

Growing Together — Week 9



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Is my life a good example?

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DAY 1

DAY 2

DAY 3

Matthew
5:13-16

Adding flavor
to others

A light to
others

Good deeds
point to God



Warm-up

Follow the
leader

Wheelbarrow
and inchworm

Get moving



Move

Push-ups
against a wall

Knee push-ups

Push-ups



Challenge

Tabata

Push-up ball
challenge

Push-up family
challenge



Explore

Read verses,
taste food and
discuss

Reread verses,
draw lights
and discuss

Reread verses
and talk about
good deeds



Play

Blindfolded
food tasting

Blindfolded
follow the
leader

Jump in, jump
out

Getting started

Help your family to be active inside or outside this week with three fun sessions:

- Involve everyone – anyone can lead!
- Adapt for your family
- Encourage each other
- Challenge yourselves
- Don't exercise if it causes pain

Share family.fit with others:

- Post a photo or video on social media and tag with **#familyfit** or **@familyfitnessfaithfun**
- Do family.fit with another family

More information at the end of the booklet.



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Follow the leader

Go for a short jog around the house or yard while everyone follows a chosen leader. Try to go to every room or space. The leader can change movements – side steps, high knees, and so on. Swap leaders.



<https://youtu.be/oGAN-YDzKRg>

Rest and chat briefly.

Who do you look up to as a good example or model?

Go deeper: What makes them good examples? Are they perfect?



Push-ups against a wall



Stand with arms stretched out towards a wall. Lean forwards, place palms on the wall, bend elbows and push back to standing position.

Start slowly and carefully.

Complete 10 repetitions.

Go easier: Stand closer to the wall.

Go harder: Place feet further from the wall or increase repetitions.

Tabata

Listen to the Tabata music.



<https://youtu.be/AmcrvuWBkpQ>



Do each movement for 20 seconds,
followed by 10 seconds of rest:

- Lunges
- Speed skaters
- Squats
- Push ups against a wall

Repeat this sequence. Do eight rounds.

Go harder: Increase the number of repetitions in 20 seconds.



A good example adds flavor to others

Read **Matthew 5:13-16** from the Bible.

If you need a Bible, go to <https://bible.com>
or download the Bible App onto your phone.

Jesus teaches that when we believe in Him we should make a difference to those around us.

Bible passage — Matthew 5:13-16

“You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

“You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a

bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Discuss:

Get some salt and taste it. Try a food such as popcorn without salt and then with salt. Why do we use salt with our food? What did Jesus mean when He said “You are the salt of the earth”? Decide on one way you can each add flavor to your day.

