



PHYSICAL ACTIVITY BIBLE



“If my people which are called by my name, shall humble themselves, and pray and seek my face **and move for at least 30 minutes a day and eat healthy**, then I will hear from heaven **and remove some of the NCDs from among them** and heal their land.”





PHYSICAL ACTIVITY **BIBLE**

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First Edition

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BACKGROUND

Jamaica's Vision 2030 National Development Plan for making "Jamaica, the place of choice to live, work, raise families and do business" is under threat from the public health crisis, the Non-Communicable Diseases (NCDs) epidemic. Seven (7) out of ten (10) Jamaicans will die from an NCD which includes cardiovascular disease, diabetes, chronic lower respiratory disease and some cancers.

Hosea 4:6

My people perish for lack of knowledge:

**Where in the 10 is your church sister and brother?
Did you know that movement that is embodied in
our joints is the most effective pill for all health
conditions?**

According to the Jamaica Health and Lifestyle, Survey III 2016-2017 eighty two percent (82%) of Jamaicans engaged in low physical activity, sixteen percent (16%) in moderate activity (minimum World Health Organization recommendations) and two percent (2%) high activity. Physical activity has many benefits. It can reduce global mortality by at least six percent (6%), ischemic heart disease by thirty percent (30%), diabetes by twenty seven percent (27%), and breast and colon cancers by twenty one to twenty five percent (21%-25%).

Global Recommendation on Physical Activity for Health: World Health Organization.

BACKGROUND CONT.

Over the years many physical activity interventions have taken place in the different settings such as schools, communities and the workplace. Ministry of Health and Wellness has recognized the church as an ideal setting to promote and facilitate physical activity on a consistent basis. There is usually space that can facilitate physical activity for a number of persons; it is considered a safe zone by the community and activities already take place, both in the week and on weekends.



INTRODUCTION

In April, 2017, the Ministry of Health and Wellness (MOHW) launched its Jamaica Moves Campaign, as part of a response to mitigate the growing NCD epidemic. The campaign is a call to action for the Jamaican population to engage in healthy lifestyle behaviours with emphasis on healthy eating, physical activity and doing annual and age appropriate health checks. The campaign's creative and innovative repackaging of key messages and health initiatives has stimulated interest across the island in making healthier choices.

As part of the Jamaica Moves Campaign, the Ministry of Health and Wellness will identify a set of churches and empower them with the Ministry's guidelines and policies regarding the importance of physical activity and healthy lifestyle. Ministry of Health and Wellness is on a mission to get the Jamaican population moving 30 minutes a day: one pastor, one family, one bible study, one church.

*"Who will bring the good news to tell
God's people to get Moving?"*

Isaiah 6:8

**Also I heard the voice of the LORD, saying,
Whom shall I send, and who will go for
Us? Then said I, Here am I; send me.**

GOAL

To collaborate with churches to promote increased physical activity among the Jamaican population.

OBJECTIVE

Empower church leaders with a basic resource guide on how to promote increased physical activity in their congregation and surrounding communities.

PURPOSE

This resource guide outlines the key areas the churches can use to facilitate increased physical activities.

TARGET AUDIENCE

Church leaders and congregation members.

Ephesians 4:11

And he gave some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers;

DESIGN OF BOOK

The guide is divided into five (5) main sections

Section I:

Physical Activity

Section II:

Church Based Physical Activity

Section III:

Promoting Physical Activity within other settings

Section IV:

Activities Churches can do

Section V:

Endorsement messages and Scriptures on Physical Activity and Over Eating



SECTION I: PHYSICAL ACTIVITY

Physical Activity

Any movement that the skeletal muscles produce that result in energy expenditure. When reference to “Physical Activity” is in the context of bodily movement that enhances health. There are two categories of bodily movement: Baseline activity and Health-enhancing physical activity.

Baseline Physical Activity

This is activity that is done on a daily basis to perform routine function.

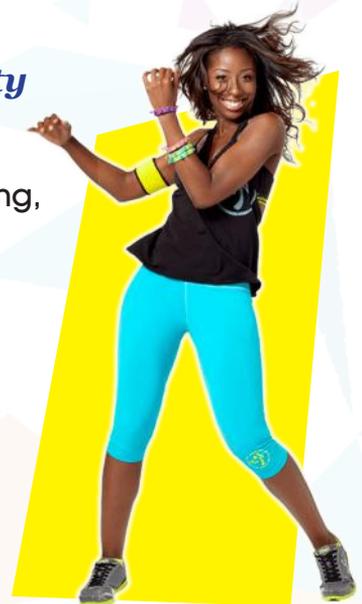
Examples: slow walking, and lifting light objects. Persons who are engaged in this type of activity only are categorized as inactive.

