



## Training and Orientation Session | 60-90 minutes

### Summary of this session

People are introduced to family.fit by participating in an active session together and then reflecting on their experience to see how it could become a habit and tool to assist in family disciple-making.

Adapt the session to the time you have available.

### Who is this training for?

The approach and content can be shaped according to the group of people present at the training.

- Whole families
- Parents
- Church and youth leaders

### Outcomes

- We want people to say after a training session – ‘we can do that!’
- People realise the importance of disciple-making in the household – we all disciple each other.
- People experience the fun, faith and fitness of family.fit for themselves.

### Notes to trainer

- If possible, have a team of trainers facilitate this session.
- Give different parts to each facilitator.

### Materials needed

- Flipchart or board, and markers or chalk
- Any specific equipment for the family.fit session you choose to demonstrate
- Equipment to show videos to the whole group
- Download or prepare any videos you need beforehand
- PowerPoint presentation

### Videos for this session

Videos can be found in the *Training and Orientation playlist* on the family.fit YouTube channel. Access using this QR code.



#### [What is family.fit \(75 secs\)](#)

An informative video on the basics of family.fit.

#### [Welcome to family.fit! \(1 min\)](#)

A one-minute video showing families doing family.fit in a variety of settings and countries with simple graphics ‘family, fun, fitness, faith’.

#### [family.fit Five Steps \(75 secs\)](#)

Shows families doing the five steps of family.fit – Warm up; Move; Challenge; Explore; Play.

#### [family.fit feedback from around the world 1 and 2](#)

Two videos with people from various countries sharing how family.fit has helped them and their families. (Videos [1:53](#) & [1:15](#) mins)

#### [family.fit – The journey so far \(2:30 mins\)](#)

Two-minute video showing the sessions and formats including family.fit FULL and family.fit FAST (and via apps such as YouVersion) being used globally. Different countries are featured showing the many ways family.fit is used.

#### [Four ways to use family.fit \(60 secs\)](#)

Different ways family.fit has been used.

# Training Session Outline

## Step 1 – Stimulate curiosity (8 minutes)

**Key point:** Let's get people curious and motivated about being together in this training session.

### Welcome — 2 minutes

Welcome everyone to the session. Give them an outline of what we will be doing together.

**Say:** You'll be introduced to family.fit by participating in an active session together and then reflecting on your experience to see how it could become a habit and tool to assist in disciple making in your family and church.

### Icebreakers — 3 minutes

**Link** - getting a family to sit, read, and discuss the Bible can feel like an impossible task. For some families, adding a fitness aspect can seem way out of their 'comfort zone'.

Choose from these options:

**Surprising physical challenge** – Jump while holding your feet.

**Surprising Physical Challenge Instructions:**

*Line up and jump as far as you can in front of you.*

*Line up again, but this time bend over and hold your toes as you jump.*

- How did you go?
- What was easy/difficult?

Play a game of **Knee Tag** in family groups (or groups of about 6 people)

**Knee tag instructions:** [see video]

*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.*

### Watch a family.fit promo video – 1-3 minutes

- Family huddle to discuss ... What things do we love to do together?

## Step 2 – What is family.fit and why was it created? (10-20 minutes)

**Key point:** There are great needs in families. Family.fit can help families of all shapes and sizes to communicate, be active together and grow in their faith as they engage with the Bible and pray together.

### Discussion starter – 5-10 minutes

Choose a question or questions to talk about in small groups. After 7 minutes collect some of the responses and put them on a flipchart or whiteboard.

1. What are the biggest influences for families in your community? *What are the biggest challenges?*
2. What do families in your community enjoy doing together? *What does 'family time' look like?*
3. What are the challenges to reading the Bible and praying together as a family?

### Explain family.fit – 5-10 minutes

Choose one or two of these tools to explain family.fit.

1. **Watch videos** from families in many contexts who tell of their experience with family.fit (*see intro page and link to the videos available*).
2. **Explain the structure** of a session using the PowerPoint.
3. Explain some of the **features** as you look at a session together:
  - a. Flexible five-step format in FULL and two-step format in FAST versions of family.fit.
  - b. 10 basic functional movements that are repeated and built upon e.g. sit-ups, squats etc.
  - c. Games and challenges that are fun but can be scaled to feel like a serious workout.

## Step 3 – Explore family.fit together (20-30 minutes)

**Key point:** We'll all see how simple and accessible the idea is by trying it together. Every aspect can be changed and adapted for your family situation.

