



family.fitness.faith.fun



## Who do I trust?

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: **Trust**

### 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 **trust**. 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!**

[Watch video](#)

### 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 minutes**

Do the following whole body warm-ups.

DAY  
1

### Corners warm-up

Label the corners of the room with the numbers 1-4. Each person starts at a different corner and does a different warm-up. Move around the room to the next number. Two rounds.

#### Watch video

1. 10 Jumping jacks
2. 10 Butt kicks
3. 10 High plank to low plank
4. 10 Squats

## DAY 2

# Follow the leader

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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 3

# Corners warm-up

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Repeat day 1.





## Step 2 | Talk together

Rest and start a conversation **5 minutes**

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

DAY  
1

### Discuss

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It's very special to have people you can trust. Who would you trust to keep a secret? To help you in trouble? To defend you if other people were giving you a hard time?

DAY  
2

### Discuss

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Have you ever been let down by people you trusted? What did that feel like at the time? What does it feel like now?

DAY  
3

### Discuss

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What makes a group of people trustworthy? Do you think that you're the kind of family that other families would trust? Why?



## Step 3 | Move

Move and squat **5 minutes**

Practice squats to develop leg and core strength.

DAY  
1

### Practice squats

Practice this movement in pairs. Start with 10 squats and take a short rest. Then do rounds of 15, 20 and 25.

[Watch video](#)

DAY  
2

### Scaled squats

Easier version: Sit on a chair and stand up. Do 20 repetitions.

Harder version: Jump Squat – Go down as a regular squat but rise up into a jump. Do 20 repetitions.

[Watch video](#)

DAY  
3

### Squats and planks

Work in pairs. One person does 20 squats while the other stays in a plank position. Alternate between squats and a plank. Complete three rounds.

[Watch video](#)



## Step 4 | Challenge

Move in a family challenge **10 minutes**

Challenging each other helps give you energy.

DAY  
1

### Unity squat

Stand in a circle holding hands.  
Complete 10 squats together. Rest 15 seconds. Repeat.

Complete four rounds if you can. At the end, give a high five to everyone.

[Watch video](#)

DAY  
2

### Throw the dice

Find or make a dice. Complete 80 squats as a family (or more). Each person rolls the dice and does that number of squats. Keep a total count.

DAY  
3

### Tic-tac-toe

Work in two teams. Each team is given a challenge. For example, 10 squats or superman holds. When completed, two people run and place their piece on the tic-tac-toe game. Continue with new challenges.

[Watch video](#)





## Step 5 | Explore

Explore the Bible together **5 minutes**

Explore the Life Question – “Who do I trust?” Read Acts 16:25-34 (see next page).

DAY  
1

### Read and talk

Read the story. What things surprise you? How would you feel as a prisoner in a crowded cell? How would you react when Paul and Silas start singing and praying? Why do you think they still trust God when they have been imprisoned?

DAY  
2

### Reread and act it out

Choose roles and act out the story. The jailer is terrified when he thinks everyone has escaped. Why did he trust Paul and Silas when he hardly knew them? If someone asked you: ‘What must I do to really live?’, what would you say?

DAY  
3

### Reread and talk

The jailer and his family put their trust in Jesus. Can you think of some Gospel stories Paul and Silas might have shared about Jesus that convinced them He was trustworthy?

# Scripture about who to trust

The following story comes from chapter 16 of the Book of Acts in the Bible. Paul and Silas are followers of Jesus. They were put in prison by people who were afraid of them. If you want to read more visit [BibleGateway](#) (or [Bible App](#)).

About midnight, Paul and Silas were at prayer and singing ... to God. The other prisoners couldn't believe their ears. Then, without warning, a huge earthquake! The jailhouse tottered ... all the prisoners were loose. Startled from sleep, the jailer saw all the doors swinging loose on their hinges. Assuming that all the prisoners had escaped, he pulled out his sword and was about to do himself in ... when Paul stopped him: "Don't do that! ... Nobody's run away!"

The jailer got a torch and ran inside. Badly shaken, he collapsed in front of Paul and Silas ... and asked, "Sirs, what do I have to do to be saved, to really live?" They said, "Put your entire trust in the Master Jesus. Then you'll live as you were meant to live!" ... They went on to spell out in detail the story of the Master—the entire family got in on this part ... It was a night to remember: He and his entire family had put their trust in God; everyone in the house was in on the celebration.

Acts 16:25-34 MSG (abridged)



## Step 6 | Pray

Pray and cool down **5 minutes**

Take time to look outwards and pray for others.

DAY  
1

### Pray and send a thank you

Thank God for the people you are able to trust. Send them a thank you message so they know you appreciate them.

DAY  
2

### It might be you!

Some people at your school, workplace, or in your neighborhood may have no one they can turn to when they need help. Pray that they will find a trustworthy person. It might be you!

DAY  
3

### Celebrate in song

Celebrate the trustworthiness of God by creating a song of thanksgiving. Get contributions from everyone in the family. Record it and send it to a friend or family.





## Step 7 | Play together

Play games as a family **5 minutes**

Play together in active challenges. Have fun!

DAY  
1

### Egg race

Make a short obstacle course. In pairs stand with a boiled egg or other small object between your foreheads. Carry it through the course and back (no hands). If you drop it you must restart the race.

DAY  
2

### Trust walk

Work in pairs. One person is blindfolded while the other gives instructions to get to a goal. Put some obstacles out to make it more challenging.

[Watch video](#)

DAY  
3

### Back to back drawing

Sit in pairs back to back. One person has a simple picture and must give instructions to the other to draw it. Don't show the picture or say what it is.

# 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!





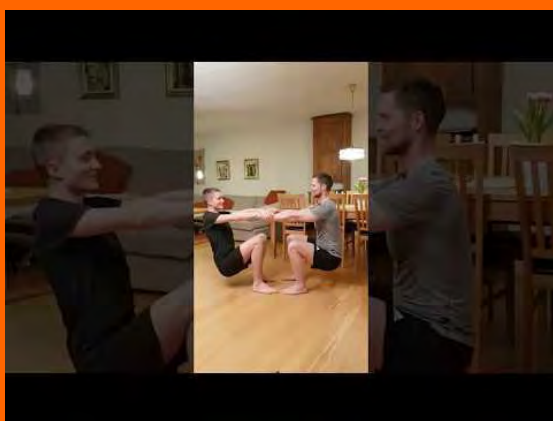
## Video links

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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