

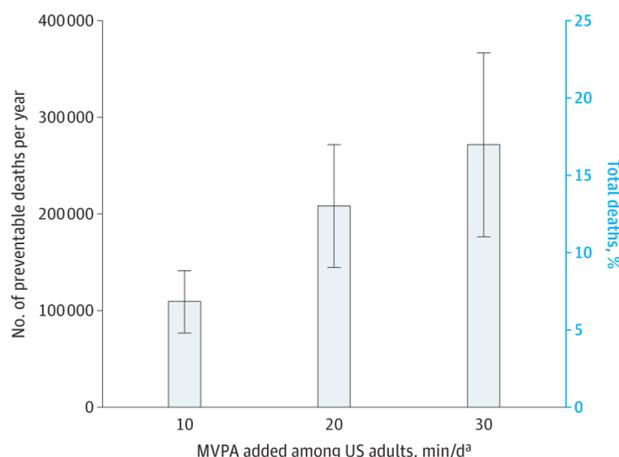


Healthy Practices | Week 5: Body

Exercise: Moderate-to-Vigorous Physical Activity (MVPA)

Beloved, I pray that you all may go well with you and that you may be in good health.. -3 John 1:2a

A recent clinical study published in January 2022 by JAMA Internal Medicine estimated that if the general population engaged with moderate-to-vigorous physical activity (MVPA) for 10 minutes per day, this could result in over 111,000 fewer deaths a year. In this same study it was found that increasing MVPA to 20 minutes or 30 minutes correlated to an increase of preventable deaths per year. See this table from JAMA below:



Your Exercise Routine Considerations

1. **Ability:** We all have unique abilities and limitations. Based on your body, and your physician's specific recommendations, consider which type of MVPA is most doable or accessible for you.
2. **Availability:** Consider your daily schedule throughout your week. Which time slots exist in your schedule where you might have an additional 10+ extra minutes to add MVPA into your week?
3. **Opportunity:** Perhaps you do not have the resources to engage in the type of MVPA you most prefer (example, you most prefer to engage in MVPA in a gym but cannot afford a membership right now or do not want to be in close proximity with others indoors due to Covid-19 concerns). Consider the ways you can include MVPA opportunities throughout your day even if they are not inline with your top preferences. Can you take the stairs instead of using an elevator? Can you walk some or all of your commute?

Adding prayer to this practice:

Acknowledge God during or after your MVPA sessions. Thank God for how he has created your body. Thank God for what your body can do. Ask God to help you continue to care for your body through rhythms of exercise.



Healthy Practices for Children | Week 5: Body

Exercise

Say this to your child:

God created your body and wants you to take good care of it. One way you can do this is by exercising.

- Do you like to climb up high?
- Do you like running around at the park?
- Do you like jumping up and down?
- Do you like dancing to your favorite song?
- What is your favorite type of exercise? Do you want to exercise now?

Adjust these according to your child's specific abilities

Lead your child to pray in these ways:

- Thank you, God, for creating my body so wonderfully!
- Thank you, God, that my body can (_your child's favorite activities_)
- Thank you, God, for how much my body can do!

Read this verse to your child:

...Our bodies were made for God and God cares about our bodies. -1 Corinthians 6:13c NLT simplified

In the box below, draw a picture of what you imagined when you heard that Bible verse: