



40 DAY FITNESS CHALLENGE

In conjunction with the “40 Simple Days Series”, we will be running a “40 Day Fitness and Wellness challenge.” First and foremost, this is NOT a weight-loss challenge. During this challenge, we will take steps to becoming healthier and more physically fit. This challenge is open to anyone, regardless of age and ability level. Families, kids, adults, teens, anyone that is willing to take on the challenge is welcome.

The challenge is setup to run the full 40 days of our new series. There is a tracker handout that you will measure your beginning, middle and final results. The measurements are meant for you to see your progress throughout the challenge. We will track physical measurements as well as fitness measurements that are explained on the handout. You can do this in the privacy of your own home, your gym, or join us on Thursday evening to begin the challenge.

Each Thursday evening, we will be conducting a “Bootcamp” style workout for anyone that would like to attend. The workout will run approximately 30-45 minutes. After the workout, we will also have a speaker that will address a different topic each night, such as nutrition, physical fitness, etc.. Any suggestions on topics and speakers are welcome. At the first workout, we will complete the fitness measurements, so that everyone is ready for the challenge!

Lastly, we have created a Facebook page, which will provide some updates along the way. This page will also serve as a way to provide a support system for everyone throughout the challenge. We can share workouts, recipes, or even scriptures that resonate with us.

God supplied us with bodies that are capable of amazing things. We can run long distances, lift large objects, and do countless other amazing things, but this cannot be done without taking the first step. Throughout the next “40 Simple Days,” we will celebrate how we grow spiritually and shrink physically.

- Joe and Sara Murphy