Health-enhancing Physical Activity

This is moving beyond baseline activity and will result in health benefits.

Examples: dancing, brisk walking, skipping, lifting weights, climbing long flight of stairs

If my people whom I gave two (2) legs, one mouth will eat less, move more and get enough rest, then I will take away some of the NCDs from their bodies and heal them.



PHYSICAL ACTIVITY RECOMMENDATION

CHILDREN

3-5 years at least 60 minutes of structured activities and several hours of free play daily.

6-17 years at least 60 minutes of moderate to vigorous activity at least 5 days per week. They should do a combination of muscle strengthening and bone strengthen activities at least 3 days per week as a part of the 60 minutes.

Examples of muscle-strengthening activities: Squats, push-ups, sit-ups, lunges, weight lifting, climbing, carrying the groceries, bike riding, running and jumping, skipping.

Examples of bone-strengthening activities: skipping, running, walking, hop-scotch and dancing.



ADULT

At least 30 minutes, 5 days per week or an accumulation of at least 150 minutes, for 5 days per week to **gain some health benefits**.

At least 60 minutes, 5 days per week or an accumulation of at least 300 minutes per week to **lose weight**.

At least 60-90 minutes, 5 days per week or an accumulation of 300-450 minutes per week to **lose and maintain healthy weight**.

There are a number of ways you can accumulate the recommended amount of physical activity each day/week.

Example: a 60 minutes physical activity session can be done in six (6) 10 minute bouts throughout the day. In order for this to be effective each 10 minute bout must be done continuously each time.

Choose a method that best fits into your daily routine that you can achieve.

ADULTS 65 YEARS AND ABOVE

At least 30 minutes aerobic activity at moderate intensity, 5 days per week **OR**

At least 15 minutes aerobic activity at vigorous intensity, 5 days per week. *"This activity can be a combination of moderate and vigorous intensity"*.

For additional health benefits activity should be done:

At least 60 minutes aerobic activity at moderate intensity, 5 days per week, **OR**

At least 30 minutes aerobic activity at vigorous intensity, 5 days per week. *"This activity can be a combination of moderate and vigorous intensity"*.



If you have a medical condition or have poor mobility, perform physical activity that you can do based on your abilities. Do activities that will improve balance and prevent falls at least 3 days per week.

Philippians 4:13

I can do all things through
Christ who strengthens me.

PHYSICAL ACTIVITY BENEFITS

3 John: 1

Beloved I pray that you may prosper in all things and be in good health.

Encourage church members to Get Moving and Experience the many Health Benefits

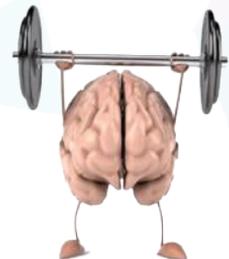
IN THE CHURCH

The spirit cannot operate effectively in an unwell body. Physically the body needs to be well and mentally the brain needs to be healthy. There are several spiritual benefits you can get from becoming physically active and become the person God created you to be.

SPIRITUALLY FIT BRAIN

Studies have shown that physical activity provides many benefits for the brain. It supplies blood and oxygen to the brain helps to eliminate stress, anxiety, depression, sadness, and anger. Physical activity also helps to improve concentration (brain power needed to read and comprehend what is in the bible).

Physical activity helps you to concentrate and hear from God. This also helps you to stay awake when reading the bible, during church services and bible study (in prayer and meditation). An unwell body cannot respond effectively to the call and purpose on his or her life.



A well-functioning brain improves your ability to benefit from reading the Bible, to focus in prayer, and be sensitive to the needs of those around you.

SPIRITUALLY FIT BODY

God has provided natural medication for maintenance of the body in the form of physical activity. It is our responsibility to take the medication of movement on a daily basis. This medicine keeps the body (temple of God) physically fit.

A healthy congregation is better able to take the good news and witness to persons beyond the church walls - to the street, to different communities and all across the nation.

While some persons are faced with circumstances beyond their control that place them in the position of ill health, other persons should not choose ill health because of their unwillingness to do physical activity. The Bible warns and science confirms that if people continue to sit and lay around without regular moderate to vigorous physical activity, their muscles and body organs become weak which is followed by illness and in some cases death.

