



family.fitness.faith.fun



## How can I be generous?

A vaccine for isolated days!  
Help your family be fit and healthy, stay  
connected, and grow in character.



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





*How to make fitness  
an important part of your family's life:*

## Make it fun

- Be active together
- Play games
- Involve everyone in the household
- Go inside or outside
- Be creative and improvise with what you have

Do exercise a few times a week.

Find a time that will work for everyone.

## Two Great Ideas

**#1:** Take a photo of your family doing family.fit together and post on social media. Tag with #family.fit

**#2:** Think of a family who has never done family.fit. Do it together on Zoom® or WhatsApp® video.



## Challenge each other

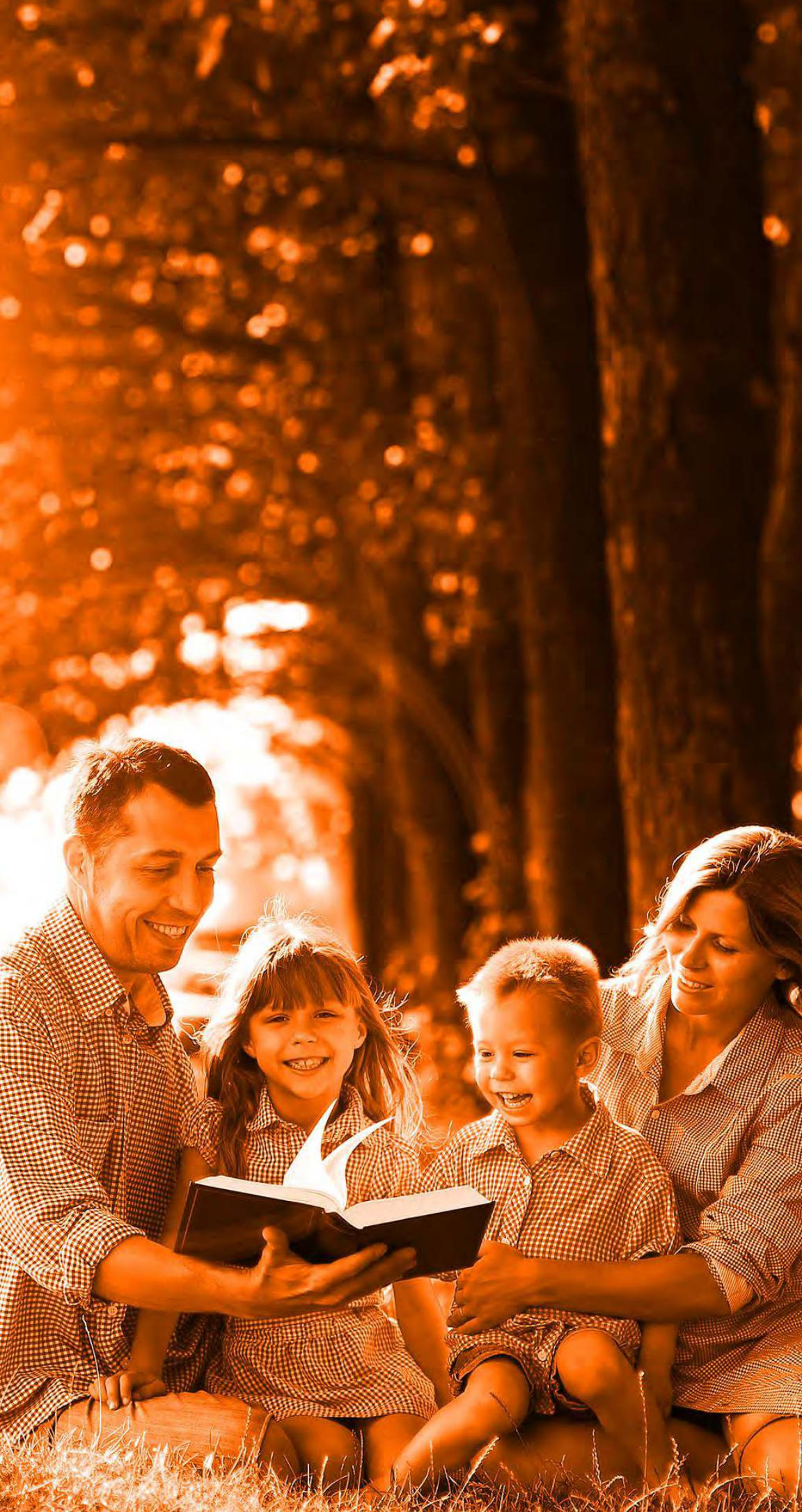
- Allow different levels of challenge according to ability, size and age
- Respect each other
- Listen actively
- Share **family.fit!**  
It's free.
- Don't do exercises that cause pain or make any existing pain worse.
- Don't exercise if you are sick. Wash hands before and after **family.fit**.