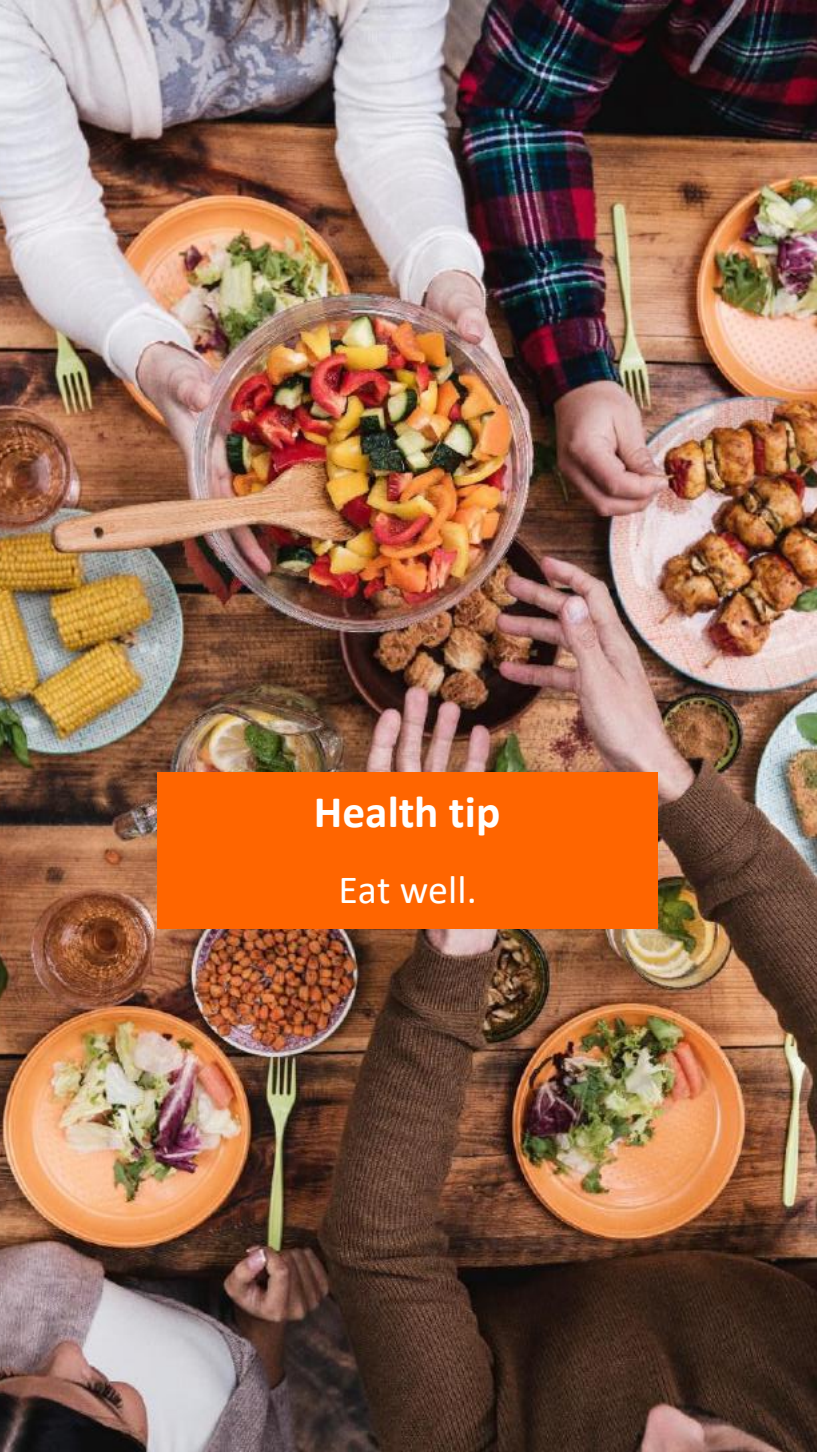
Write the name of one person who has been a good example to you on a piece of paper. Put it in a bowl, sprinkle salt on it, and thank God for them and the way they have inspired you to be a good example to others.

Fun fact: An adult human body contains about one cup of salt!



Blindfolded food tasting

Have one person pick five mystery foods. Blindfold one or more family members and ask them to guess what each food is. See who can identify the most foods correctly.



Health tip

Eat well.



Wheelbarrow and inchworm

Wheelbarrow: Work with a partner. Walk 10 meters then swap places.

Inch worm: Bend at the waist and place your hands on the floor. Walk your hands out until you're in a plank position with a flat back. Then walk your feet as close to your hands as you can.

Repeat for 10 meters. Do three rounds.



<https://youtu.be/wz2MN-C-8hg>

Rest and talk together.

What different ways do we use light?

Go deeper: What happens when there is no light or low light?



Knee push-ups



Start in plank position with knees on the ground. Keeping a straight back, lower your body by bending your arms so your chest touches the ground. Push back up to the starting position.

Complete two sets of 10 repetitions. Rest for 30 seconds between sets.



https://youtu.be/stuFr3i21_M

Go easier: Push up against a wall.

Go harder: Increase the number of repetitions.



Push-up ball challenge

Line up in the push-up position with knees on the ground. Place a ball at the end of the row. The first person does a push-up and then passes the ball to the next person. Continue along the line for one minute and see how many times you can get the ball down and back.

Do three rounds. Rest for one minute between rounds.



<https://youtu.be/602Zsu-3uEY>

Go harder: Do push-ups with feet on the ground.



A good example is a light to others

Read Matthew 5:13-16.

Sit in a circle and place a light such as a candle or flashlight in the center. Each person draws a source of light on a piece of paper and places it around the light in the center.

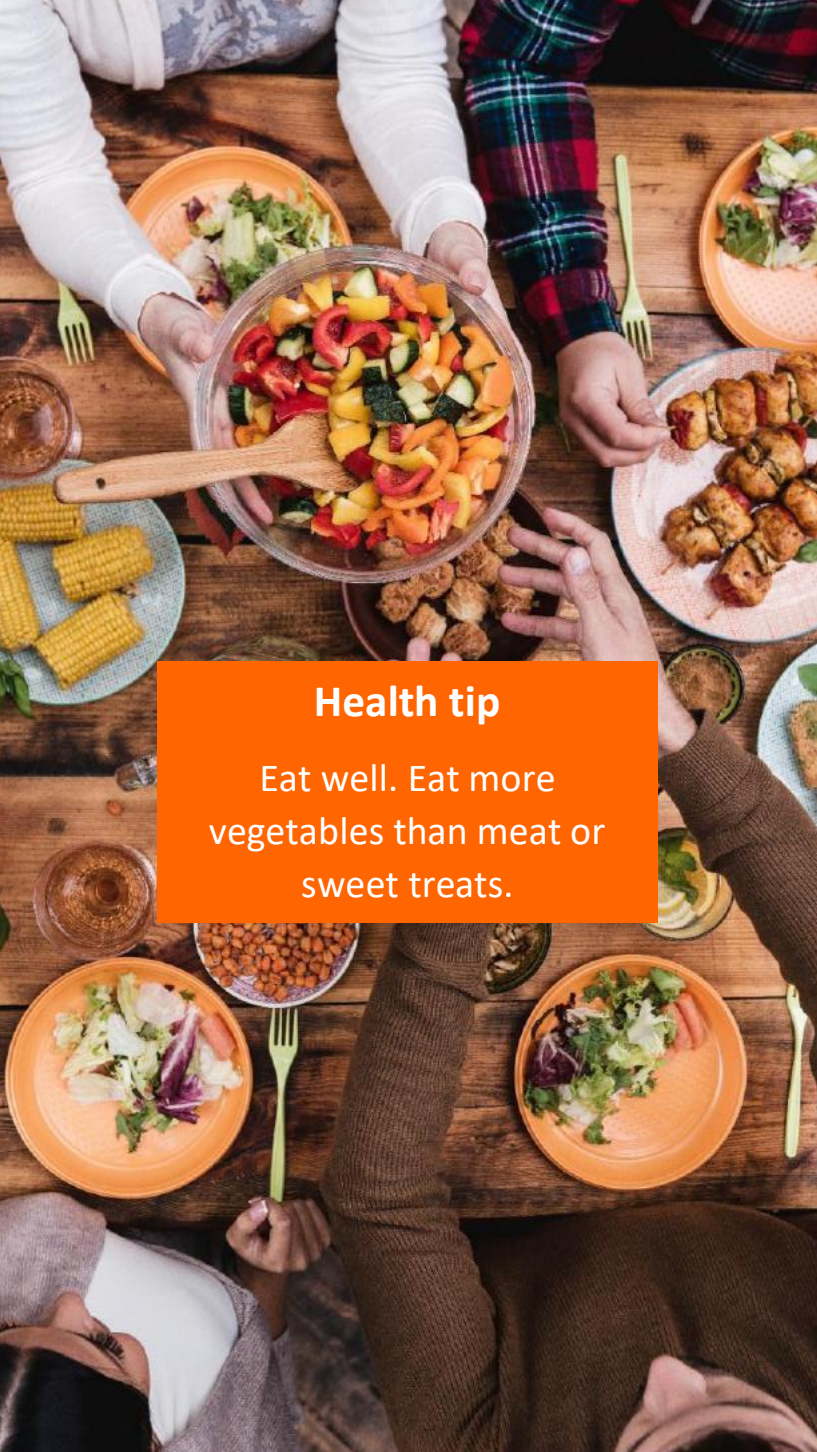
Jesus said “You are the light of the world”. How does having Jesus as your center light help you to be an example to others?

