

Friends Club



*** Fitness

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 (e.g., 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
- *Mom, I Feel Fat!* By Sharon A. Hursh, Shaw Books, 2001
- *Life Inside the "Thin" Cage* by Constance Rhodes, Shaw Books, 2003

Additional Discussion Questions

Discovery #1

- Why is fitness important?
- How can what you eat affect the way you feel? How can it affect your emotions?
- How does stress impact your fitness level? What are some ways that you can reduce your stress level?

Discovery #2

- What are some ways that you can make the time to eat healthfully?
- What are some fun ways to be active and stay physically fit? How do you think having a partner in physical fitness would help?
- How can exercise affect your mood?

Discovery #3

- What are some of your favorite ways to be active?
- How does being active honor God with your body?
- How can you find time to be active?

Discovery #4

- What are some of your favorite foods? Is it OK to eat these foods?
- What do you think was God's original design for what people should eat? Do you think we eat those kinds of foods today?
- What are some healthy foods you like? How can you incorporate more of those foods into what you eat on a daily basis?

Discovery #5

- If you exercise a lot, does that mean you can have as much junk food as you want?
- If you eat really healthy foods, does it mean you don't need to be active?
- Why do you think our view of food has changed over the years? What should our view be?

Discovery #6

- What are some healthy snacks you enjoy eating?
- Has this unit changed the way you think about fitness? How?
- How does 1 Corinthians 6:19,20 affect the way you view fitness?