

# Fit for Prayer

Learn how to fit prayer and physical activity into your daily routine

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Module 1

## EXERCISE YOUR BODY

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### Introduction

What is exercise?

What is prayer? 

Similarities between exercise and prayer?

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### Exercise your body

➤ What it is

➤ What it's not




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### Benefits of Exercise

- ✓ Elevates mood
- ✓ Improves balance and mobility
- ✓ Maintains a healthy weight
- ✓ Increases energy level
- ✓ Builds strength and tones muscles
- ✓ A pure motive delights God

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### Coming Up Next ...

Module 2  
Exercise Strategies that Work

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