious, stiff rules that bind people to play gospel 24/7 and to make people afraid that they cannot dance to classic songs like the “Electric Slide” by Marcia Griffiths, “Before I Let Go” by Frankie Beverly and Maze, or “Optimistic” by the Sounds of Blackness. I do not believe any of these songs are offensive to the God or the Holy Spirit. (add scripture to support not judging a brother for eating meat, listening to a secular song, etc.…and God allows us to enjoy life)

In summary, this chapter is just a reminder for us to be on guard and intentional about putting a hedge around the music, the movement, and the madness that could potentially enter into our heart or our churches through lack of spiritual and practical boundaries in the faith and fitness movement.

**AFFIRMATION:**

I am born again, and because of the profession of my faith, I belong to a loving Savior and Lord name Jesus Christ Jesus (Yahweh Yeshua). (Romans 10:9)

I am adopted and grafted into a community of Believers through my relationship with Him. I will make every effort to protect the sanctity of my relationship by not compromising holiness, for the sake of a stronger, healthier, leaner body or living longer in a body that I believe I can obtain through my health, wellness, and fitness exercise goals. It’s Christ First. Fitness Second.

I am a part of a movement to go back to basics of faith, keep the pursuit of exercise and health in its proper place of profitability, and I will take the opportunities that I have to use exercise, wellness, the faith and fitness movement, or any other sphere of influence I have, to save souls and make disciples in the Body of Christ.

**SELF-REFLECTION**

**Chapter 9: The Faith and Fitness Movement:** Where Do You See Yourself?

Not everyone will be a fitness instructor, lead a group, or join a faith-based specific group but everyone has a part to play in the Great Commission – even if fitness and health and wellness is “not your thing.” This is fine. God made us unique, and we have different callings. But we have one goal in the Great Commission, and that is to save souls and make disciples.

**After reading this book, do you connect with a new perspective about the faith and fitness movement, and/or the importance of protecting the sanctity and/or usefulness of this unique opportunity to reach others for Christ? Yes or No**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**If no, do you think you can apply some of the principles of this book to another sphere of influence, better suited to your interests?**

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**WHERE AM I WITH MY FITNESS REGIMINE?**

**Chapter 9: The Faith and Fitness Movement:** Where Do You See Yourself?

**Fitness programs and any behavioral transformative program has five stages of change.** Although we have focused on the usefulness of the faith and fitness movement for the corporate body, exercise and proper nutrition have excellent benefits for the body. Exercise, coupled with proper nutrition, relaxation, sleep, and other lifestyle habits, can strengthen the mind, body, and Spirit. (Be sure to visit the Appendix – for some basic tips at the end of this book.) Let’s see where you are.

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

For the Body be sure to stretch before and after exercising – reach for the toes, extend the arms, roll the arms around and backwards, other flexibility move…and drink ample water. (I resist telling exactly how much water to drink but an industry guide suggests drinking half our body weight, **in ounces, per day**. A 200 pound person would drink 100 ounces of water.

**CAUTION:** Remember to follow your doctor’s orders on hydration, nutrition, and exercise. Some people with kidney or other issues have different guidelines. This is just a general guide

