

## The Daniel Plan 4- FITNESS: Strengthening Our Bodies 1 Corinthians 9:19-27

### WHAT is The Daniel Plan?

- **Sunday Messages-** Faith, Food, Fitness, Focus, and Friends
- **40-Day Food Challenge-** Daniel Plan Plate, 10-Day Meal Plan (4x)
- **40-Day Fitness Challenge-** “10 Steps to Become Daniel Strong”
- **Weekly Groups-** Groups for insight, support, and encouragement.
- **www.danielplan.com**

### WHY are we doing The Daniel Plan?

- Because too many of us are not healthy.
- Because God cares about our bodies.
- Because our bodies affect the rest of our lives.
- Because we have a great calling to fulfill.

### Gaining the FITNESS Edge

*“Athletes exercise self-control in all things; they do it to receive a perishable wreath, but we an imperishable one. So I do not run aimlessly, nor do I box as though beating the air; but I punish my body and enslave it, so that after proclaiming to others I myself should not be disqualified. -1 Corinthians 9:25-27*

### The Benefits of FITNESS and EXERCISE

- Exercise lowers the risk of heart disease, cancer, blood pressure, diabetes, and arthritis.
- Exercise makes us happier, reduces stress, anxiety, depression.
- Exercise increases energy, creativity, focus, productivity, and restful sleep.
- Exercise strengthens our resolve, and gives us the discipline to do things in other areas of our lives even when we don’t feel like it.

### Motivators That Keep Us Moving

- ❖ L\_\_\_\_\_ is the greatest motivator and source of perseverance.
- ❖ G\_\_\_\_\_ give us fuel for the daily grind of exercise.
- ❖ F\_\_\_\_\_ move us and help us go farther.