

Growing Deeper — Week 13



family.fitness.faith.fun



**Celebration Week
End of Season**

www.family.fit



This Week: **Celebration**

Congratulations!

You have finished a season of family.fit!

We hope you can see changes in your family. Perhaps you are healthier and fitter. Maybe you are more positive and more connected. Perhaps you have had a breakthrough as a family in forgiveness or communication, kindness or courage.

Let's celebrate what God is doing!

If you can, get together with other families. Let's combine fitness, faith, fun and food, and celebrate before we start another season of family.fit



Celebration ideas

Meet together as a family. Look at these ideas and come up with a plan to celebrate finishing a season of family.fit.

Design the event to suit your current situation. If you're in COVID lockdown, try and connect in creative ways.

Include these elements:

1. Families in your neighborhood
2. Fitness
3. Fun
4. Faith
5. Food

Choose ideas from the following pages to get started.

Getting started

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.

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.

1. Other Families

Invite other families

Think of some other families you can get together with to celebrate. They could be people who have done family.fit or people who could start next season.

If you cannot come together face to face, then connect over Zoom[®] or Skype[®] or out your window.

Pray for them

Pray for the other families you invite. Invite someone isolated or elderly. They would love to be part of your family for the celebration!

Make invitations

Make the invitations fun. You could make a fun video message. You could draw and write an invitation card. You could set a challenge to the other family.



2. Fitness

Choose some fitness elements

Look over the past 12 weeks of fitness and pick three different challenges you can do with other families.

Here are some ideas to get you started:



Tower challenge

Back to back squats

Push up challenge



Make up a challenge

Each family who has done family.fit could make up a challenge to show the other families. Use at least two movements in the challenge.

Design a competition

Take one of the challenges and make it competitive. It could be children versus parents or male versus female. It could be family versus family. Think what would work best and be fun to do!



3. Fun



Decorations

Choose a venue for your celebration. It might be a park, your home or a hall. Now make it look fun and special. Be creative!

Fun games and sports

Plan for some fun games that everyone knows and loves. For example, frisbee, football, cricket or tag.

Choose a family.fit game

Think back over the last 12 weeks and choose some games to play that involve everyone. Here are some ideas to get you started:



Swamp walk

Throw the ball challenge

Kick the can



4. Faith

Share how you have grown

Share with other families how your family has grown and changed in the last months. What positive things are happening? What have you learned?

Open the Bible together

Choose a theme that really helped your family. Read this scripture again and complete some of the activities and questions with other families.

Watch a Max7 video together

Look at one of these videos and discuss the themes (see [Max7.org](https://www.max7.org)):



The Christmas Story:

Birth of Jesus

The Shepherds

The Wise Men



5. Food

Every family bring a meal

Each family bring a favorite meal to share with other families. If you can't meet together, share a favorite recipe with other families.

Prepare healthy food together

Find some simple recipes for some healthy foods and drinks to make together.

For example:

- Make a drink using fresh fruit
- Make a healthy snack

Cook a meal together

Have a barbecue, make a curry or other home cooked meal where families bring ingredients to cook together.



Look out for a New Season!

Build your own family.fit is coming! The theme is healthy attitudes. It will help you to continue to grow your family, your fitness, your faith and your fun!

[Download this one-page poster](#) to print and hang on your wall. In three simple steps, your family can build your own active sessions.

Try it. You'll have fun!

Build Your Own



in 3 easy steps!

1 **Get Active**

Choose one or more **exercises** and do them with the **activities**.

Exercises	Exercise Activities
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Web and Videos

Find all the sessions at the [family.fit website](#)

Find us on social media here:



Find all the videos for family.fit at the [family.fit YouTube® channel](#)



family.fit Five Steps



Promotional video

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 the family.fit sessions on the website <https://family.fit>.

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

If you enjoyed this, please share with others who might like to participate.

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

If you would like to receive family.fit as a weekly email you can subscribe here:

<https://family.fit/subscribe/>.

If you translate this into a different language, please email it to us at info@family.fit so it can be shared with others.

Thank you.

The family.fit team



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