1. **Precontemplation:** **Inactive or living a sedentary lifestyle.** Is there anything you can do to shift from this stage? **Try This:** Pray and ask God to help you to become active. Remember active does not mean you have to run or even stand. It means you have to move. Consider fasting and praying about this, if you still are not motivated. Believe God and ask Him for the strength to move to Step 2. and thank Him, in advance, for moving you from the precontemplation stage to Step 2.
2. **Contemplation:** **Still sedentary, considering change.** **Try** putting on your favorite upbeat gospel or energetic music. Sit in a sturdy, non-rolling chair and move your upper and lower body around (lift the legs, walk or run while seated) as fast as you safely can for 10 to 20 minutes, five days a week. Work up to 20 minutes and then 30 minutes. Do this for five days, for two weeks. Pray and ask God to help you and thank Him for moving you from the precontemplation stage. If you feel confident and you are released to exercise by your doctor’s orders, try standing in place and moving moderately. You are on your way to Step 3.
3. **Preparation**: **Engaging in some fitness activity.** **Try This:** Walking for 10 minutes after a meal to help lower insulin levels and going for a 30 minute walk at least five days a week, for two weeks. Pray and ask God for a resolute mind that you will be active. Celebrate!
4. **Action**: **Regularly participating in a fitness routine**. **Try This:** Change up your fitness routine once or twice a week – walking, gardening, jogging, skating, bowling, taking an aerobics or strength training class are just a few ways to get moving for at least 30 minute a day, for five days a week. You are on your way and over time you should see improvements in cardiovascular endurance and strength. Pray that God helps you keep up this trend. Thank Him for every victory! You did it!
5. **Maintenance:** **Sustaining the fitness routine. Consistency** is the key to optimum health, and variety, you added in Step 4, challenges the body and muscles in different ways. Keep up the great work – continue to make this pattern like brushing your teeth or washing your face and you can claim, I am fit for life.

**WHERE AM I WITH MY WITNESSING REGIMINE?**

**THERE was no wrong place to be on the stages of the change guidelines exercise.**

That process was for your reflection, prayer, and meditation to promote working up to the maintenance level of the stages of change for a fitness program. Now, let’s run through this same process of self-reflection for our role in the Great Commission.

Scripture calls all of us to be a witness of the gospel of Jesus Christ. (scripture)

**Whether we use faith and fitness, or another sphere of influence, how fit are we?... about witnessing to other people for the eternal sake of the Great Commission?**

**Food for thought…we don’t need a pulpit to witness to people. Just be YOU….**

Simply, getting to know people or sharing your personal story may be a great place to start.

**1. Precontemplation: Inactive or living a sedentary lifestyle of witnessing others.** Hopefully, this book stirred up some key things or concepts to employ. **Try this**: Ask God to bring at show you how to approach faith and fitness in the witnessing arena. Maybe you are not called to do a lot of conversation, or outreach, and that is okay. But could it be that your coworker, or the cashier at your corner store, could use an invitation to church or to your fitness class so you can “open” the door for an opportunity to share the love of God?

**2. Contemplation: Still sedentary but considering witnessing to others.** God is revealing some ways you can approach this witnessing “thing”. **Try this**: Ask God to put at least one person in your path, on a daily basis, that you are supposed to meet and witness to…keep the conversation casual, be yourself, and let God do the rest.

**3.** **Preparation: Engaging in some witnessing activity.** You are taking small steps in your witnessing journey. It was possibly a little uncomfortable at first, but you did it. Or maybe you are a little shy, so you invited someone to your fitness class, basket weaving group, or church and allowed someone else to tag team with you to share the good news of the gospel with this person. Either way, you are on your way in the faith and fitness movement!

**4.** **Action:** **Regularly participating in a witnessing routine**. You are “on a roll.” You are more aware of opportunities to witness, to invite, to witness to others about the goodness and free opportunity to know the Lord and you are taking consistent steps. You are Fit for Christ. Way to go!

1. **Maintenance:** **Sustaining the fitness routine.** You can now discern and spot who God is calling you to witness to, almost like clockwork. Congratulations…you, and everyone who participated at any level of this faith and fitness exercise of witnessing to others, for the Great Commission (with a humble mindset), will be rewarded on the other side of this world by God, the Great Faith and Fitness Coach, Himself.

**Now, that’s a Faith and Fitness Movement…**

**SELF-REFLECTION**

**Chapter 9: The Faith and Fitness Movement:** Where Do You See Yourself?

You may use this space to jot down some notes about who, what, when, where, and how you may influence others in your unique way on this faith and fitness journey to mind, body, and Spirit health and wellness or through other spheres or through other areas of influence that are of interest to you.

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**Chapter 10: Faith and Fitness: Basics – The Kingdom Harvest:** LOOK at “DAT” BODY!!

