

# Girls Only

Fit for Life

## Additional Project Ideas

**Make it up.** Have the girls make up a game to play outside. Give them different tools to use to create their game (medicine balls or Frisbees). Have the girls play the game a few times and write down rules to the game. The rules can be as silly as you want them to be. If the game works well, have the girls teach a younger club how to play the game. Afterwards, talk to the girls about how it felt to be active and play together.

**Work out.** Do a low-impact exercise video as a group. There are several exercise videos set to praise and worship music. (Leslie Sansone has several good low-impact videos set to praise and worship music). Encourage the girls to become active together. Working out can be really fun when you do it as a group.

**Record it.** Have the girls record an exercise video. Let the girls be silly. They can dress up in funny costumes to record their video. Have the girls take turns being the "aerobics instructor" and being the followers. Encourage the girls to have fun while being active.

**Let's eat.** Organize a snack night. Have the girls come up with fun, healthy snacks that they can help prepare. Make copies of the recipes prepared and encourage the girls to try the snacks at home.

**It's all in the marketing.** Have the girls come up with fun ways to market healthy snacks to make them more appealing to kids and picky eaters. Have the girls come up with packaging, TV commercial, and print ad ideas. If you have time, let the girls make a video of their commercial idea.

**Take a bike.** Organize a bike-a-thon. Plan a short bike ride (10-15 miles) and have the girls collect pledges for each mile they ride. Combine with your church's other girls clubs, Royal Rangers outpost, and/or youth group. Plan a picnic for the riders at the destination and organize transportation for the riders and their bikes back to the church. Have the event serve as a fund-raiser for TG Missions.

**Take a farm trip.** Take the girls on a tour of a local farm. Ask the farmer to talk about the different crops grown on the farm, how God provides food for us through working the land, and the nutritional value and alternate uses for the crops grown there.

**Go shopping.** Take the girls to a local farmer's market. Talk with the vendors and growers about the products they offer. Most growers are more than happy to offer preparation suggestions and some will even provide free samples to taste. Talk with the girls about the importance of eating natural foods and the quality of home-grown fruits and vegetables.

## Resource Ideas

- *Walking the Walk: Getting Fit with Faith* DVD with Leslie Sansone
- *Best-Ever Games for Youth Ministry* by Les Christie, Group Publishing, 2005.
- *Recreate Your World: Find Your Voice, Shape the Culture, Change the World* by Ron Luce, Regal, 2008.

## Additional Discussion Questions

### Discovery #1

- What's the big deal about fitness anyway?
- What does it mean to be healthy? Does it just mean being skinny? How can you tell if you're healthy?
- What can you do now to become healthier? What are some fitness goals you have for this unit?

### Discovery #2

- What does it mean to eat nutritiously?
- How do the foods you eat affect your mood? Why is it important to eat the right foods?
- What are some of your favorite foods? Is it bad to eat those foods?

### Discovery #3

- What should you do if you don't have time to exercise?
- Why is exercise important? How does exercise affect your mood? Can exercising make you feel healthier? Is there such a thing as exercising too much?
- What are some activities you enjoy? How can you help yourself like exercising?

### Discovery #4

- Why does your body need rest?
- What does God teach us about the importance of rest? God doesn't sleep, but He still rested on the seventh day after He created the world. Why?
- Have you ever gone too long without sleep? How did it make you feel? How much sleep do you get per night? How can you help yourself get more sleep?

### Discovery #5

- What can you do to develop healthier habits now?
- What did you learn tonight about other ways to be more fit?
- What can you do to start implementing these things now?

### Discovery #6

- What does your spiritual life have to do with physical fitness? Do you notice that your spiritual health mirrors your physical fitness at all?
- How does it make you feel when someone smiles at you? What can you do to brighten someone's day?
- How does your relationship with God affect your life in other areas?