Set personal  
goals.

Compare  
improvements with  
your personal best.

### IMPORTANT AGREEMENT BEFORE USING THIS RESOURCE

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



# This Week

## Theme: Generosity

### How this works

As a family, do some **physical exercise** 3 days a week (*though even once is helpful!*). If you can do it more often, then do other types of exercise too – walking, jogging, riding, skating, or swimming.

Each week of **family.fit** has a **theme**. The focus this week is on ***being generous***. Each step below helps you explore the theme together.

Each session is an adventure made up of **7 steps**.

There are **3 options** for each step, giving **3 days** of exercise programming.

Remember **anyone in the household** can take the phone and lead a different step in the adventure.

**Have fun together!**

### 7 Steps of family.fit



1. Warm-up



2. Talk



3. Move



4. Challenge



5. Explore



6. Pray



7. Play



## Step 1 | Warm-up

Start moving the whole body **5 min**

Do the following whole body warm-ups.

DAY  
1

### Get moving

One person is leader for each round. Start by jogging around. The leader says a name and the family must move like this. Mix them up. [Watch video](#)

Mr. Slow - move slowly  
Mr. Rush - move fast  
Mr. Jelly - shake your whole body  
Mr. Muddle - walk backwards  
Mr. Bounce - hop around  
Mr. Small - crouch and keep moving  
Mr. Strong - move flexing your muscles  
Mr. Tall - stretch up and move  
Mr. Tickle - wave your arms around  
Mr. Happy - move and smile

DAY  
2

### Tic-Tac-Toe

Work in two teams. Each team is given a challenge. Eg 10 jumping jacks. When completed, two people run and place their piece on the tic-tac-toe game. Continue with new challenges.

[Watch video](#)

DAY  
3

### Get moving

Repeat day 1.



## Step 2 | Talk together

Rest and start a conversation **5 min**

Sit or stand together and start a short conversation. Here are some questions to get you started.

DAY  
1

### Discuss

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What does it mean to be generous?  
Being generous is not just about money. In what other ways can we be generous? What is the opposite of being generous?

DAY  
2

### Discuss

---

Share some examples of generosity you have seen or experienced.  
What do you think the generous person felt? And the one receiving it?

DAY  
3

### Discuss

---

Can you think of a time when you were generous as a family? What did it feel like? Do you see an opportunity now where you can be generous as a family?



## Step 3 | Move

Move and do superman **5 min**

Practice the superman movement to develop core strength.

DAY  
1

### Practice superman

Lie face down on the floor or on a mat with your arms stretched above your head (like Superman).

- Raise your arms and legs about 6 inches/15 cm off the ground (or as far as you comfortably can).
- Hold for 3 seconds and slowly come back to the floor and relax.

[Watch video](#)

DAY  
2

### Superman variation

One Arm/Leg at a time.

- Lie face down on a mat with your arms stretched above your head (like Superman).
- Raise your right arm and left leg about 6 inches/15 cm off the ground (or as far as you comfortably can).
- Hold for 3 seconds and relax.
- Repeat with the opposite arm and leg.

[Watch video](#)

## DAY 3

# Harder superman

Lie face down on a mat with your arms stretched above your head (like Superman).

- Extend your arms and legs so far in opposite directions that they naturally come up off the floor.
- Pump your right arm and left leg up and down in a small pulse, continuing to reach out from your center. Alternate right arm/left leg and left arm/right leg pulses.

[Watch video](#)



Superman (left) and Family Challenge cups (right)



## Step 4 | Challenge

Move in a family challenge 10 min

Challenging each other helps give you energy.

DAY  
1

### Family challenge

Work in pairs. 6 cups per pair.

One person holds superman while the other does 5 squats. After each round place 1 cup to build a tower.

Swap roles. 6 rounds.

Try to build your tower as fast as possible each time. [Watch video](#) (*photo on previous page*).

DAY  
2

### Superman roll

Everyone takes turns to roll in the superman position from one side of the room to the other while carrying a cup.

Roll without your hands and feet touching the floor. Continue as you build a tower of cups.

Choose the size of the tower by the number of cups you use. [Watch video](#)

DAY  
3

### Family challenge

Repeat day 1.

Take a photo of the family challenge and post on social media. Tag with #family.fit



## Step 5 | Explore

Explore the Bible together **5 min**

Explore the Life Question – “How can I be generous?” Read John 12:1-8 (next page).

**DAY  
1**

### Read and discuss together

Find some perfume and smell it as you talk about the generosity in this story. Who was generous and why? Why was it put on Jesus’ feet? What was Jesus’ response to this?