WALKING IN SPIRITUAL AUTHORITY

The believers were given the responsibility to take care of all things on earth. Physical activity can provide persons with the opportunity to carry out the mandate and serve others to the best of their ability. **Example:** volunteering to clean the beach, paint a community building, host classes for under privileged individuals.

James 1:22

But be ye doers of the word, and not just hearers only, deceiving your own selves.



IN THE SCHOOL/SUNDAY SCHOOL

Research has shown that spending more time in physical activity programmes have several significant favourable effects on academic achievement. Participation in physical activity and sports can promote social well-being, as well as good physical and mental health, among young people. Students who participate in interscholastic sports are less likely to be regular and heavy smokers or use drugs. Sports and physical activity programmes can introduce young people to skills such as teamwork, self-discipline, sportsmanship, leadership, and socialization. Lack of recreational activity may contribute to making young people more vulnerable to gangs, drugs, or violence.

BENEFITS OF MOVEMENTS

- Improves posture and balance
- Improves body tone and fitness
- Improves academic performance
- Increases concentration
- Healthy and glowing skin
- Improves self-esteem
- Improves mental health
- Meet new friends
- Reduces stress
- Improves performance at school
- Have a stronger heart
- Saves on electricity cost
- Reduces the risk of getting non-communicable diseases
- Builds stronger bones and muscles
- Helps with healthy growth and development
- Helps to reduce and maintain healthy weight

We were given two (2) Legs
and one Mouth for a reason.
Move more (legs) and Eat
Less Unhealthy (mouth)

Corinthians 3:16-17

Do you not know that you are a temple of God and that the Spirit of God dwells in you? If any man destroys the temple of God, God will destroy him, for the temple of God is holy, and that is what you are.

IN THE WORKPLACE

Several research findings showed that if a workplace provides a physical activity programme for staff, this will lower short-term sick leave by 32%, lower the cost of health care by 55% and improve productivity by 52% (WHO). A company that provides the resources and programmes that promote physical activity will enable staff to live healthier and longer. Investing in employees' health will aid in improving the wealth of the company as employees' health are directly related to the costs of sick leave and absenteeism. It is therefore a benefit to the company when employees are encouraged to live an active life while at work. A physical activity programme can also build positive rapport and enhance staff morale.

BENEFITS OF MOVEMENTS

- Improves productivity
- Fewer insurance/worker compensation claims
- Reduces absenteeism
- Decreases accidents
- Reduces staff turnover
- Improves ability to cope with workplace changes
- Improves staff morale

HEALTH BENEFITS

- Strengthens heart and lungs
- Lowers the risk of heart disease
- Increases the good cholesterol in the blood
- Burns fat and helps to maintain a healthy weight
- Strengthens bones/reduces osteoporosis
- Increases energy
- Increases strength and flexibility
- Improves concentration
- Reduces depression and anxiety
- Reduces stress

SECTION II: CHURCH BASED PHYSICAL ACTIVITY PROGRAMME?

According to Guinness Book of World Record, Jamaica has the most churches per square mile. The church plays a vital role in shaping all levels of society. The fundamental principles are based on individuals living a spiritual healthy and wholesome lives. For many Jamaicans, the church is the foundation on which they operate their daily lives, the church is therefore in a unique position to provide their congregations with an opportunity that will empower them to be more active and adopt healthy behaviours.

The Jamaica Moves promotion of physical activity in Church is designed to encourage a multi-prong approach to changing sedentary behaviours to active behaviours by providing requisite knowledge and skills as well as encouraging new attitudes. The multi prong-approach targets individuals, families, churches, communities, workplace and school.

II Samuel 14

And David danced before the LORD with all his might; and David was girded with a linen ephod.

THE 10 COMMANDMENTS OF MOVEMENTS

- 1 Thou shall move daily for at least 30 minutes for it is the only way to keep the body fit.
- 2 Thou shall move at moderate or vigorous pace for at least 30 minutes daily.
- 3 Thou shall do a variety of activities to get maximum health benefits at thy own pace.
- 4 Thou shall not eat what you can't burn.
- 5 Thou shall move for health sake.
- 6 Thou shall move with family and friends for it is God's will.
- 7 Thou shall move for a healthy body.
- 8 Thou shall not move for any other gods but Me (God).
- 9 Thou shall take the pill of daily movement to prevent, manage and control all kinds of diseases in the land.
- 10 Thou shall love movement for a healthy heart, body and soul.

