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# FUEL WELLNESS GUIDE: WEEK 1

Because our staff is on sabbatical June 29–July 3, we don't want you to lose momentum, so we created this wellness guide for you to follow during Week 1.

We look forward to seeing you **Wednesday, July 8** for our first workout class!



Wellness is not built through one workout, one meal, or one event. It is built through **consistent actions practiced over time**. Complete as many of the items below as possible each day, and pick one workout circuit to fit your fitness level.

## 1 DAILY CHECKLIST



Drink more water than usual.



Move your body for at least 20 minutes.



Spend 5 minutes in prayer or reflection.



Eat at least one serving of fruit.



Eat at least one serving of vegetables.



Get at least 7 hours of sleep.



Encourage someone else.

## 2 PICK YOUR CIRCUIT

BODYWEIGHT ONLY • CHOOSE THE LEVEL THAT FITS YOU • 15–30 MINUTES

### BEGINNER

2–3 ROUNDS



- » Marching in place 30 sec
- » Wall push-ups 8–10 reps
- » Chair squats 8–10 reps
- » Standing knee lifts 30 sec
- » Seated or standing rest 30–60 sec

Rest 1–2 min between rounds.

### INTERMEDIATE

3–4 ROUNDS



- » Jumping jacks 30 sec
- » Push-ups 10–12 reps
- » Bodyweight squats 12–15 reps
- » Mountain climbers 30 sec
- » Plank hold 20–30 sec

Rest 45–60 sec between rounds.

### ADVANCED

4–5 ROUNDS



- » Burpees 10–12 reps
- » Push-ups 15–20 reps
- » Jump squats 15 reps
- » High knees 40 sec
- » Plank hold 45–60 sec

Rest 30–45 sec between rounds.

### SENIORS

2–3 ROUNDS



- » Seated marching 30 sec
- » Wall or chair push-ups 6–8 reps
- » Sit-to-stand from chair 8–10 reps
- » Standing arm circles 30 sec
- » Deep breathing rest 60 sec

Rest as needed; move at your own pace.



Always listen to your body. Modify or stop any exercise that causes pain, and consult your doctor before starting a new fitness routine.

The goal is not perfection. **THE GOAL IS AWARENESS, CONSISTENCY, AND STEWARDSHIP.**

## 3 SHARE YOUR JOURNEY — #FUEL #ChangeChurch

Share a photo, video, workout, walk, healthy meal, or devotional moment that reflects your wellness journey this week.



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LET'S BUILD A HEALTHIER FUTURE TOGETHER.