



family.fitness.faith.fun



How can I be a good friend?

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



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: **Friendship**

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 a good friend***. 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

Bear and crab walks

Bear walk across the room and crab walk back. 5 laps.

Bear walk – Walk face down with feet and hands on the floor.

Crab walk – Walk face up with feet and hands on the floor.

[Watch video](#)

DAY
2

Warm up to music

Do the following (then repeat):

- 20 running on the spot
- 5 squats
- 20 high knees running
- 5 to the floor - to the sky

[Watch video](#)

DAY
3

Hip race

Move across the room and back. Sit on the floor and move forwards using your hands and feet. Then move backwards in the same way. 5 fast laps.

[Watch video](#)



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

If you could meet and become friends with anyone from history, who would you choose? Why?

What do you value most in a friendship? Share examples from your own experience.

DAY
2

Discuss

If you could meet and become friends with an artist or athlete, who would you choose? Why?

What do you think can damage a good friendship? Has this ever happened to you?

DAY
3

Discuss

If you could become friends with a cartoon character, who would you choose? How would you spend time with them? Be creative!

Rate yourself as a friend from 1 to 10. Why do you think that?



Step 3 | Move

Move and do dips **5 min**

Practice the dips movement to develop arm strength.

DAY
1

Practice floor dips

Practice two movements.

3 rounds of 10.

1. Sit on the floor with hands as supports and legs extended. Then raise your hips, keeping your hands and heels on the floor.

2. Lean back on the floor resting on your elbows. Use arms to push up into a sitting position. [Watch video](#)

DAY
2

Chair dips

Dip on a chair by supporting your weight on your arms. Keep feet on the floor. 10 reps.

[Watch video](#)

DAY
3

Harder dips

Dip on a chair by supporting your weight on your arms. As you dip, extend one leg off the floor. Alternate legs. [Watch video](#)



Step 4 | Challenge

Move in a family challenge 10 min

Challenging each other helps give you energy.

DAY
1

Family relay challenge

Using a chair, each person does 3 dips and then runs to a marker to scoop water into a glass using a spoon. Tag the next person to continue. Keep going until the glass is full.

3 dips = 1 spoon.

[Watch video](#)

DAY
2

Dips challenge

Set a challenging family target of a total number of dips. Eg 50 dips.

If the family beats the target, everyone gets some delicious fruit.

[Watch video](#)

DAY
3

One leg dip challenge

See how many one-legged dips the family can do in 90 seconds.

Do the dips with one leg extended and alternate the legs.

[Watch video](#)



Step 5 | Explore

Explore the Bible together **5 min**

Explore the Life Question – “How can I be a good friend?” Read Proverbs 17:17-22.

**DAY
1**

Read and talk about verse 17

What does it mean to love a person?

The last part of the verse talks about difficult times. What do we discover about someone’s love for us in hard situations? How you can love someone going through a tough time? List some ideas on paper.

**DAY
2**

Read and talk about verse 19

We build walls between us when we quarrel and take offence. Why? Make a barrier out of furniture. One person stands one side and the rest stand on the other. Talk about breaking down barriers through forgiveness.

Friendships need to be nurtured. How can we do that? Make a poster of ideas as a family.

**DAY
3**

Read and talk about verse 22

Everyone goes through difficult situations. What can we bring to their lives to make a difference?

Who could you encourage today? How?
Who has been 'good medicine' to you?
Take time to write them a note.

Scripture about being a good friend

The following story comes from chapter 17 of the Book of Proverbs in the Bible. Proverbs is a collection of wise sayings which help us to live in a way which is pleasing to God. If you want to read more visit [BibleGateway](#) (or download the [Bible App](#)).

Proverbs 17

¹⁷ A friend loves at all times, and a brother is born for a time of adversity.

¹⁸ One who has no sense shakes hands in pledge and puts up security for a neighbor.

¹⁹ Whoever loves a quarrel loves sin; whoever builds a high gate invites destruction.

²⁰ One whose heart is corrupt does not prosper; one whose tongue is perverse falls into trouble.

²¹ To have a fool for a child brings grief; there is no joy for the parent of a godless fool.

²² A cheerful heart is good medicine, but a crushed spirit dries up the bones.



Step 6 | Pray

Pray and cool down 5 min

Take time to look outwards and pray for others.

DAY
1

Pray and stretch

Draw or list the friends you have. Thank God for them. Pray that you can be a good friend for them too. Think about specific ways to surprise them and thank them!

Stretch as you pray for them.

DAY
2

Restoration prayers

Perhaps you have said or done something that has hurt another. Ask God for help as you admit your mistakes and ask for forgiveness. Speak to them about it. It will take courage!

DAY
3

Pray for others

Thank God that He is your friend who wants what is best for you and is always there for you. Ask God to help you to be that kind of friend for others. Think of 2 or 3 people you can cheer up this week through your friendship. Pray for them - then go and surprise them!



Step 7 | Play together

Play games as a family **5 min**

Play together in active challenges. Have fun!

DAY
1

Around the world table tennis

Stand around a table. One person hits a ball over a “net” and another person returns it. Keep moving so that each person has a turn - pass the bat to the next in line. Try to make 10 consecutive hits as a family, then 20. Notes: Use creativity! Instead of rackets use plastic lids/plates or flip flops. Instead of a net you can use books or toilet paper rolls. [Watch video](#)

DAY
2

Ball in the goal

Divide the family into two teams, one on each side of a table. Place a row of toilet paper rolls or cups in the middle of the table.

See which team can be first to score and get the ball in.

[Watch video](#)

DAY
3

Build a play house

Have fun with your family building a fort/castle/tent inside. Be creative.

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!





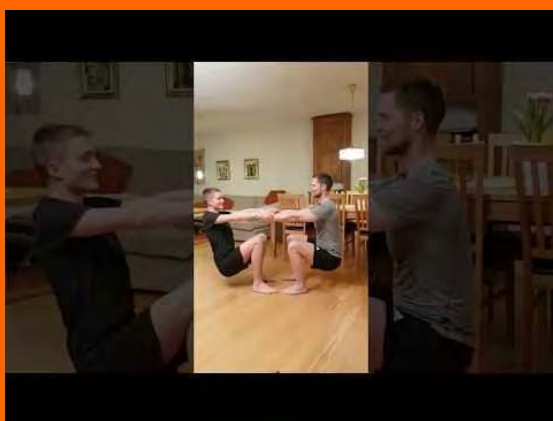
Video links

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 so it can be shared with others.

Thank you.

The family.fit team



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