Draw a picture of your family and place it in the center with the light. Pray that Jesus would help your family to be an example to others.



Blindfolded follow the leader

Choose one person to be the leader. Place blindfolds on everyone else and stand in a line behind the leader with hands on the shoulders of the person in front. The leader walks around the house or yard for two minutes. Make it fun by going around corners and walking over obstacles. Take turns to lead.



Health tip

Eat well. Eat more vegetables than meat or sweet treats.

Warm-up



Get moving

Warm up with the video or put on some favorite music and do the following for two minutes:

- Walking on the spot
- Leg stretches
- Side stretches
- Squat with torso twist



<https://youtu.be/zcpHgVsZg0g>

Take turns to name some of the good qualities of each person in the family.

Go deeper: Is my life making a difference in other people's lives?



Push-ups



Start in plank position with feet on the ground. Keeping a straight back, lower your body by bending your arms so your chest touches the ground. Push back up to the starting position.

Complete three sets of 10 repetitions. Rest 30 seconds between sets.

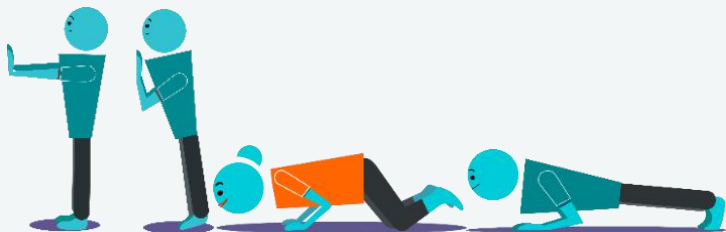


https://youtu.be/stuFr3i21_M

Go easier: Do less repetitions or push from wall or knees.



Push-up challenge



Do 100 push-ups as a family.

Go easier: Do 80 push-ups.

Go harder: Do 150 or 200 push-ups.



Good deeds point to God

Read Matthew 5:13-16.

Ask one another “What good deeds can you do”?

How does doing good deeds make you feel?

What does Jesus say about the purpose of our good deeds?

Brainstorm some ideas for good deeds you could do as a family that will bring glory to God. Plan to do one of them this week.



Jump in, jump out

Stand in a circle holding hands with a leader in the middle who gives instructions.

First round – the leader says “jump in” and everyone shouts the action and does it at the same time. Repeat with *jump out*, *jump right* and *jump left*.

Second round – everyone says and does the opposite to what the leader says (for example, shout and jump out when the leader says “jump in”).

Third round – everyone does the action the leader says, but shouts out the opposite.



<https://youtu.be/tVj6EtBzfjU>



Health tip

Eat well. Try to eat together as a family at least once a day.

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.

Stretches are less likely to cause injury when done AFTER warm-ups. Stretch gently – and hold for five seconds.

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.

Rest and recover after energetic movement. Conversation is great here. Sip water.

Tap out is a way to pass the exercise on to the next person. You can choose different ways to “tap out” for example, hand clap or whistle. You make it up!

Round – a complete set of movements that will be repeated.

Repetitions – how many times a movement will be repeated in a round.

Web and Videos

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family.fit Five Steps



Promotional video

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Thank you.

The family.fit team



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