**We have been on a journey about the Faith and Fitness Movement that has hopefully enlightened, reinforced what you already know, or provided a new perspective on how we sustain the original intent of mind, body, and Spirit health and wellness with a Kingdom purpose to use it for what is most profitable to God**. This book was meant to point us back to the basics of this faith-based exercise crusade. The profitability of mind, body, Spirit wellness is so valuable for the people of God in the church; it profits a little. I am so excited we are now aware of this in the Body of Christ. Let’s keep going. But what will profit most, and have eternal value, is how we use bodily exercise for the eternal treasure of saving souls and making disciples in the Kingdom of God.

**We have explored history about the faith and fitness movement and with men at the helm, we will always tend to take what God created and make it suit our self-aggrandizing needs.** Man, and particularly the Romans took exercise and began to idolize it because they could see how they looked stronger, felt stronger, and felt better. There is nothing wrong that but anything that takes first place over God, is an idol. Man’s view on exercise was beginning to take first place.

**The “Look at “dat” body!” mindset,** idolizing our physiques and health, became an idol in the lives of the Romans and the people of the times. **But when we get back to the basics of the Biblical purpose of health, wellness, faith, and fitness, we can take our ‘sunglasses off’ and more clearly look at what God is looking at as most profitable, with His single vision.** It is then, our minds can be renewed, and we are transformed – we go from a “Look at “dat” body” mentality, focused on health, physiques, and long life on this earth, to one that sees a corporate gathering of souls and disciples **through the faith and fitness movement transform our mindset to one that says, “LOOK at “DAT” BODY!!”**

1. **The exercise [fitness] movement began with God. He was and is the first faith and fitness coach and the epitome of health, wellness, and life. He sets the standard for us.** 
   1. God demonstrated the first form of exercise
      1. Scripture Passage – Genesis 1:2

***God Moved Upon the Water***

*And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters.*

* 1. Because we are made in God’s image, we were all meant to move, to exercise, to dance in our natural bodies, or to move by His Spirit.
  2. Even if we cannot move [or exercise] in the natural, we can move by the Spirit – through this life, with God as our personal trainer. (Ecclesiastes 9:11) (Psalm 27:13-14)

1. **Man, idolized exercise – Look at “dat” body! - the focus on looking good and feeling good began to run ramped**
2. **God redirected man about the idolization of exercise through Apostle Paul to remind us of what God calls profit is most important, not self and pleasure, and certainly not fleshly desires instigated by over-emphasis on our physiques or the cares of this world.** Out of God’s love for us, He left us the Bible to be a revelatory roadmap for us and He has also equipped us with His Word through His apostles, pastors, leaders, evangelists, or teachers to help get us when we are veering off course. The Bible and the five-fold ministers point us back to the basics, thank God.

**To get back to the basics, we are reminded the mind, body, and Spirit health and wellness movement begins and ends with God.** God established man in a body that is made in His image. Faith and Fitness was God’s idea, and He had, and has, the master plan.

1. **First,** health and wellness and exercise began with God, our creator. Because God created exercise, and everything He created is good, believing that Christians should dismiss exercise because of one scripture, which states that exercise profits little, does not negate that exercise does have some benefits and usefulness, in the right context. Exercise in the Body of Christ has great benefits for the faith-based community and our world as a whole. As churches, ministries, and Believers pay attention to the health of our bodies, we take part in a global movement to improve the health and vitality of our communities, lower healthcare costs, help mitigate chronic health conditions, and we help make the world a better place.
2. **Second,** the health and wellness movement began with God’s creation of the body and His design for the Body of Christ.
   * 1. Optimal health, life, and eternal life only comes through Him.
3. **Third**, health, wellness, and faith accelerated during Christ’s life here on earth and after His resurrection, Believers have been empowered to take hold of our authority to heal the sick, raise the dead, and activate eternal healing in others.

God used men and women of God who were empowered by faith to believe for or implement healing in the lives of others.

He can use you and I too, if we let Him.

So, we acknowledge, 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 our 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 dug deeper 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 was 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.

