



FAITH. UNITY. ENDURANCE. LONGEVITY.

FUEL WELLNESS GUIDE: **WEEK 3**

REDISCOVER THE JOY OF MOVEMENT

FUEL Focus: Endurance | Your Body Was Designed to Move



COACH'S CORNER

Coach Jamar

Last week, we focused on listening to our bodies. This week, let's respond by moving them. Somewhere along the way, we stopped treating movement as part of everyday life. Now we think it only counts if we're sweating through an intense workout or spending an hour in the gym. But your body doesn't care where you move. It just needs you to move.

Movement isn't reserved for the gym. It can happen on a walk with your family, while playing with your kids or grandkids, taking the stairs, dancing in your kitchen, or parking a little farther away. Every opportunity to move is an opportunity to better steward the body God has given you.

This week, don't ask yourself, "What workout do I have to do?"
Instead ask, "How can I move more today?"

Small moments of movement, repeated consistently, create lasting change.



SCRIPTURE

*"For in Him we live
and move and have
our being."*
Acts 17:28

SCRIPTURE REFLECTION

God designed our bodies for movement. Every step is an opportunity to honor Him through faithful stewardship.

1 THIS WEEK'S MOVEMENT COACHING

This week, challenge yourself to add **1,000 extra steps each day**.

Here are a few simple ways to get there:



Park farther from the entrance.



Walk while taking phone calls.



Take a 10-minute walk after dinner.



Walk one extra lap around the grocery store.



Choose the stairs whenever possible.

Don't overthink it. Just look for opportunities to move.

2 WEEKLY CHALLENGE



20-MINUTE MOVEMENT CHALLENGE

Move your body for 20 minutes a day, at least 5 days this week. Walk, dance, stretch, bike, play, or attend a FUEL class. Choose something you'll enjoy enough to do again tomorrow.

☐ Mon ☐ Tue ☐ Wed ☐ Thu
☐ Fri ☐ Sat ☐ Sun



COACH JAMAR'S WELLNESS TIP

A short walk after a meal can help support healthy blood sugar levels, improve digestion, and boost your energy. Never underestimate what a simple walk can do for your health.

3 CELEBRATE A WIN



Did you move more this week than you did last week? If the answer is yes, celebrate it.

Remember, progress isn't measured by perfection. It's measured by continuing to show up.



JOURNAL PROMPT

What opportunities do I already have each day to move more, and which one will I commit to this week?



Celebrate your progress. Give yourself grace. Keep showing up.

FAITH. UNITY. ENDURANCE. LONGEVITY.

Coach Jamar Robinson

Director of Wellness & Recreation
Change Church

LET'S BUILD A HEALTHIER FUTURE TOGETHER.