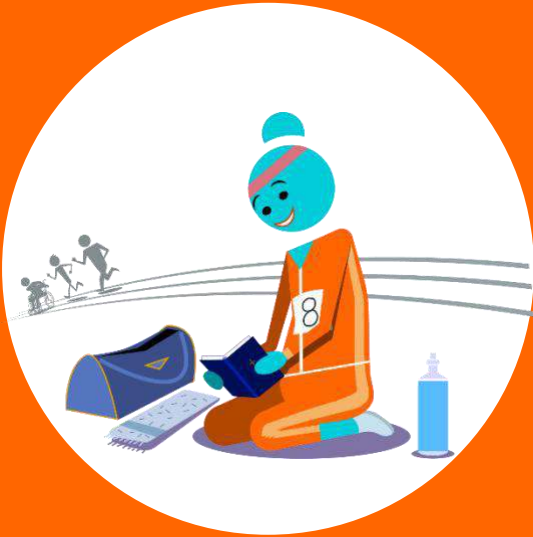


The Ultimate Race — Week 7



family.fitness.faith.fun



Focus your mind!

www.family.fit



DAY 1

DAY 2

DAY 3

Philippians
4:8

Truth or lies?

Focus on the
lovely

What is worthy
of praise?



Warm-up

Drop to the
ground

Move to music

Knee tag



Move

Chair dips

Dips with leg
raises

Timed dips
with leg raises



Challenge

Sprint
competition

Fill the cup
relay

Global dip
challenge



Explore

Read the verse
and discuss a
glass of water

Reread verse
and discuss
what you see

Reread verse
and remember
your birthday



Play

Two truths and
a lie

Memory game

Mime what
you admire

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.



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.

What's New in Season 5



New global family.fit competition

Can your nation win our new global competition?

Win points in weekly challenges and boost your nation to the top of our international leaderboard.

Every week will have a new challenge.

Help your country by getting your friends and family involved.

[CLICK HERE](#) to update your family score every week.

[CLICK HERE](#) to look at the weekly leaderboard to see your country's progress.

Sport spotlight

Each week we'll focus on a different sport and an inspirational athlete who plays it. Athletes overcome challenges in difficult times to finish the race. We hope these stories will inspire you to run your race of life.





Drop to the ground

Run around the room or yard as you do this activity.

One person is the leader. When the leader shouts out a body part such as elbow, knee, back, or ear, everyone must put that body part on the ground.



<https://youtu.be/i1LOFXnidV4>

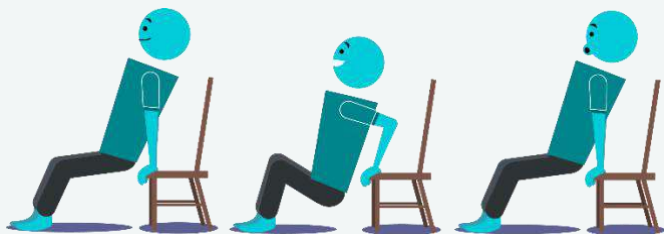
Rest and talk together.

When did someone tell you something you knew wasn't true? What did you do?

Go deeper: *When have you been caught up in a lie?*



Chair dips



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

Inhale ↑  ↓  Exhale

Do 5-10 repetitions and rest. Repeat.



<https://youtu.be/VfhAazNUNIo>

Go harder: Increase the number of repetitions.



Sprint competition

Everyone stands on a starting line. One person shouts 'go' and the family sprints for 10 seconds until the leader shouts 'stop'. Everyone stops where they are. Not everyone will have run the same distance – that's okay.

Rest, then turn around and face the starting line. When the leader shouts 'go', everyone runs back again. The first across the line wins.



Truth or lies?

Read Philippians 4:8 from the Bible.

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

Our minds are very powerful. The Apostle Paul encourages us to be careful what we allow our minds to focus on. He reminds us to fill our minds with things that are good and positive. This is a challenge we all need to work on in our race!

Bible passage — Philippians 4:8 (NIV)

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Fill a glass half-way with water. Ask each person to describe how much water is in the cup. Half full or half empty? (Both are true.)

Paul encourages us to check what we are thinking about. We often get caught up in negative thinking, especially in hard times. Paul provides us with a list of things that please God to measure our thinking against.

What do your answers to the glass of water tell you about the way you think?

Discuss how you can be truthful and positive in your thinking.

Chat to God: Thank God that He showed us His truth through Jesus. Ask Him to help you discern the truth and think on things that please Him.



Two truths and a lie!

Each person comes up with two true statements and one lie. Make sure the lie is believable and the truths are not obvious. Take turns to share your three statements. The family votes on which statement they think is a lie.

For younger children you may want to use a statement such as “I like ____” (fill in with two things they like and one they don’t).

Reflect: *Was it hard to come up with a lie? Was there something new you learned about a family member?*

A close-up photograph of a bowl filled with golden-brown potato chips. The chips are piled together, showing their characteristic ridged texture and some darker, fried edges. The bowl is white with a red and green patterned base. An orange text box is overlaid in the center of the image.

Health tip for living long

Avoid snack food between meals.



Move to music



Put on some favorite music. Repeat these moves until the music ends:

- 10 running on spot
- 5 squats
- 10 running on spot
- 5 squats with hand clap above head



<https://youtu.be/ATHqkVnm8nE>

Rest and talk together.