My mind about my role in the fitness industry, why “I thought” I founded Born Again Bodies®, and what “I thought” about my calling to the faith and fitness movement shifted. I realize life is, but a vapor and I have opportunity to tease people by sprinkling a spray of God’s goodness on others or I can live a life poured out - telling a dying and confused generation about a Savior who loves with an unconditional love for the world – a Savior who died so that we might live forever.

As I finish writing this book in 2025, it has become clearer to me why God told me to establish an organization called Born Again Bodies® in 1994. I thought it was about fitness classes that the faith based community could participate in, could become healthier, and live longer. All of that is good, but I know, now, it was always about a faith and fitness community of Believers who are accountable to Christ and doing what is important to God.

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

**My perspective about the faith and fitness movement and mind, body, Spirit health is not what it was to me, originally in 1994 when God told me that I would do this for Him.**

**My mind is forever changed. I have been TRANSFORMED.**

*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, for such a time as this, to use our passion for health and wellness, our connection to faith and fitness, or any other sphere of influence we are a part of,** **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. It is now 2025, but **Evangelistic faith and fitness is a new wine in a new wineskin (Mark 2:22)** that God called me into in 1994, I began in 2005, launched into the community in 2011, slowed down in 2016 and paused completely “like a deer in headlights” in 2022 because God had me pregnant with vision, with no sonogram. I just knew the vision of Born Again was more than a faith and fitness program. In 2023 he showed me the evangelistic purpose, but it was not until now 2025, that He fully released me to release my understanding of what faith and fitness is - with a renewed clarity of what I believe is His vision for this movement 2025 (Habakkuk 2:2 and Romans 2:12). I saw this before Christian movies like “The Forge” played on the big screen – they just confirmed that I was on track about what God showed about the faith and fitness movement or using other spheres of influence to literally be the witnesses to save souls and make disciples; not just get in shape and be healthy. (add scripture about out of the mouth of two or three witnesses let every Word be established) We all have an opportunity to take part in The Great Commission, harvesting souls, in some way, directly or indirectly, large or small – all of our unified efforts to save the lost has eternal value that is more profitable than getting people healthy in the mind, body, and Spirit.

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 about mind, body, and Spirit health and wellness.

But I also hope you read 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. The Faith and Fitness Movement book is different than most mind, body, and Spirit writings because the focus is on how we can make an eternal impact in our lives and the lives of others. It focuses 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 surrendered to his penmanship.

℘ **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, at such a time as this, to use faith and fitness or whatever sphere of influence I have to help everyday people LIVE** FREELY, HEALTHY, WELL, and WHOLE – in the Mind, BODY, and SPIRIT, **for ETERNITY*.***

**I BELIEVE**, I was born to **Be Fit in Him** …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

1. This writing is not meant to insinuate we are not making great strides in the area of awareness of, and access to, health, wellness, and fitness exercise in the Body of Christ. We are moving forward and upward, and I am glad. The purpose of me writing this book was to take us back to the basics, to refocus, and make the main thing – the main thing. Our loving God does not want us ignorant; He does not want us to miss Him, and He certainly does not want us to miss eternity. God is serious about holiness, and He is serious about the Great Commission to save souls and make disciples that follow Him. **Faith and fitness is a tool that can be used to draw others to Christ but not if we are not willing to be set apart, to be different, to expose the truth, and annihilate the madness!**
2. To be successful at using faith and fitness as a tool for the Great Commission, we cannot mix conflicting music, dance movement, or things that are sacrilegious or not holy. Notice, I did not say that we cannot play a secular song…this is not about religiosity.
3. **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 and wellness environments that do not contradict with our Biblical beliefs. We choose to be a part of fitness communities, be it faith-based or not, where we have an opportunity to we can reach the lost. We are accountable to Christ.

**We respectfully and humbly acknowledge, we cannot change anybody, and we have no right to “police” everyone about the music they listen to, the dance movements they do, or the types of classes they choose to take.** But what we can do is inform and wake up the faith-based community; to do our part to make wise choices about what we participate in and to uphold righteousness in our fitness programming, in our churches, and in our environments in order to promote transformed mindsets and good choices.

