

## What Moves You to Move?

We all know that we *should* exercise, but in reality, only one in three American adults get the recommended amount of physical activity each week. Clearly, what we *should* do does not automatically translate into what we actually do.

### **But what if exercise were more than a *should* in our life?**

We know that God designed our body to move and that keeping our bodies fit for service through consistent movement is one way that we can be good stewards of the body He has given us. We also know that God designed our bodies to move so that we can do the “...good works which God prepared in advance for us to do.” (Eph. 2:10) But have you ever considered the idea that God designed our bodies to move so that we can experience enjoyment? Perhaps the gift of being able to move our bodies is supposed to be more of a blessing than a *should* in our life.

### **The best exercise to do is the one you will actually do because you enjoy it!**

Research and reviews of evidence-based practices show that:

1. One of the best predictors of future exercise behavior is enjoyment of current exercise behavior.
2. Enjoyment felt during exercise was more predictive of future exercise than the good feeling that many of us experience post-exercise.
3. Being active for the pleasure it brings is the type of motivation most strongly associated with sustainability of exercise behavior (specifically consistent walking).

(Sources: <https://www.ncbi.nlm.nih.gov/pubmed/25921307> and <https://www.sciencedirect.com/science/article/pii/S0749379714003274?via%3Dihub>)

**Here are a few questions to consider in crafting an effective and enjoyable exercise plan:**

### **What Moves You to Move?**

1. **What kind of physical activity did you enjoy doing as a kid because you thought it was fun?** How could you replicate that enjoyable activity in your adult life? What would scaling it back to fit into your adult life look like? What is a starter step that you could take to experiment with this activity again?

Write your ideas here:

2. **What is a physical activity you have seen someone do that caused you to say to yourself, "That looks like so much fun. If I ever get the opportunity, I would love to do that!"** What was it about this physical activity that got you excited? How would you have to scale it back to fit into your adult life? What is a starter step that you could take to learn about or experiment with this activity?

Write your ideas here:

3. **What moves you to move?** Do you like to exercise -
- in the peace and quiet or with music?
  - freestyle or with choreographed steps or dance routines?
  - in solitude or with others?
  - indoors or outdoors?
  - at your own pace or on a scheduled pace to reach a specific goal?

Write your ideas here:

4. **What is an activity that you greatly value or enjoy that you could connect with getting some exercise?**
- prayer time
  - reading a book
  - listening to an audiobook or podcast
  - taking care of your pet
  - spending time with spouse, kids or friends
  - catching up with distant friends on the phone
  - getting to know people in the neighborhood
  - making new friends

Write your ideas here:

**The best exercise is the one you will actually do because you enjoy it!**

**Resource:** Take the **25 Fun Physical Activities with Bubbles** challenge to remember what it feels like to have fun while being physically active!



[http://www.beactivekids.org/assets/pdf/25\\_BubbleActivities.pdf](http://www.beactivekids.org/assets/pdf/25_BubbleActivities.pdf)

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