Tell of something you saw recently that was lovely.

Go deeper: *When did you have a negative first impression of something but then realized it was actually good and lovely?*



Dips with leg raises



Dip on a chair by supporting your weight on your arms. As you dip, extend one leg off the floor. Alternate legs.

Do 10 repetitions and rest. Repeat.



<https://youtu.be/TOXFtDm3WqM>

Go harder: Increase the number of repetitions.



Fill the cup relay

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

Three dips = one spoon.



<https://youtu.be/4ezmpWOF8K8>

Go harder: Increase the number of dips per spoonful.



Focus on the lovely

Read Philippians 4:8.

Hold up a piece of paper with a small scribble in the center. What do you see? You can see the ugly scribble or you can see a paper full of potential.

Why are we drawn to focus on small imperfections? We need to learn to look below the surface to see what is lovely and wonderful, such as the goodness in someone's character.

How can we look deeper than outside appearances and focus on inward character?

Chat to God: Collect natural objects such as stones or snail shells around your house and find something lovely about each of them. Thank God for the loveliness in each other.

Gymnastics

Fabian Hambüchen is a German gymnast who competed on the men's horizontal bar. When he first competed at the 2004 Athens Olympics, he came 7th in the competition. He persevered throughout his 16-year career by refocusing his mind as he trained rather than concentrating on the negatives. He competed in gymnastics in each subsequent Olympics and improved his place in the horizontal bar competition each time. He won a bronze medal at the 2008 Beijing Olympics, a silver medal at the 2012 London Olympics, and, finally, a gold medal at the 2016 Rio Olympics.

He said after receiving the gold medal that this was 'a dream come true.'

He never stopped chasing his dream from the time he first competed in 2003.



<https://youtu.be/Z3bp4bdxqPE>

How does this story inspire you to run your own race?

How can your family show courage and perseverance like Fabian Hambüchen?





Memory game

This is a memory game. Each family member needs two pieces of paper. Draw the same object on both pages. Choose someone to guess for this round. Shuffle the pages so that everyone has two different pictures. Everyone stands randomly in a line holding their pictures. The guesser looks at everyone's drawings then turns around while everyone changes their order and hides their drawings. The guesser then chooses one picture to reveal and must remember who is holding the matching picture. If incorrect, start again. If successful, play with a new guesser.



<https://youtu.be/P92YNScLbT4>

Health tip for living long

Avoid snack food between meals.

Sometimes when we feel negative, we eat 'comfort' food to make us feel better. This habit often leads to weight gain and avoids dealing with the issues behind our painful thoughts.





Knee tag

Compete in pairs. Try to touch your opponent's knees as many times as you can in 60 seconds while you protect your own with your hands and body position.

Change partners.



<https://youtu.be/cdXD5KN5iBM>

Rest and talk together.

What do you admire about each person in your family?

***Go deeper:** What do you admire about yourself?*



Dips with leg raises



Dip on a chair by supporting your weight on your arms. As you dip, extend one leg off the floor. Alternate legs.

How many can you do in 30 seconds?

Repeat and try to increase your number.



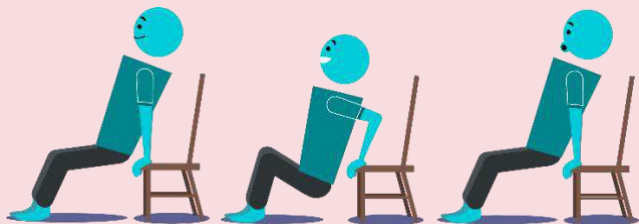
<https://youtu.be/TOXFtDm3WqM>

Go harder: Increase the time limit to 60 seconds.

Global challenge

Global dip challenge

How many dips can your family do in 90 seconds?



Each family member does as many dips as they can in 90 seconds. Combine the scores for the family total.

[CLICK HERE](#) to input your family score.

[CLICK HERE](#) to look at the weekly leaderboard to see your country's progress.

Which nation will be our family.fit champions?



What is worthy of praise?

Read Philippians 4:8.

Paul concludes his list with an instruction to focus on things that are worthy of praise.

Think about your birthday. How does it feel to be celebrated and appreciated on your special day?

What excellent or praiseworthy things can we be thinking about?

Jesus is worthy of praise. Together, make a list of things you can praise Jesus for.

Chat to God: Pray and thank God for people in your community who follow Jesus' example. Make a card to thank them for their example to your community.



Mime what you admire

On separate pieces of paper write at least one thing you admire about each person in your family. Perhaps they are a good student, a good football player, a good cook, always helping others, and so on. Put the papers in a basket.

Two people pick a paper from the basket and mime it. Others must guess what was admired and the person it referred to.

Reflect: *How did you feel when you were the person being admired? Did you know it was you?*

A vibrant collage of fresh fruits and vegetables. In the foreground, there are several bright red strawberries and slices of orange. Behind them, there's a large head of green broccoli, a pile of orange carrot shavings, and a mix of nuts and seeds including almonds, walnuts, and pumpkin seeds. The background is filled with more colorful produce like raspberries and white flowers, creating a rich, healthy-looking scene.

Tip for parents

Avoid snack food between meals. Provide healthy alternatives like fruit and vegetables. Model eating healthy food for your children.

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

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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