HOW THE CHURCH CAN USE A MULTI-PRONG APPROACH TO PROMOTE PHYSICAL ACTIVITY

CHURCH – APPROACH / STRATEGIES

- ➔ Incorporation of the importance of physical activity in messages.
- ➔ Incorporation of movements in songs and other activities.
- ➔ Re-arrange facilities to promote movements.
- ➔ Make facilities available for regular participation in physical activity to church members and communities outside of regular scheduled meetings.
- ➔ Incorporation of activity based songs, messages and socials.

SOME ACTIVITY BASED SONGS INCLUDES:

- 🌀 I feel like running, skipping, praise the Lord for what He has done for me.
- 🌀 My head, my shoulders, my knees, my toes, God made them all.
- 🌀 Stand up and tell me if you Love my Jesus.
- 🌀 Father Abraham has many sons and I am one of them and so are you so let's just praise the Lord right hand.
- 🌀 *The Happy Song*
I could sing unending songs of how you saved my soul
I could dance a thousand miles because of your great love. My heart is bursting Lord to tell of all you've done of how you've changed my life and wiped away my past
I want to shout it out, from every roof top. **Everybody's dancing now, cause we're so happy.**

HOW THE CHURCH CAN USE A MULTI-PRONG APPROACH TO PROMOTE PHYSICAL ACTIVITY

COMMUNITY – APPROACH / STRATEGIES

Encouraging the development of physical activity programmes in bible study/care groups.

Encouragement of church members to develop physical activity groups in communities.

Placement of physical activity information on notice boards, billboards, newsletters and church flyers/brochures.



SCHOOL – APPROACH / STRATEGIES

Ensure that church based schools provide PE to all grade levels.

Encourage teachers to incorporate at least five (5) minutes physical activity into every subject area.

Make playing field available to staff and community members to participate in physical activity.



HOW THE CHURCH CAN USE A MULTI-PRONG APPROACH TO PROMOTE PHYSICAL ACTIVITY

INDIVIDUAL – APPROACH / STRATEGIES

Promoting individual behavioural changes through the incorporation of healthy lifestyle in seminars that will increase knowledge and influence positive attitudes.

Example: Individual/group fitness counseling, messages on notice boards, in messages and notices.



INTERPERSONAL – APPROACH / STRATEGIES

Provision of support through congregation and family members.

Examples:
lay health promoters, walk/run club mentor/mentee.



PHYSICAL ACTIVITY MESSAGES COMING FROM THE CHURCH LEADERS

This is where most people go to hear how they should and can live a life that is fulfilling and how they can strive to be what they were created to be. They go to church because that is where they perceive the truth to be.

- Siting the importance of physical activity from the biblical perspective in the sermons will have more credence for church members.
- Church members hold the pastor in high moral position, thus they are more receptive to messages coming from them and more willing to share with others.
- Promote movement through a variety of channels: messages, notice boards, newsletters, witness tracts, notices during church service, bible/care group studies, and church outreach programmes.
- Be role models by incorporating physical activities in daily routine “practice what is preached”.

PHYSICAL ACTIVITY MESSAGES COMING FROM THE CHURCH LEADERS

Exodus 20:3-4

I am the LORD your God, who brought you out of Egypt, out of the land of slavery. You shall have no other gods before me. You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below.

MODERN DAY IDOLS + INACTIVITY = POOR HEALTH AND EARLY DEATH



IDENTIFY AND APPOINT A PHYSICAL ACTIVITY COORDINATOR

Once the church leaders give the green light to incorporate physical activity programmes as one of the church ministries, the next step is to identify a leader with a passion and or knowledge/expertise in the area to lead the programme.



This coordinator will be responsible for overseeing the planning and implementation of the activities. It is important to note that the coordinator of the programme must work with agencies and partners who have the expertise in the area outside the church for this to be successful.

Acts 6:2-4

²The twelve summoned the multitude of the disciples and said, It's not appropriate for us to forsake the word of God and serve tables. ³Therefore brethren, select from among you seven men of good reputation, full of the Holy Spirit and of wisdom. ⁴Then we can appoint those men over this business, and we apostles will continue to devote ourselves to prayer and to the ministry of the word.

FINANCIAL SUPPORT

The church is usually very organised and has a yearly budget for execution of the programmes of each ministry. In the same way, the church should provide financial support for the success of the physical activity programme. The cost of the programme will vary based on the size and nature of the congregation.

