

## Finding YOUR Physical Fit

### **Introduction**

When I was asked to teach a class on physical fitness, I was a little surprised because often times I don't feel qualified to speak on the topic because I haven't met all of my physical fitness goals. But then I remembered the constant role physical fitness has played in my life. For a lot of years I have done a lot of things to make sure I fit physical activity into my life. Just to give you a little history... *explain...*

So...I tell you all this, not to "prove" myself, but to let you know that you can make it work and that it doesn't have to look like an hour or two of cardio and weights at the gym and that you don't have to take an all or nothing approach. What my exercise has looked like over the years has changed A LOT, but I keep at it and although my body may not look exactly how I want it, I know it has made me stronger, happier and more energetic over the years.

### **WHY?**

So all of you are here because you're interested in adding physical activity to your routine, or tweaking it, or just hearing about how others fit this into their life...so knowing that you want to do this or are doing it, what are some reasons WHY we workout? These reasons can be general or personal...

*Weight Loss*

*Spend time with friend or family*

*Be outdoors*

*To increase life expectancy – I want to be around for a long time!*

*To look and feel strong*

*Have "Me" time*

*Set a good example for my kids*

*Push physical limits*

*To cope: heartache, stress, sadness*

*Etc*

This aspect is actually quite important when it comes to working out and living a healthy lifestyle in general. Knowing your "why" is what is going to get you to carve out that time in your schedule and get some physical activity in. I'll let you know that if you're why is "to be skinny," that it won't work out very well. I am not going to sit here and preach that the way you look shouldn't be any part of your why, because it has definitely been a drive for me, but think beyond that and focus on those things and think of your weight and/or physical reflection as a bonus. KNOW YOUR WHY!

While we're at why, I want to talk about why taking care of our bodies is so important in our role as daughters of God. We women and Young Women are capable of so much, we can help so many people because of our innate desires to help and nurture and the last thing we want to get in our way of our desires to serve those around us – our families, our friends, our neighbors, our coworkers – is our physical inability. What are some things you can think of that being physically fit (and when I say this, I don't mean being able to run a marathon or deadlift 100lbs) improves or helps your role as a daughter of God?

*Youth: Service projects (like the refugee project last week)*

*Serve a mission (be able to walk six miles or bike 12 per day)*

*Healthy pregnancy (although complications/difficulty can be had regardless of your fitness level)*

*Have energy to keep up with kids and their needs*

*Create connections you may not otherwise have*

*Self discipline and consistency (when I make this a priority, I always think of something I need to implement with more of a spiritual nature i.e. Scripture study before workout)*

The For Strength of Youth pamphlet says:

*Your body is a temple, a gift from God. You will be blessed as you care for your body. Choose to obey the Word of Wisdom (see D&C 89). When you are obedient to this law, you remain free from harmful addictions and have control over your life. You gain the blessings of a healthy body, an alert mind, and the guidance of the Holy Ghost. You will be prepared to serve the Lord. Never let Satan or others deceive you into thinking that breaking the Word of Wisdom will make you happier, more popular, or more attractive.*

*To care for your body, eat nutritious food, exercise regularly, and get enough sleep. Practice balance and moderation in all aspects of your physical health.*

*In all aspects of your life, seek healthy solutions to problems. Do all you can to safeguard your physical and emotional health so that you can fulfill your divine potential as a son or daughter of God.*

In D&C 88:15 it states, "The spirit and the body are the soul of man."

My SOUL is my body and my spirit and taking care of my physical body is going to directly benefit my spirit and help me feel the love our Father in Heaven and Savior have for me.

In a talk given by Barbara Day Lockhart, she said, "*We must make our physical selves into a being fit to be a god and never, never despise one of the things that set us apart from the hosts of Satan: our bodies, however flawed, however imperfect. If we respect our bodies and spirits, we cannot be false to ourselves! The face we each fashion will be the one that God has given.*"

I keep sharing these things to point out that our physical well-being is important to our spiritual well-being and we CAN and NEED to find room for this important element in our life.

## **HOW?**

How do we do this? There have been times in my life when I have spent more time in the gym than others or trained for an event that has taken up more time and taken more planning on my part, but for the most part my approach has always been simplicity and my workouts have gotten shorter over time, but rarely have lasted longer than an hour. Now My goal is 30-40 minutes per day. I have found a way to work out that fits into my schedule with the rest of real life and for the most part I feel like I have been successful with this.

-Middle school and high school: Participated in sports. Occasional workouts on my own, but nothing regularly.

-University: Took specific fitness classes or got credit for going to the gym. This ensured I got a few workouts a week because I wasn't willing to fail the class.

-Newlywed: Brian and I tried to fit this in as much as we could between full time school and part time work. Running together, gym dates and outdoor fun.

-Russia: Not the most fitness friendly place, but we found spots in the city that we could run in circles. Calisthenics in our room afterwards. If there is a will, there is a way.

-New Mom: Squeezing in whatever I could between no sleep and naps. Sometimes a 2 mile run, sometimes a 30 minute video.

-And my workouts have looked like this since having babies. I LOVE and prefer working out in the morning, so that is when I have tried my hardest to make it work. Having a gym buddy for a couple years was amazing and very needed for my sanity.

NOW-

- JillK Fitblasts - \$10/month for home or gym workouts
- StayStrongMummy – a quick calisthenics/HIIT workout goes a LONG way!
- Streaming – Beachbody OnDemand and Les Mills OnDemand
- Planet Fitness - \$10/month for gym membership
- Running around cul de sac

- Train for an event
- Family workouts – Track/running/hiking

Ask others for more ideas

- Gym membership with group fitness classes or find a routine online
- Pinterest
- There are so many resources out there!

#DoSOMETHING, Do what you love!

Know that any effort you make is NOT an effort wasted. Our bodies and spirits will thank us for any attention that we give them. Don't set yourself up for failure...If you're new to working out, say you'll set aside 1-3 times per week, don't go all in and then have an all or nothing attitude. Your efforts count!

### **BARRIERS?**

What are some of the things that get in the way of us working out?

*Tired*

*Busy Schedule*

*Lack of motivation*

*Don't believe in ourselves*

### **How can we overcome them?**

Fake it till you make it! I have had to do this so many times!

Don't compare to others, do what works for you!

There is a time and a season. Make it fit your season.

### **NUTRITION**

It's impossible to talk about physical fitness without mentioning it's companion of nutritious eating. When we couple these things together, our bodies will thank us and we will without a doubt feel better physically. I also keep my nutrition simple because that is the only way to keep consistent with it. Finding ways to cook and eat healthy in ways that the whole family can enjoy is key. There are so many resources online for simple, healthy meals and I have listed a few on my handout.

### **BENEFITS?**

*Mood improvement*

*Sleep better*

*Implement routine*

*Improved body image*

*Exercising self control and will power*

*Disease Prevention*

### **CONCLUSION**

Keep it SIMPLE and make it work for YOU.