



# Staying Fit on a Budget



*Alexis Brady & Jerrell Young*

# Ice Breaker

\*Fit Ball\*



# Benefits

- Increased stamina
- Sleep better
- Sharpens thinking skills
- Increased energy
- You feel more relaxed
- Stronger bones and muscles
- Stress reliever
- Heart becomes more efficient
- Body gets leaner
- Healthy weight maintenance
- Improved quality of life



# Scripture

**3 John 1:2 (NIV)** *“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.”*

# What Is Your Gas Gauge On?



- Remember, our bodies are a gift **from God** and understand that our bodies are means of giving worship and glory **to God**. By having increased strength and energy, we will increase our productivity **for God**.

# Nutrition Fun Facts



- **Calorie** - an amount of food having an energy - producing value of one large calorie. Theoretically, there are 3500 calories in a single pound.
- Input + Output = Overall weight
- Skipping meals for weight loss is Counter productive.

# Weight Loss Meal Example



Hand  
Bread



PALM  
Meat



CUP  
Veggies, Rice,  
Pasta, Fruits



THUMB  
Fats (Oils)

# “At Home” Equipment

Examples:

- Wall
- Chair
- Stairs
- Towels
- Water bottles
- Canned Goods



# \*Optional\* Equipment to purchase

Examples:

- Theraband
- Dumbbells
- Yoga mat
- Yoga ball
- Weighted hula hoop
- Jump rope
- Bike
- Phone apps (\*Free)
- Workout videos





# **WARNING!!!**

**Before working out, please take the time to consult with a doctor or a physician. You are working out at your own risk!!**



# Upper Body Movements

- Shoulder press
- External rotations
- Shoulder flys
- Lateral raise
- Front raise
- Chest punches/ push ups
- Bicep curls
- Triceps press

# Lower Body Movements

- Squats
- Single leg extensions with hold
- Single leg internal/external rotation
- Calf raises
- Towel drag/ standing leg curl/ laying leg curl

# Core

- Alternating toe touches
- Knees to chest/ Crunches
- Alternate dips
- Bicycles
- Chair lean backs/ leg raises

# Cardio

- Mountain Climbers
- Jumping jacks
- Leg marches/ Running in place
- Split leg jumps

# How To Modify Exercises

- **Weight/Resistance** (Ex: No resistance, 2 lbs, amount of water in water bottle)
- **The # of Sets** (Ex: 1 set, 3 sets, 5 sets)
- **The # of Reps** ( x 10, x 15, x 20)
- **Duration/ Timeframe** (30 seconds vs. 1 minute)
- **Rest Breaks** (Ex: 15 seconds vs. 30 seconds)
- **Range of Motion** (Ex: 45°- 90°-180° angles)
- **Stability** (Sitting vs. Standing)

**Please Note → Inhale and Exhale !!!**

# Time To Get Started!