BUDGET

| Item | Description | Cost |
|---|---|---|
| Educational Materials and workout equipment | The bible tells us to share what we have with those who are in need. It tells us if we do not share with others in need we will face the consequence. | Matt. 25:34-40 Then the king will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. ³⁵ For I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, ³⁶ I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.' ³⁷ Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? ³⁸ When did we see you a stranger and invite you in, or naked and clothe you? ³⁹ When did we see you sick or in prison and visit you?' ⁴⁰ And the king will answer them, 'I tell you the truth, just as you did it for one of the least of these brothers or sisters of mine, you did it for me. |

FINANCIAL SUPPORT CONT.

| Item | Description | Cost |
|------------------------------------|--|---|
| Promotional items/Guest presenters | God provides the church with a lot of resources, not to be selfish but to share with others who are in need. | 1 Tim. 6:17-19 Command those who are rich in this world's goods not to be haughty or to set their hope on riches, which are uncertain, but on God who richly provides us with all things for our enjoyment. ¹⁸ Tell them to do good, to be rich in good deeds, to be generous givers, sharing with others. ¹⁹ In this way they will save up a treasure for themselves as a firm foundation for the future and so lay hold of what is truly life. |
| Facility | The church has a moral responsibility to provide the necessary resources for its members and surrounding community members to live spiritually fulfilled and physically fit lives. | 1 Tim. 5:8 But if someone does not provide for his own, especially his own family, he has denied the faith and is worse than an unbeliever. |



SECTION III PROMOTION OF PHYSICAL ACTIVITY IN OTHER SETTINGS

Where your treasure is....there your heart is also.

Simple strategies to incorporate physical activity in one's daily routine.

CHURCH

- ↗ Form a physical activity club at church.
- ↗ Choose songs that are action oriented and encourage all to do the action.
- ↗ Take frequent stretch breaks during church related meetings.
- ↗ Stand instead of sitting sometimes during the service.
- ↗ Dedicate physical activity days as a part of scheduled church programmes.
- ↗ Stage mini physical activity competitions for church and community members.
- ↗ Park far from the church door – every step counts.
- ↗ Have a “standing prayer meeting”.
- ↗ Have standing ministry meeting.
- ↗ Walk with the person you pray with.
- ↗ Walk with the team you sing with.
- ↗ Form a spiritual walking group.



HOME & COMMUNITIES

Encourage church members to participate in physical activity outside of the church setting, example:

- ↗ Chose activities they enjoy – Dancing, swimming running, skipping, walking, hiking and playing games.
- ↗ Go for a walk with friends and family.
- ↗ Dance to their favourite music.
- ↗ Put a little more energy when doing household chores: rake the yard, sweep the yard, and clean the house.
- ↗ Be creative and try a new activity on a regular basis.
- ↗ Balance TV, games and phone screen time with physical activity in between.
- ↗ Engage in “work it out” challenges with friends and family members.
- ↗ Download apps that encourage movement.
- ↗ Use electronic games that encourage movement (Kinect Xbox Series, Wii).
- ↗ Walk around the rooms or dance during TV ads.
- ↗ Do squats, push-ups, jumping jacks while watching TV.

Where your treasure is....there your heart is also.



SCHOOL

Encourage school administrators to motivate teachers and students to:

Teachers

- ↗ Incorporate action songs during devotion.
- ↗ Encourage students to attend Physical Education class.
- ↗ Encourage students to be physically active outside of school/Sunday school.
- ↗ Have small stretch breaks to increase concentration.
- ↗ Incorporate movement into lesson plans.
- ↗ Lead by example.
- ↗ Share with parents about the importance of physical activity at school and home.

Students

- ↗ Join team that plays their favourite sport.
- ↗ Create new activity and share with friends.
- ↗ Attend and participate in physical education classes.
- ↗ Walk to the bus stop instead of taking the bus/taxi at the school gate.
- ↗ Walk to school in groups if the distance is not too far from home.
- ↗ Workout with family and friends at home.
- ↗ Balance sitting down games with active games.

As for me and my house we will serve the Lord:
As for me and my body I will move it for health

WORK

- ↷ Take the stairs instead of the elevator at work
- ↷ Walk to co-worker instead of calling by phone
- ↷ Walk to lunch
- ↷ Take frequent stretch breaks
- ↷ Stand while using the phone
- ↷ Do squats and wall pushups
- ↷ Park farther and walk to the office
- ↷ Have standing meeting
- ↷ Incorporate stretch breaks in every meeting
- ↷ Spice up your movement: walk, run, dance (whatever you like to do)
- ↷ Share your progress with church brother/sister
- ↷ Celebrate your achievements with something tangible: (new running shoes, nice outfit, SPA etc.—**Not with Food**)
- ↷ Chose new location with scenery you enjoy
- ↷ Join with another bible study group and do at least one activity with them per month

Don't be too hard on yourself if you missed a day, just get moving the next day.

