

# BODY N' SOUL FITNESS

Faith Church Rms 49/51

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MON/FRI 7:30 AM, WED 7:00 PM

## JANUARY 2022 SCHEDULE:

Mon 01/03 – 55 min cardio/ pilates (3 m, mat)  
Wed 01/05 – 45 min pilates (mat, stretchie band)  
Fri 01/07 – 64 min cardio/ strength training (2+ m, 1-10 lb weights, mat)  
Mon 01/10 – NO AEROBICS  
Wed 01/12 – 75 min cardio/ toning (3 m, mat)  
Fri 01/14 – 60 min cardio/ strength training (2+ miles, mat, leg weights)  
Mon 01/17 – 65 min cardio/ strength training (1-10 lb weights)  
Wed 01/19 – 60 min cardio/ toning (2 m, mat)  
Fri 01/21 – 53 min cardio, toning (2 m, mat)  
Mon 01/24 – 55 min cardio, toning (2 m, leg weights, mat)  
Wed 01/26 – 71 min cardio, toning (3 m, leg weights, mat)  
Fri 01/28 – 63 min cardio, strength training (3 +m, 1-8lb weights)

## INFO:

- \* Welcome back from Christmas break and Merry Christmas! I hope you enjoyed some long walks in December!
- \* We will be back at it, same place and times. Since it is flu season, I'm asking everyone to please wear a mask into the building. Once you are socially distanced for exercise you can take it off.
- \* Remember to bring a water bottle and if you do not have a mat yet, you might want to consider purchasing one since almost every work out will have some type of floor exercise. If you need a lumbar pillow or towel, please bring that.
- \* If you have not invested in a stretchie band or weights yet, please consider that if you want the best workout.
- \* I've missed all the December coffees...but I'm hoping many of you still enjoyed them! Coffee at Urban on Mondays at 8:45 is still happening!
- So thankful for Christine's recovery! And also thankful for Barb's initiative in the angel gifting project.

## HEALTH:

Our family has been practicing intermittent fasting for a little while now. We have tried skipping dinner for one, two, or three days a week. Jeff even tried an all day fast! Skipping dinner allows your body to fast from food for 14 hours or more and causes your body to begin to use stored fat. What results have we seen? ....weight loss, weight maintenance, sometimes grumpiness, money saved on groceries, more free time with no meal prep and clean up. We do miss the time sitting at the table talking though! Well, with Christmas and New Years fast approaching, we will all be doing more grocery shopping and sitting around tables eating and talking with family! So please enjoy every bit of it and we'll see you back at fitness again soon!

## ENCOURAGEMENT:

A woman came to my work place and gave me a Bible recently. It is The Lucado Encouraging Word Bible. She really blessed me with this gift. So I have been reading in Galatians and when I finish it I just start over again. It is a short book so this is easy to do. I don't know why the woman did this, but her kindness encouraged me to get back to my Bible reading. What kindness is God prompting you to do? Do it! You have no idea how God will use your gift.....no matter how small or simple.