**DAY  
2**

### Reread the Bible verse

God is generous! Write down some of the things God has given each of you on separate pieces of paper. Find a spare jar or pot to put them in.

**DAY  
3**

### Reread and discuss together

What is God saying to you through this story? Share some of the ways friends or family have been generous to you. Prepare a surprise gift for someone in your family or someone else you know.

# Scripture about being generous

The following story comes from chapter 12 of the Book of John in the Bible. Jesus was having a meal with good friends who were very grateful to Him. If you want to read more visit [BibleGateway](#) (or download the [Bible App](#)).

Six days before Passover Jesus went back to Bethany, where he had raised Lazarus from death. A meal had been prepared for Jesus. Martha was doing the serving, and Lazarus himself was there. Mary took a very expensive bottle of perfume and poured it on Jesus' feet. She wiped them with her hair, and the sweet smell of the perfume filled the house. A disciple named Judas Iscariot was there. He was the one who was going to betray Jesus, and he asked, "Why wasn't this perfume sold for three hundred silver coins and the money given to the poor?" Judas did not really care about the poor. He asked this because he carried the moneybag and sometimes would steal from it. Jesus replied, "Leave her alone! She has kept this perfume for the day of my burial. You will always have the poor with you, but you won't always have me."

John 12:1-8 (CEV)



## Step 6 | Pray

Pray and cool down **5 min**

Take time to look outwards and pray for others.

DAY  
1

### Pray and stretch

Use the letters from the word 'GENEROSITY' to make a list of some things that God has generously given to you as a family. Thank Him together.

DAY  
2

### Short prayers

Take your pot from STEP 5 and pray one-line prayers thanking God for His generosity. Ask God to help you to be generous in the things where you know you need help.

DAY  
3

### Pray and surprise

Ask God to help you think of someone you know who would not be expecting anything from you and surprise them with something (gift/food/time) to encourage them. Pray that they will be blessed as they receive it.



## Step 7 | Play together

Play games as a family **5 min**

Play together in active challenges. Have fun!

DAY  
1

### The best score is ...

Place cups on a table with a target score on each. From a distance of 3-4 meters throw 5 paper balls towards the cups. Score points for each ball in a cup. After 5 rounds see who gets the best score.

[Watch video](#)

DAY  
2

### Sort them

Put a number of small random objects (*eg. seeds, coins, marbles, pasta etc*) into a dish for each person. On GO, sort them into different cups. See who has the best time.

[Watch video](#)

DAY  
3

### Balance and walk

Each person balances a book on their head and walks to the other side of the room and back without touching it.

- Try it backwards.
- Then try a book and a plastic cup.

# Terminology

- A **warm-up** is a simple action that gets muscles warm, breathing deeper, and blood pumping. Play fun, up-tempo music for your warm-up activities. Do a range of movements for 3-5 minutes.
- **Workout** movements can be seen on the videos so you can learn the new exercise and practice it well. Starting slowly with a focus on technique will enable you to go faster and stronger later.
- **Stretches** are less likely to cause injury when done AFTER warm-ups. Use a slower piece of music to do stretches. Stretch gently – and hold for 5 seconds.
- **Rest** and recover after energetic movement. Conversation is great here.
- **Tap out** is a way to pass the exercise on to the next person. You can choose different ways to “tap out” e.g. hand clap, whistle, finger guns, wink etc. You make it up!





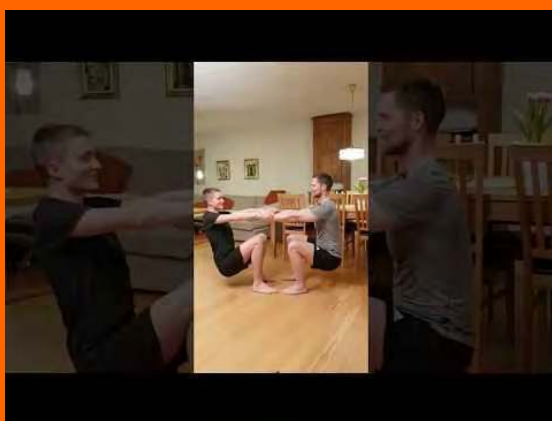
## Video links

Find all the videos for family.fit at <https://family.fit/> or at the [family.fit YouTube® channel](#)

### family.fit promo video



### [family.fit video](#)



### [family.fit mobile video](#)



## Please Stay Connected

We hope you have enjoyed this booklet of family.fit. It has been put together by volunteers from around the world. You will find all new family.fit sessions on the website <https://family.fit>

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

If you enjoyed this, please share with your friends and others you know who might like to participate.

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

If you translate this into your language, please share it back on the website or email it to [info@family.fit](mailto:info@family.fit) so it can be shared with others.

Thank you.

*The family.fit team*



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