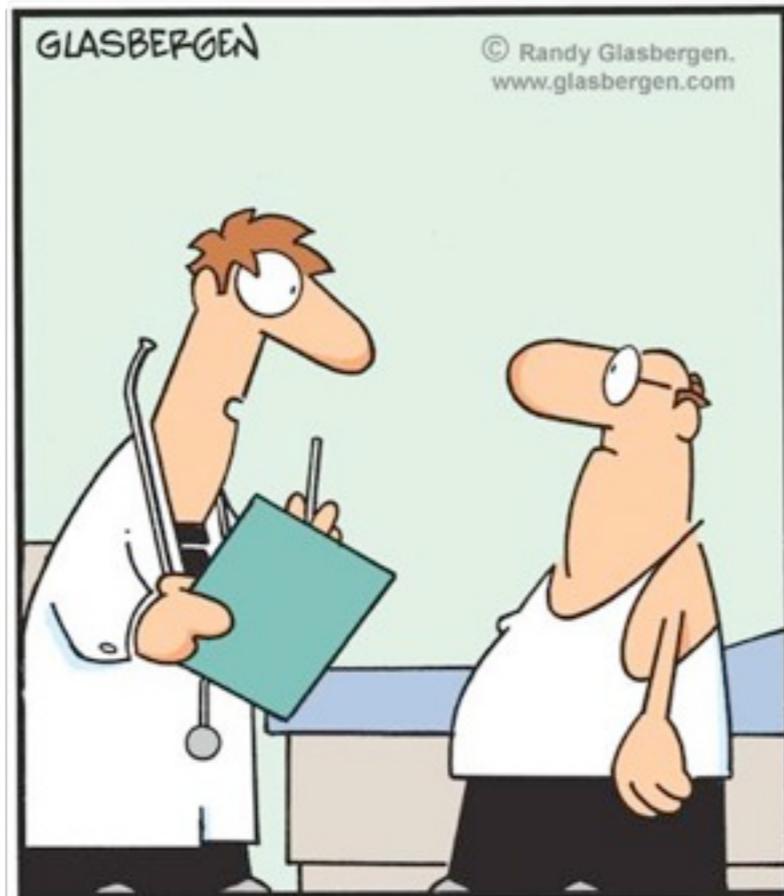


31.3 Jump

with *Clare* from



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

Want to save calories and money?

Choose food from the kids meal when going out to eat.

Many times they have great options (other than cheeseburgers and fries) with much better portion sizes and prices!

No more excuses!

I've got 5 anywhere exercises for you to do on page 3! You don't need any equipment, a gym, or a video. Just you, some space around you and some determination!

Go Old Skool!

Some of my favorite exercise music comes from Motown era! My favorite? “I can't help myself (Sugar Pie Honeybunch)” by The Four Tops

31 Days • 3 Commitments • JumpStart Your Year

Soul Food

Memorize · Renew · Act

Sanctify: to set apart for sacred use

Sacred use? Me? Why would God want to use something that is broken, graying, sagging and far from fit?

I have a thought. He's got some big things that need accomplished and He wants to use YOU! Kingdom things. It's not enough for our spirits and souls to come along for the ride. He wants it all. He wants our bodies too.

Who does the sanctifying?