Stay motivated. It takes six (6) months for behaviour to become a habit.



ACTIVITY 1:

A Spiritual and Physical Trip Around the World and Back

Find a church sister/brother and take an imaginary trip to your destination of choice. You will take this trip by making a specified amount of steps per day/week until you reach your destination. Do not cheat and choose the shortest route.

The person or group who makes it to the location will agree on the prize they get at the end of the period.

These steps can be monitor by a Fitness Tracker and/or a Smart Phone

| ACTIVITY | DESTINATION | DATE | # OF STEPS | PRIZE |
|--|--|-------------|------------|---------------------------------|
| Walk | Jerusalem (To experience the death of Jesus) | Jan. - Feb. | 70,000 | New dresssuit |
| Dance to at least 4 of your favorite songs non-stop each day | Jamaica Land We Love | Mar - Apr. | 100,000 | New Shoes |
| Walk | Africa (chose country) (back to the mother land) | May - Aug. | 150,000 | Day Spa |
| Dance | Jan (country of choice for your ideal vacation) | Sept. | 30,000 | Exercise gears/ fitness tracker |
| Walk | Bethlehem (to witness the birth of Jesus) | Nov. - Dec. | 60,000 | Trip to the beach |
| | | | | |
| Grand Total | | | 410,000 | |

ACTIVITY 2:

Let's Move the Way We Eat

This can be an individual or group/family activity. Based on the number of times you eat each day select an amount of steps you will do and match them up with each time you eat.

For those who pray at specified times of the day, the same principle can be applied. Choose an amount of steps you will take at, before or after you pray (or you can walk and pray for a specified number of steps).

WALK THE WAY YOU EAT.

The goal is 10,000 steps per day

| | |
|-----------|---------|
| Breakfast | = 4,000 |
| Lunch | = 3,000 |
| Dinner | = 2,000 |
| Snack | = 1,000 |

WALK THE WAY YOU PRAY.

The goal is 10,000 steps per day

| | |
|------------------|--|
| Morning Prayer | = 4,000 |
| Midday Prayer | = 3,000 |
| Evening Prayer | = 2,000 |
| Right before bed | = 15 minutes of stretching and reflection |



ACTIVITY 3:

Walking Competition among Bible Study Groups

Movement with my Brother and Sister from the Pulpit to the Pew to Home unto God.

Pastors and Leaders will motivate their groups to participate in a certain amount of physical activity per month.

- Each person in bible study group is given a fitness tracker.
- Teams are encouraged to do at least 10,000 per day.
- At the end of each month/quarter, the team with the highest # of steps wins.



ACTIVITY 4:

Overeating Bible Study Colossians 2:20-21

As human beings, we do not understand restrictions. This can lead to added stress, inactivity (laziness) and rebound eating. Believers should not take worldly advice about inactivity and overeating as truth. They should seek God, do a bible study on an inactivity and overeating, and find out what He has for them!

Open the Door Yourself Sunday.

Encourage congregation members to open the church doors themselves on a particular Sunday. Explain to them that it is for their health.

ACTIVITY 5:

Weekly Movement Challenge

- The Aaronic Blessings of Movement
- End each service with a movement song and encourage the congregation to find at least 30 minutes per day to move and pray to the Lord.



ACTIVITY 6:

My Jamaica Moves Weekly Steps Journal

Record the number of steps you take each day. Add them up at the end of week and enter them in the Weekly Total Box. Reward yourself at the end of each month if you achieve your goal.

| WEEK: # | # OF STEPS |
|-------------------|------------|
| Monday | |
| Tuesday | |
| Wednesday | |
| Thursday | |
| Friday | |
| Saturday | |
| WEEK TOTAL | |

| WEEK: # | # OF STEPS |
|-------------------|------------|
| Monday | |
| Tuesday | |
| Wednesday | |
| Thursday | |
| Friday | |
| Saturday | |
| WEEK TOTAL | |



Be ATTITUDES OF MOVEMENT

- ➔ Blessed are those who move and not only eat for they shall be in good health.
- ➔ Blessed are those who do at least 30 minutes of physical activity daily for they shall live a healthy life.
- ➔ Blessed are those who move for they shall look and feel better in life.
- ➔ Blessed are those who eat what they can burn for they will have less fat to burn.
- ➔ Blessed are those who incorporate physical activity in their daily routine for they shall be more successful in life.
- ➔ Blessed are those who dance to the Lord for they will find favour in His sight.
- ➔ Blessed are those who find time to move for they will have time to enjoy life.
- ➔ Blessed are those who use their two legs to move for they shall inherit a healthy life.
- ➔ Blessed are those who use their bodies as movers and not just eaters and sitters for they will reduce their risk for weight gain and other diseases.