### Try it: demonstrate a family.fit session together – 10 minutes

#### Do the family.fit 'fast' session on the PowerPoint (10 minutes)

(Optional: If you have more time use a 15-20 minute 'full' version of family.fit. Go to family.fit and download or pass out a trial session. (For example <https://family.fit/en/seasons/growing-together/1-how-to-be-kind-to-others/>)

Participants will experience it best if divided into family sized groups of 3-10 people. Mix up the group sizes.

This needs to be led from the front by a facilitator.

While facilitating the family.fit session, the leader who is running the debrief should take time to observe what is happening as participants do family.fit together. Use these observations to help with the debrief.

## Debrief the family.fit session together – 10 minutes

After the family.fit session, sit down and reflect on what just happened.

Questions you could use:

- What were the different parts of the session?
- What did you enjoy?
- What could work well in your family?
- What would you need to change and adapt for your context?

**Note:** it is best to see the family.fit sessions as a springboard. It will help you dive into discipline-making in new ways with your family. It is a library of ideas you can use or modify.

Draw any of these ideas out during the debrief:

<b>Low equipment</b>	<ul style="list-style-type: none"> <li>● Everything you need is probably in your home already.</li> </ul>
<b>You can use any sized space</b>	<ul style="list-style-type: none"> <li>● Indoors or outdoors</li> <li>● Small apartments or parks</li> </ul>
<b>Flexible templates and timeframes</b>	<ul style="list-style-type: none"> <li>● Use the family.fit structure as a guide only (like a springboard).</li> <li>● Add or subtract activities to suit your family and the time you have available.</li> </ul>
<b>Adapting for different fitness levels (this is called scaling)</b>	<ul style="list-style-type: none"> <li>● Families will have different fitness levels. Rather than expecting everyone to do the same thing, the aim is for everyone to get active. For some it will be a little and for others a lot – there just needs to be some challenge.</li> </ul>
<b>Adapting for different age levels</b>	<ul style="list-style-type: none"> <li>● Every family is different. You can adapt the workout and games, and you can adapt the level of questions depending on the maturity of your family or group. See what works. Be creative.</li> </ul>
<b>Adapting for different size and shaped families/group settings</b>	<ul style="list-style-type: none"> <li>● You could adapt the sessions so they could be led upfront with a group of children/youth or family groups as part of an event. People could be split into small teams/groups and a group leader chosen from each to help lead the discussions in their group.</li> <li>● Young people could be challenged to try the session at home with their families. Show the family.fit sessions on phone, send link to parents or print off sessions to try at home and encourage them to do it with their families.</li> </ul>
<b>Discussion starters to introduce a topic</b>	<ul style="list-style-type: none"> <li>● A major indicator of health in a family is how they talk together. Family.fit can help your family discuss ideas that really matter – truth, integrity, friendship, love and hope.</li> </ul>

<b>Ways of chatting to God</b>	<ul style="list-style-type: none"> <li>You will see that the 'Chat with God' sections stretch you to pray in new ways. There are many ways to talk with God, so let's find them and use them.</li> </ul>
<b>Creating a positive culture in your family</b>	<ul style="list-style-type: none"> <li>Make the sessions light and fun.</li> <li>If kids want to opt out or reduce intensity in an activity, let them.</li> <li>Praise everyone's efforts and encourage one another.</li> <li>Try not to compare. Let each person try and do their personal best (PB).</li> <li>Let everyone who wants to, try leading elements of the session.</li> <li>Give children jobs like starting and stopping the music, finding the equipment or reading out the discussion questions.</li> <li>Pray beforehand.</li> </ul>

## Step 4 – Next steps (27 minutes)

**Key Point:** family.fit is easy but forming a new habit in a family can be difficult. How could you start a new family.fit habit in your family? What will it look like?

### Review the major ideas of the session — 5 minutes

Ask: What have been the major discoveries of this session for you?

List these ideas on a flipchart or white board.

### Demonstrate — 2 minutes

Demonstrate where to find the family.fit resources on the website ([www.family.fit/en](http://www.family.fit/en)).

### Plan your next steps — 15 minutes

How could / will you implement family.fit? Sit in family huddles.

Watch the [Four ways to use family.fit](#) video.

Allocate some of these questions to each group for discussion. After five minutes hear some of the responses from the group.

- How could you enhance what you do around family disciple-making in your family?
- What stops families from forming good habits?
- What helps families form good habits?
- How will you start family.fit?
- Who is responsible for what?

### Prayer to close — 5 minutes

Invite a time of open prayer to offer prayer for families of your community, region or whole nation. Pray for known local needs together. Also ask God to show Himself to families, for them to grow in closeness and delight in each other, and for them to become active disciple-making families.