

# First Christian Fitness

*Mondays & Thursdays*

*5:45 to 6:45 pm*

*Family Life Center*

*Be Forever Fit*

*For You Were Bought With a Price*



Have you ever made a New Year's resolution to exercise consistently or lose weight? I know I have made it more than once! Each year brings another great opportunity for you and your friends to participate in free group fitness classes with First Christian Fitness. Consider this invitation to join me to strive for improved health.



The Apostle Paul states in I Corinthians 9:19-20, "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body." One of the ways we can honor God with our bodies is by eating right and exercising; a well known, but often neglected teaching

of Scripture. As we all well know, when our bodies are well taken care of and treated with respect it becomes easier to be spiritually disciplined and maintain a positive, spiritual, healthy lifestyle. In this life, the body and spirit are made to work together.

Starting any exercise program can be difficult at first. It takes time for our bodies to adjust to the new, physical exertion we are asking of it. But with consistency and persistence--and making forward strides at your own pace--great benefits in the improvement of your health can be gained.



The fitness program, however, at First Christian Church is more than just about exercising. The mission for our fitness ministry is three-fold: 1) to provide participants an opportunity to enhance physical stewardship of their bodies in order to improve their health through exercise; 2) to heighten Christian fellowship and build relationships through contact in an informal setting; 3) and to provide an opportunity through which the unchurched members of the community can experience Christian faith in a real and personal way.

In addition, the first Monday of each month is designated our "Food for Fitness" night. Each participant brings two 16 oz canned food items that will be used in basic strength training exercises. At the conclusion of the class, canned food items can be donated to the FCC Food Pantry. The food pantry at FCC exists to help people in our community, as well as those within the FCC family, who are in need of assistance to place meals on their tables.

First Christian Fitness Classes are on Monday and Thursday Nights in the Family Life Center beginning at 5:45 pm and lasting one hour. The class will consist of basic low impact aerobics for improvement of your cardiovascular system; mat based activities include strength training, and building flexibility. The goal of this program is to provide the highest quality and most innovative class possible while taking every precaution to insure your safety. Fitness classes will be designed to challenge each individual's exercise needs, regardless of age or fitness level, while making it fun!

Could this class be for you? Each class begins with prayer. The exercise format will begin with the basic concepts of aerobic exercise with each participant encouraged to work at their own pace in order to succeed with their own health and fitness goals. It is a good idea to start slowly and build up to a full program. Intermediate and advanced options will be introduced as needed. But the key is to remain consistent while you give, and receive, encouragement and motivation from the other participants. The class will end with a short devotion so you leave feeling fulfilled both physically and spiritually.



Remember these tips to provide for a safe and fun fitness workout whether with First Christian Fitness or exercising elsewhere:

- If you are participating in a fitness program for the first time, it is recommended that you consult your medical physician
- Wear comfortable clothing (no buttons or zippers) and shoes constructed for the activity.
- Drink plenty of water before class and during class.
- It is your class-work and progress at your own pace. You should feel energized at the end of class.
- If an activity feels uncomfortable, then stop. Listen to your body.
- Feel free to bring a towel or pillow to class. This may assist with head/neck support during the mat work.
- Attempt some form of exercise outside of our group class.  
If you are not sure about an activity, please ask.

“I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.” Psalm 139:14

Sondra Carmen is a certified fitness instructor with over 14 years experience leading group exercise for the Cookeville Community.

The three basic elements of any fitness class include segments to increase the **cardiovascular** system, **strength** training, and building **flexibility**. This class will consist of 30 minutes cardiovascular low impact aerobic exercise and 30 minutes of mat based activities that combine flexibility and strength for a total body conditioning workout.

The **goal** of this program is to provide the highest quality and most innovative class possible while taking every precaution to insure participant safety. Fitness classes will be designed to challenge each individual's exercise needs, regardless of age or fitness level, while making it fun!

## Who is this class for?

# EVERYONE!!

The class format will begin with the basic concepts of aerobic exercise with each participant encouraged to work at their own pace in order to succeed with their own health and fitness goals. It is a good idea to start slowly and build up to a full program. Intermediate and advanced options will be introduced as needed.

- \* Bring a water bottle. It is suggested to drink plenty of water before, during, and after class.
- \* Wear Comfortable clothing and good shoes constructed for the purpose of exercise.

Instructed by **Sondra Carmen**, Certified Fitness Instructor with the Aerobics and Fitness Association of America (AFAA) and Fitour.

*“I praise you*

*because I am fearfully and wonderfully made.” Psalm 139:14*

*The mission for a fitness ministry at First Christian Church is three-fold:*

- 1) To provide participants an opportunity to enhance physical stewardship of their bodies in order to improve their health through exercise,*
- 2) To heighten Christian fellowship and build relationships through contact in an informal setting, and ...*
- 3) To provide a tool through which the unchurched members of the community can experience Christian faith in a real and personal way.*

## ***Determine Your Exercise Range***

In starting an exercise program, you need to determine your exercise heart rate range. Your target heart rate should be between 50 and 80 percent of your maximum heart rate. To determine this range, subtract your age from 220. Multiply that number by .5 (50%) and then multiply that number by .8 (80%). Here's an example for a forty-year-old person:  $(220-40=180)$ ;  $180 \times .5=90$ ;  $180 \times .8=144$ . The exercise heart rate range is 90 to 144 beats per minute. As you begin your exercise program, keep your heart rate range between 50 and 60 percent of the maximum. When you feel comfortable, and become more physically fit, increase your intensity.

You can use your own subjective Rate of Perceived Exertion (RPE). On a scale of 0-10 (with zero being nothing at all and 10 being very, very strong—at your maximum), you determine how hard you **\*feel\*** you are working. A rating of 4-7 ("somewhat strong" to "very strong") on the 0-10 scale reflects a heart rate of 60-80% of maximum and should be the target area for which to strive.

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## The Pilates Challenge

Frequency: 4 times/Week

Intensity: With Vigor and Zest

Time: 15 – 30 minutes per session

### Joseph H. Pilates states his method of “Contology” done in

**10** sessions, you will feel the difference.

**20** sessions you will see the difference.

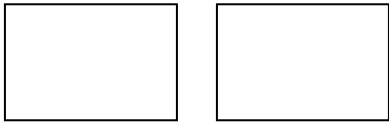
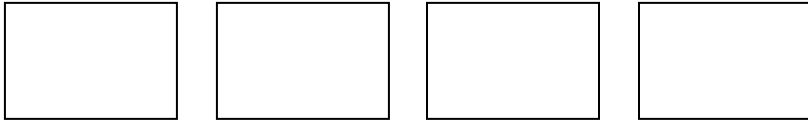
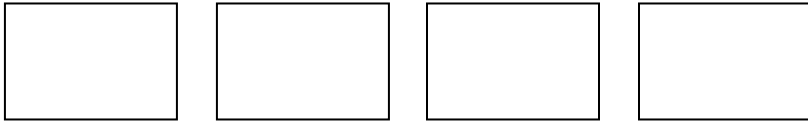
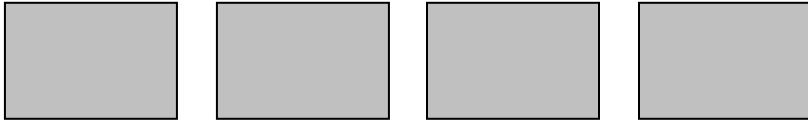
**30** sessions you will have a different body.

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**Congratulations!!!**