ENDORSEMENT MESSAGE FROM PASTORS



Rev. Gary Balfour
Pastor, Olivet Open Bible Church
New Green, Mandeville, Jamaica

For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come (Timothy 4:8)

Unfortunately, over the years this verse has been misinterpreted to mean that physical exercise is an exercise in futility. But this is not really true, and furthermore the Apostle Paul was not down-playing the importance of physical exercise. In fact, he was really suggesting that as human beings, both are important for a good balanced life. And that one should not suffer at the hands of another. So we stand on the premise that Christians do need to be involved in physical exercise just as they are involved in spiritual exercise. We are body, soul and spirit. As a church we believe in the holistic development of each individual as the Lord himself is.

In 3 John 1:2 "Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul." The same is indicated in 1 Thessalonians 5:23 "And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ."

At Olivet Open Bible Church we believe in holistic development, where we embrace a life of not only spiritual exercise which involves a life of prayer, fasting and reading the bible, we also foster physical activity through our gym nights which previously was held quarterly. As a result of the great support we have now moved our gym nights to monthly. We endorse this move by the Ministry of Health and Wellness.

ENDORSEMENT MESSAGE FROM PASTORS



George Durrant
Pastor – Salisbury Plain Gospel Chapel
Kingston, Jamaica

When we think about the acronym for the bible - “**Basic Instructions Before Leaving Earth**” and to think that there is actually a ‘bible’ for exercise I am amazed.

I applaud the efforts of the Ministry of Health; this initiative is taking a holistic approach to ensure that the entire man is cared for. So it is not just about hearing the word of God on our day of worship, it is also about ensuring that the entire man is alive both spiritually, physically and emotionally; and lady McKoy is doing a superb job in ensuring that the mandate of the Ministry of Health and Wellness is achieved.

I look forward to spearheading this initiative as I ‘run’ with it to the members of the Salisbury Plain Gospel Chapel.



ENDORSEMENT MESSAGE FROM PASTORS



Ralston Smith
Mount of God Tabernacle Deliverance Temple
Portland, Jamaica

I endorse this Physical Activity Bible to the best of my ability. I will do more to promote physical activity amongst my congregation, colleagues and friends. It inspired me so I know it will inspire others to live a healthy lifestyle.



ENDORSEMENT MESSAGE FROM PASTORS



Sunil Dahni
Emanuel Apostolic Church
Port Maria, St. Mary, Jamaica

I do believe that this is a very good initiative and will prove very effective; as such I endorse this Physical Activity Bible.

3rd John 1:2 says, beloved I wish above all things that thou mayest prosper and be in good health. It is my intention to have my congregation engage in physical activity.

ENDORSEMENT MESSAGE FROM PASTORS



Rev. Harvey DaCosta
Bethlehem Reform Church of God
St. Catherine, Jamaica.

A question was asked in one of our Sunday Morning Church Services for persons with anyone of the chronic illnesses such as Hypertension and or Diabetes to indicate by raising the hand.

Surprisingly approximately 75% of the member's hands went up. As we embrace a holistic ministry, we decided that something needed to be done. Therefore I truly endorse the partnership with the Ministry of Health and Wellness and the Churches in bringing physical activities into the churches to reduce or eliminate these lifestyle diseases.

ENDORSEMENT MESSAGE FROM PASTORS

Kevin Allen
Old Harbour Evangelic Centre
St. Catherine, Jamaica.

I endorse this initiative one hundred percent; how soon will it be sent out to the churches? I cannot wait to have this physical activity bible available for use in my church; will it be ready for use at our family day activity coming up in June? The songs are very good. These are some of the songs I remember we used in Sunday school when I was a child, and is not currently being used in my church. Therefore, we will incorporate these immediately.

Pastor Errol Scott
Wesleyan Holiness Church Clarendon,
St. Thomas
Jamaica.

Having observed it, I think it is relevant for the time. It is a very good initiative. It will benefit the whole man physically and spiritually.