God

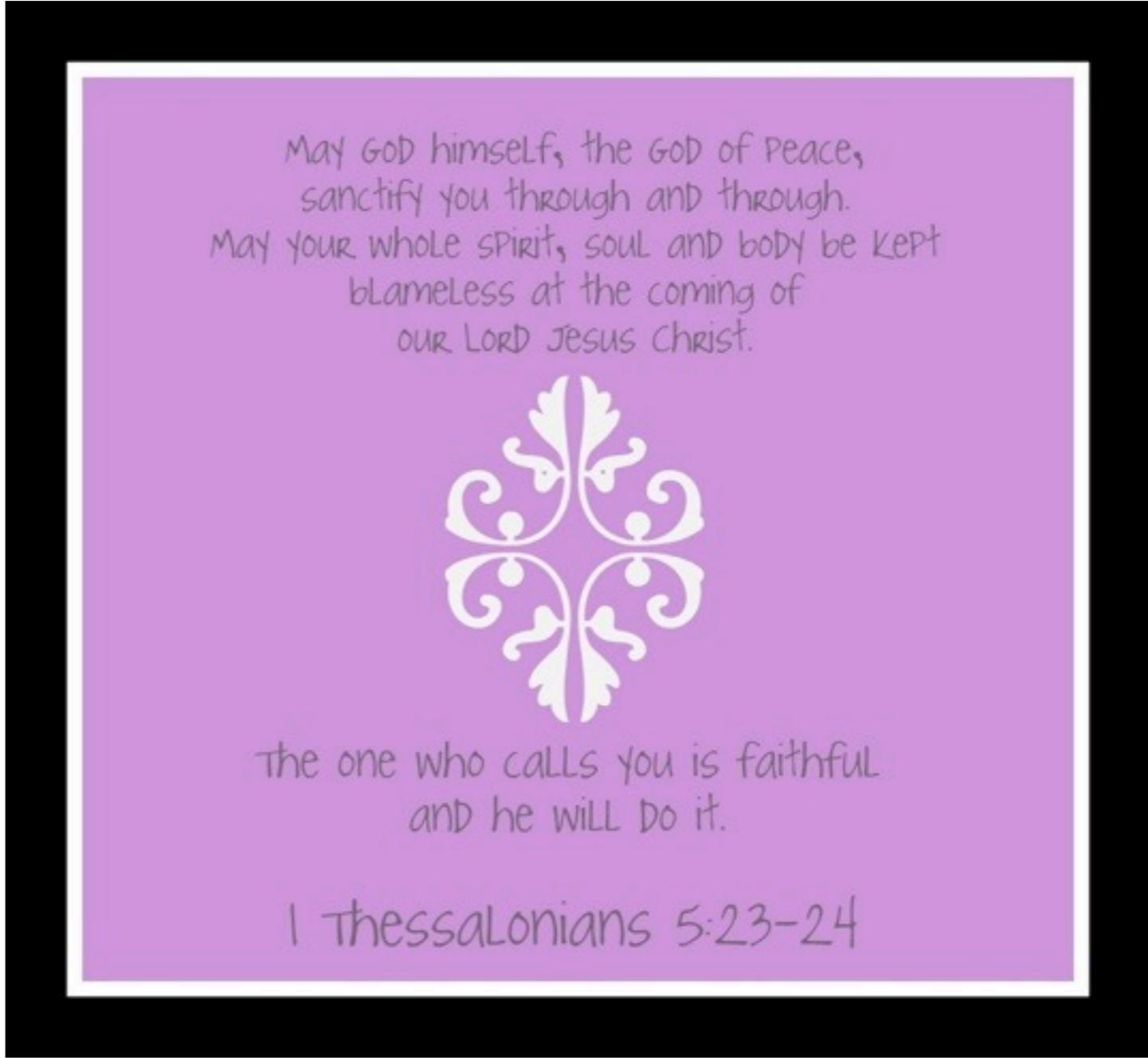
What percentage will He come through on this?

100%.

He's coming through on His end. Are you coming through on yours?

Check The Message version here . I like it!

“May God himself, the God who makes everything holy and whole, make you holy and whole, put you together—spirit, soul, and body—and keep you fit for the coming of our Master, Jesus Christ. The One who called you is completely dependable. If he said it, he'll do it!” 1 Thessalonians 5:23-24



5 Anywhere Exercises

Taken from my post at www.thebettermom.com

Do 2-3 sets of
10-12 Reps
for each exercise



Push-Ups

Get on all 4's on the floor. To modify: Stay on your knees. Place hands a bit further than shoulder-width apart. Keep the chin AWAY from the chest and keep the gaze towards the mat. Drop the body down towards the floor and push back up.



1

2



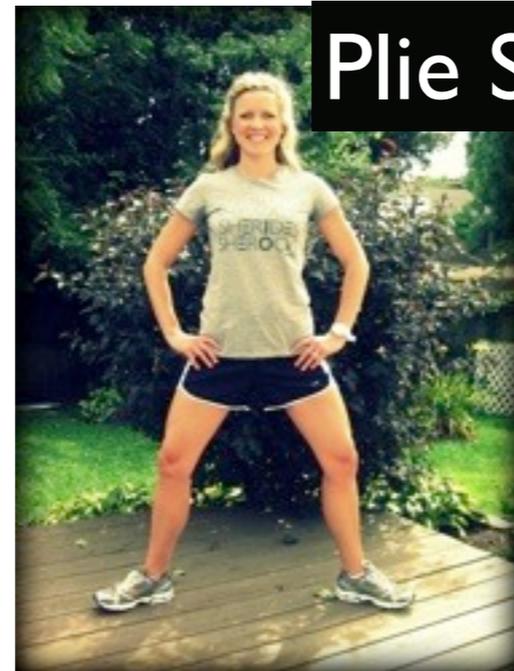
Burpees

3

4

While in the standing position, drop down with both hands touching the floor. Extend both legs out behind you. Hop both legs back in and stand up. To modify: Extend one leg out at a time when you drop down to the floor instead of at the same time. For added intensity, jump back up!

Stand with your legs a little more than hip width apart. Turn your toes away from one another. Keep the chest lifted and the abs nice and taught. Hands rest on the hips. Drop down and up. Focus on squeezing the inner thighs as you lift up



Plie Squat

Swimming



Get on the floor on your tummy. Extend your legs and arms out. Gaze is to the floor (the chin is not to the chest) and the abs are nice and tight. Move your arms and legs, simultaneously, in the air as if you were swimming. Keep everything very controlled and smooth.

Fast Flutters



Lay on one side. Hips must be stacked. (Imagine a cup of water resting on the hip) Rest your head on your bent arm. **KEEP THE CHEST LIFTED** as opposed to sinking (see pictures below). Now quickly flutter the legs back and forth **WITHOUT DROPPING THEM**. Breathe and keep the flutters smooth and controlled. Be sure to switch sides!!