(Romans 12:2)

1. **Ephesians 5:11-15 KJV states, we are called to expose darkness because we are the light of the world.**

*11 Have nothing to do with the fruitless deeds of darkness but rather expose them. 12 It is shameful even to mention what the disobedient do in secret. 13 But everything exposed by the light becomes visible—and everything that is illuminated becomes a light. 14 This is why it is said:*

*“Wake up, sleeper,*

*rise from the dead,*

*and Christ will shine on you.”*

*15 Be very careful, then, how you live—not as unwise but as wise, 16 making the most of every opportunity, because the days are evil. 17 Therefore do not be foolish but understand what the Lord’s will is.*

1. As a Born Again Body of Believers and people of the faith and fitness movement, we stand for, and align our health and wellness pursuits, with God’s principles. As peculiar people, we dare to be different. We recognize bodily exercise profits little but the use of exercise to save souls, make disciples, and fulfill the Great Commission profits great reward for the body, the mind, and the Spirit here on earth but more importantly for eternity.

In our community gyms, classes, and even with the classes we watch on YouTube or other online 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 taking a stand.

After reading this book, it is my prayer that you realize that you have been called to be a witness using faith and fitness, or any other sphere of influence, more than any awareness, pursuit, or promotion of mind, body, Spirit health and wellness. That’s the basics and that is what make exercise most profitable.

Some of you may already be in a position of prominence in the fitness or faith and fitness industry. Or you may be involved in another sphere of influence that has nothing to do with mind, body, Spirit health and wellness. Whatever you are in, if you are surrendered to God and willing to uphold the basic tenets of faith, you are anointed and appointed to help with, and benefit from the faith and fitness movement, *from a Kingdom perspective*.

And for some of you, God has already graced some of you with a position of prominence in the faith and fitness sphere.

So, keep pressing and do not give up.

**IT’S TIME**

It is time (Kairos) for us to move in the area of

faith and fitness with Kingdom advancement in mind.

**It’s time** **for us to move from just faith and fitness** that makes us fit, well, and strong on this side of heaven and “cross over the Jordan River” to focus on eternal wellness that promotes health, wellness, and healing for a great corporate gathering of born again bodies, for eternity.

**It’s time for us to receive the promises of God** for our faithfulness to uphold and promote God's kingdom priorities over bodily exercise, or anything else for that matter.

**It’s time to awaken from our sleep and to expose the truth about the fitness industry**. We will not be silent, and we will not compromise our faith to fit into the madness happening in some of the music, the dance movements, and the attire in the fitness industry to fit it. We are a peculiar people, and we don’t fit in. As Kingdom ambassadors, we chart new territories.

**It’s time for us to wake up, expose truth**, **and be the light we were created to be.** We are the light of the world. When fitness programming goes against basic Biblical principles and grieves the Holy Spirit, our candlesticks will not bear under the heat, melt, and mix with the candles of the world. No, we will come out from under the bushel and light up, like a city on a hill. (add scripture)

**It’s time to harvest souls and make disciples for Christ**, using faith and fitness (exercise), or any other sphere of influence we have at our fingertips, to help lead others to God.

**The Definition of the**

**Faith and Fitness Movement**

U

**sing exercise** **to fulfill the Great Commission** to save souls and make disciples, in a “Back to the Basics” approach to Mind, Body, and Spirit wellness that **profits much** in the Kingdom of God.

This prescriptive approach to bodily exercise, in the faith and fitness movement, makes an impact in heaven. It is no longer just about us, our health, or about the people who need to live longer to do more for ministry, and so on.

**The faith and fitness movement is about**

**gathering a ‘great catch’ of born again bodies in**

**THE Fisher’s Net - for Eternity.**

Yes, that’s how we can Rejoice with God, a Host of Angels, and a Great Cloud of Witnesses, and SHOUT with JUBILEE,