SCRIPTURES ON PHYSICAL ACTIVITY AND OVER EATING

Believers always look down and condemn the following: thieves, alcoholics, liars, adulterers. However, a person who overeats, which is the sin of gluttony, is readily accepted and not embarrassed. These Bible verses will help you to understand God's perspective on gluttony and the seriousness that He places on this sin just as any other sin.

2. Ephesians 6:12

For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.

Your struggle with laziness and overeating is not about the seen but the unseen. You are not fighting technology, your desires, family, friends or the fast food industry. You are fighting a spiritual battle happening in the world today, you need to acknowledge it so you can ask God to help us overcome them. The enemy will use inactivity and overeating to sideline the call of God on your life.

3. Proverbs 25:16

If you have found honey, eat only enough for you, lest you have your fill of it and vomit it.

When you are hungry, it is difficult to moderate your food portions (especially when it comes to sweets). Have you figured out your "just enough"? Here in Proverbs, we are encouraged to eat within our body's needs.

While this may feel impossible at times, God is there to help us be obedient to His Word.

NEW TESTAMENT: OVEREATING

1 Corinthians 10:7

Do not be idolaters, as some of them were; as it is written:
“The people sat down to eat and drink and got up to indulge in revelry.”

Philippians 3:19

Their destiny is destruction, their god is their stomach,
and their glory is in their shame. Their mind is set on earthly things.

Romans 13:14

Rather, clothe yourselves with the Lord Jesus Christ,
and do not think about how to gratify the desires of the flesh.

Titus 1:12

One of Crete’s own prophets has said it: “Cretans are always liars,
evil brutes, lazy gluttons.”

Ephesians 5:18

“Do not get drunk with wine, which will only ruin you; instead,
be filled with the Spirit.”

1 Corinthians 10:7

1 Corinthians 15:32

Philippians 3:19

Romans 14:13-17

Romans 13:14

Titus 1:12

OLD TESTAMENT: OVEREATING

Proverbs 23:2

When you sit down to eat with a ruler, observe carefully what is
before you, and put a knife to your throat if you are given to appetite.

Proverbs 25:16

If you have found honey, eat only enough for you,
lest you have your fill of it and vomit it.

Proverbs 23:20

“Don’t associate with people who drink too much wine or
stuff themselves with food.”

Proverbs 23:2

Psalms 145:15

Deuteronomy 21:20

Ezekiel 16:49

Proverb 23:2

Proverbs 23:20 & 21

Proverb 28:7

Psalms 119:7.

Genesis 3:6

Proverb 23:21

Scripture Formatting

Psalms 78:29-31

Numbers 11:18-20

New TESTAMENT Scriptures on

PHYSICAL ACTIVITY

1 Corinthians 6:19

“Don’t you know that your body is the temple of the Holy Spirit, who lives in you and who was given to you by God? You do not belong to yourselves but to God.”

3 John 1:2

“My dear friend, I pray that everything may go well with you and that you may be in good health—as I know you are well in spirit.”

1 Timothy 4:8

“Physical exercise has some value, but spiritual exercise is valuable in every way, because it promises life both for the present and for the future.”

1 Corinthians 9:24-27

“Surely you know that many runners take part in a race, but only one of them wins the prize. Run, then, in such a way as to win the prize. Every athlete in training submits to strict discipline, in order to be crowned with a wreath that will not last; but we do it for one that will last forever. That is why I run straight for the finish line; that is why I am like a boxer who does not waste his punches. I harden my body with blows and bring it under complete control, to keep myself from being disqualified after having called others to the contest.”

2 Timothy 2:5

“An athlete who runs in a race cannot win the prize unless he obeys the rules.”

New TESTAMENT Scriptures on

PHYSICAL ACTIVITY

1 Corinthians 6:19-20

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your bodies.”

1 Corinthians 6:19

3 John 1:2

1 Timothy 4:8

1 Corinthians 9:24-27

2 Timothy 3:1-9

2 Timothy 2:5

1 Corinthians 6:19-20

Old TESTAMENT Scriptures on

PHYSICAL ACTIVITY

Psalms 115: 4-8

“But their idols are silver and gold, made by human hands. ⁵ They have mouths, but cannot speak, eyes, but cannot see. ⁶ They have ears, but cannot hear, noses, but cannot smell. ⁷ They have hands, but cannot feel, feet, but cannot walk, nor can they utter a sound with their throats. ⁸ Those who make them will be like them, and so will all who trust in them.”

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