

Seniors

FITNESS

THEMED PROGRAMME



AIM

There are lots of ways for us all to keep fit and healthy. Take a look at the importance of keeping fit before then putting on your trainers and taking part in some fitness activities for yourself.

ACTIVITIES

-  Happy, Comfortable & Healthy
-  Circuit Training
-  Joe Wicks' First Steps to Fitness
-  My 5k Charity Challenge
-  My Spiritual Fitness

FITNESS

» INTRODUCTION

Our fitness should be an important part of our lives, as being physically and mentally 'fit' brings many benefits. The benefits of fitness include stronger bones and muscles, reduced risk of health problems, lower blood pressure and often a more positive outlook on life.

Fitness can come in many shapes and forms such as playing sports, running, walking, mountain climbing, weightlifting and more.

? DID YOU KNOW?

- There are 7,200+ fitness clubs in the UK, with a combined membership of over 10 million.
- Young people should aim to do at least 60 minutes of moderate physical activity a day.
- 41% of UK teenagers meet the recommended level of moderate physical activity a week.
- Studies show that young people who are more active are happier, more resilient, more trusting of others and experience higher levels of mental wellbeing.



GET ACTIVE: ME & MY WELLBEING HAPPY, COMFORTABLE & HEALTHY

This activity is designed to help young people explore what is meant by wellbeing and understanding what makes up their wellbeing and how they can improve it.

- 1 As a group, discuss what you believe being 'healthy' means? This should bring out factors such as being fit, eating well, having a good body mass index, feeling good and so on. It should hopefully include mental wellbeing too. Wellbeing can be described as the state of being 'happy, comfortable and healthy'.
- 2 How often do you sit down and think about what makes you happy? Do you design your life around these things, or do you allow other pressures/demands/distractions to take over and zap some of your happiness and wellbeing?
- 3 People can divide wellbeing into 3 areas, emotional (how you feel), physical (body & health) and psychological (your mind and thoughts).
- 4 Everyone should draw a three circles Venn diagram on a piece of paper. Label each circle with one of those three labels.
- 5 Spend some time individually thinking about things that help you to achieve these three things. Some objects or activities might help improve more than one area. If so, make sure to write these in the parts of the circles that overlap. For example, 'playing 5-a-side football may help you to improve your physical wellbeing, but it may also improve your emotional wellbeing too, as it helps to boost your mood and feel-good factor.
- 6 After a little while come back together and let one or two people, who are comfortable, to share what they have written down.
- 7 Finally, as a group consider some of these questions. Do you have access to these things written down, regularly? Is there an area of your wellbeing that is currently lacking? If so, what object or activity could you add to improve your wellbeing going forwards?
- 8 Take your wellbeing circles home and place it somewhere safe. Regularly take a look at it to help you check in on your wellbeing.



GET ACTIVE: KEEPING FIT CIRCUIT TRAINING

- 1 Circuit training is the combination of 6 or more exercises performed with short rest periods between them. This is a great way to improve cardiovascular fitness as well as muscular strength endurance. Circuit training elevates your heart rate and keeps it high through the entire circuit, due to the short rest period.
- 2 As a group come up with 6 or more exercises to include in a circuit training of your own. Some examples are below. Set up 'stations' around the room, with the equipment / space needed for each exercise. One person should start on each station.
- 3 We suggest you do each exercise three times for 30 seconds, with a 30 second rest between each burst. Once completed rotate around to a new exercise, having a 2-minute break between stations.
- 4 Example exercises include:
 - High knees
 - Planks
 - Sit-ups
 - Push ups
 - Relay sprints
 - Lunges
 - Boxing
 - Tricep dips (off a bench)
 - Skipping
 - Burpees



GET ACTIVE: KEEPING FIT JOE WICKS' FIRST STEPS TO FITNESS

Joe Wicks became a household name during 2020, as he got the nation off the sofa and keeping fit during lockdowns. Joe continues to provide free fitness tutorials via YouTube, that people can use to keep fit from their own homes.

Take on the first of his 'first steps to fitness' videos to explore this easy and free way of keeping fit, helping to get your body moving and your blood pumping.

- 1 Set up a projector or large TV and play 'Joe Wicks First Steps of Fitness' (<https://youtu.be/JnCfnYPKc7w>).
- 2 Make sure you have an appropriate amount of space around you, as well as making sure you are wearing appropriate sportswear and you have warmed up before completing the workout.
- 3 Complete the workout, pacing yourself based on your own fitness levels.
- 4 After the workout make sure to cool down and drink plenty of water.
- 5 Finally have a brief chat about how you feel afterwards. Can anyone feel their heart pumping? Does anyone feel better for having completed the workout? How could you incorporate the rest of his 'First Steps to Fitness' videos into the next couple of weeks at home, as a way of making fitness a regular part of your life?
- 6 If 'First Steps of Fitness' is too basic for you, then take on one of Joe's more advanced fitness videos instead.

Take it Further: Get creative by making your own fitness video to get people moving. Think about who you are targeting the video at, what sort of exercises you would like to include and who is going to play each role (workout leader(s), camera operator, director / editor etc). Once your video is ready share it with a different group of people to complete, such as a different BB age group, fitness club or on social media.



GET INVOLVED: HELPING OTHERS

MY 5K CHARITY CHALLENGE

Train and compete in a 5km running challenge, as part of a sponsored challenge for charity.

- 1 As a group have a chat about a running challenge close to your area that you could take part in. This might be a traditional running event, or you might be able to find more unique opportunities such as a Tough Mudder, colour run, inflatables challenge and so on.
- 2 Find out the information to take part such as the date, entry cost, fitness levels required etc
- 3 Decide on the charity you'd like to support with this challenge. This might be your BB group or it could be a local, national or international charity that is important to you. Create a sponsorship form and then spend time collecting sponsors from your friends and family.
- 4 Train for the challenge. This may involve you spending a few weeks building up your fitness and taking part in some smaller distance practice runs.
- 5 Complete the 5k running challenge. Afterwards make sure to collect in the sponsorship and hand it over to the charity you have selected.



GET INTO THE BIBLE: DEVELOPING MY FAITH

MY SPIRITUAL FITNESS

- 1 Why do people work on their fitness, train for marathons, compete in body building contests and so on? What are the benefits and prizes of doing so? Answers might include to have better fitness/strength for everyday activities, to look 'better', to win medals or trophies and so on.
- 2 As well as keeping our bodies fit, the Bible also encourages us to look after our spiritual fitness too. What do you think 'spiritual fitness' or 'Godliness' is referring to?



"Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." 1 Timothy 4:8

- 3 In what ways can Christians work on their spiritual fitness? Come up with 5 or 6 different ways. This might include praying, Bible reading, going to Church / BB, listening to worship songs etc.
- 4 What are the benefits of working on your spiritual fitness? The Bible verse talks about benefits in this life and the next. What are those benefits? Are these greater than the benefits we mentioned at the start of the activity?
- 5 The Bible verse is clear. We must treat our spiritual fitness with the same importance (if not more so) than our physical fitness. If we want to be spiritually fit and have a strong relationship with our God, then it's going to take time, commitment, passion, determination and more – but the prize at the end is far greater than anything else this life has to offer!