**“LOOK at “DAT” BODY!!**

*Pamela Parker*

*Faith and Fitness Coach*

**The Faith and Fitness Movement**

Back to the Basics of Mind, Body, and Spirit Health

**As**

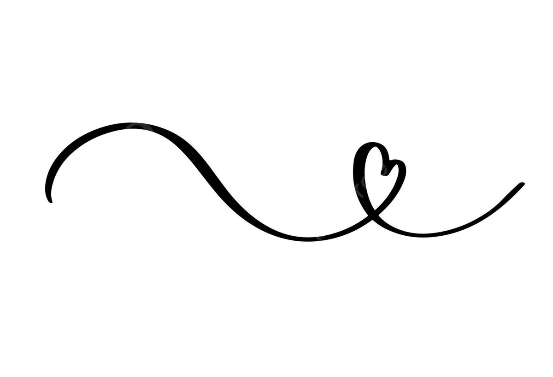
**People of the Faith and Fitness Movement**

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

**using exercise, health, and wellness as a tool to save souls and make disciples.**

***Now, that’s good for the HEART, SOUL, MIND, SPIRIT.***

Matthew 28:16-20 and Matthew 24:14



**[APPENDIX](#APPENDIX_CONTENTS)**

**DISCLAIMER for the APPENDIX SECTION:** 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 by no means meant to advise you about your unique exercise or dietary needs.

Please consult a professional nutritionist to address your water intake and dietary requirements, which may be different based upon your health condition. Then, work with a certified personal trainer to obtain advice on your specific exercise programming needs.

You may also contact me at [faithandfitnesswithpam@gmail.com](mailto:faithandfitnesswithpam@gmail.com) for online personal or group exercise training. I am a certified Group Fitness Instructor (GFI) with the Aerobics and Fitness Association of American (AFAA) and a personal trainer with the National Academy of Sports Medicine (NASM).

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

* **Defining the Fitness Exercise Categories** – Anaerobic and Aerobic Exercise - Page ?
* **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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**DEFINING THE FITNESS EXERCISE CATEGORIES**

**ANAEROBIC AND AEROBIC EXERCISE**

**ANAEROBICS – any exercise performed that require energy, faster than oxygen can be supplied and that uses glycogen for energy (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 – any exercise performed that is fueled by oxygen that is carried through the blood to keep going:**

* 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.

**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 you consistently clamp down (contract) and bear up (stretch) under the weight and jump through the pressures of this life; especially, when it seems you have no more strength to go on - with Christ on your side, you become stronger and gain power to handle more.

**Read and Meditate on 1 Peter 5:10**

*And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. (1 Peter 5:10 ESV)*

Aerobics: The ability to keep running through life’s challenges even when we are exhausted. With breath of God as the “wind beneath our wings” and our consistent connection to Him, we increase our capacity to breathe in more of Him. As we do, we 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 supernatural endurance to keep running, and win this race, called life.

**Try this now:** Breathe in slowly and deeply and breathe out about 5-10 times ….and think about the goodness of God or things you are thankful for, at the same time. Do you feel anything? ... better…peace?]

**Read and Meditate on Isaiah 40:31**

*“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.” (Isaiah 40:31 NIV)*

**Other Scriptures for Meditation**

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

Galatians 6:9 NIV – “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 NIV – “I have fought the good fight, I have finished the race, I have kept the faith.”

**NATURAL BASICS FOR THE BODY**

**NUTRITION**

**NATURAL BASICS FOR THE BODY**

**EXERCISE**

**NATURAL BASICS FOR THE BODY**

**SUNLIGHT**

**NATURAL BASICS FOR THE BODY**

**SUPPLEMENTS**

**FAITH AND FITNESS BASICS FOR THE BODY**

**GOD’S SPIRITURAL REMEDIES**

**NATURAL BASICS FOR THE MIND**

**MEDITATION**

**NATURAL BASICS FOR THE MIND**

**REFLECTION**

**NATURAL BASICS FOR THE MIND**

**BREATHING EXERCISE**

**NATURAL BASICS FOR THE MIND**

**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)*

**END NOTES**

* + - 1. Religious Young Adults Become Obese by Middle Age. Northwestern Medicine. Feinberg School of Medicine. News Center. Northwestern University. Retrieved from <https://news.feinberg.northwestern.edu/2011/03/24/religion_obesity/>. Retrieved on May 7, 2025.
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