

## Exercising When Everything Falls Apart

Despite our best intentions to fit in some scheduled exercise, we all have days when things go awry. This is especially common when living a lifestyle of service as our plans may sometimes need to be altered in order to meet the needs of others. When our best laid plans for exercise fall apart, we can simply say:

**“Do what you can until you can do what you want!”**

**When we commit to doing some amount of exercise - no matter how slow or small - we:**

- still get some physical and mental/emotional benefits.
- reinforce to ourselves that we are committed to take steps to avoid sedentary living, no matter how small.
- maintain momentum of our exercise routine.

**When our exercise plan falls apart, we can still:**

- do 10 squats and lunges after work
- jump rope for a few minutes on the back porch
- do 10 wall push-ups while watching TV
- take a quick 10-minute walk before dinner

**If we only move when things go as planned, it is unlikely that we will move consistently!**

*Whoever watches the wind will not plant; whoever looks at the clouds will not reap. (Eccl. 11:4 NIV)*

*In other words...*

*If you wait for perfect conditions, you will never get anything done. (Eccl 11:4 TLB)*

**When your exercise plan falls apart, what are your options to maintain exercise momentum?**

List your ideas here:

**Resource:**

Use **MapMyWalk** to:

- Map out routes in your neighborhood for various activities (walking, cycling, or jogging) and time segments (10, 20, 30 and 40 minutes).
- Find a safe walking route in a city you are visiting.



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