

31.3 Jump

with *Clare* from



Last Week!

“I knew that abusing my body with food was a bad habit for me, but since I wasn’t hurting anyone else, I hadn’t seen it as sin. I finally understood. He created me. My body is a temple to be used by Him and for Him. He desires that we seek a spiritual transformation, not merely a moral one.”

Candace Cameron Bure
“Reshaping It All”



Stretchy Stretch

Most of us don’t take the time we need to stretch out our bodies. Flexibility is a very important part of fitness. You know this is the case if you’ve ever suffered from a tight hamstring or a shoulder twinge. I created a very basic lower body stretch workout for you. You can do this after you exercise or even just sitting in front of the tv.

My Most Requested Exercise Move....

is here...on video! And you can do it with me. We call it the “J.Lo” because of the song we do it too, but you can mute the song and use another if you’d like. I promise---you’ll love it!

31 Days • 3 Commitments • JumpStart Your Year

Entitlement: belief that one is deserving of or entitled to certain privileges (Merriam-Webster Dictionary)

How many times has entitlement gotten us in trouble? Have you added unnecessary calories because of it? Have you spent money that should have been spent elsewhere? Have you given an attitude to your children or husband that wasn't positive?

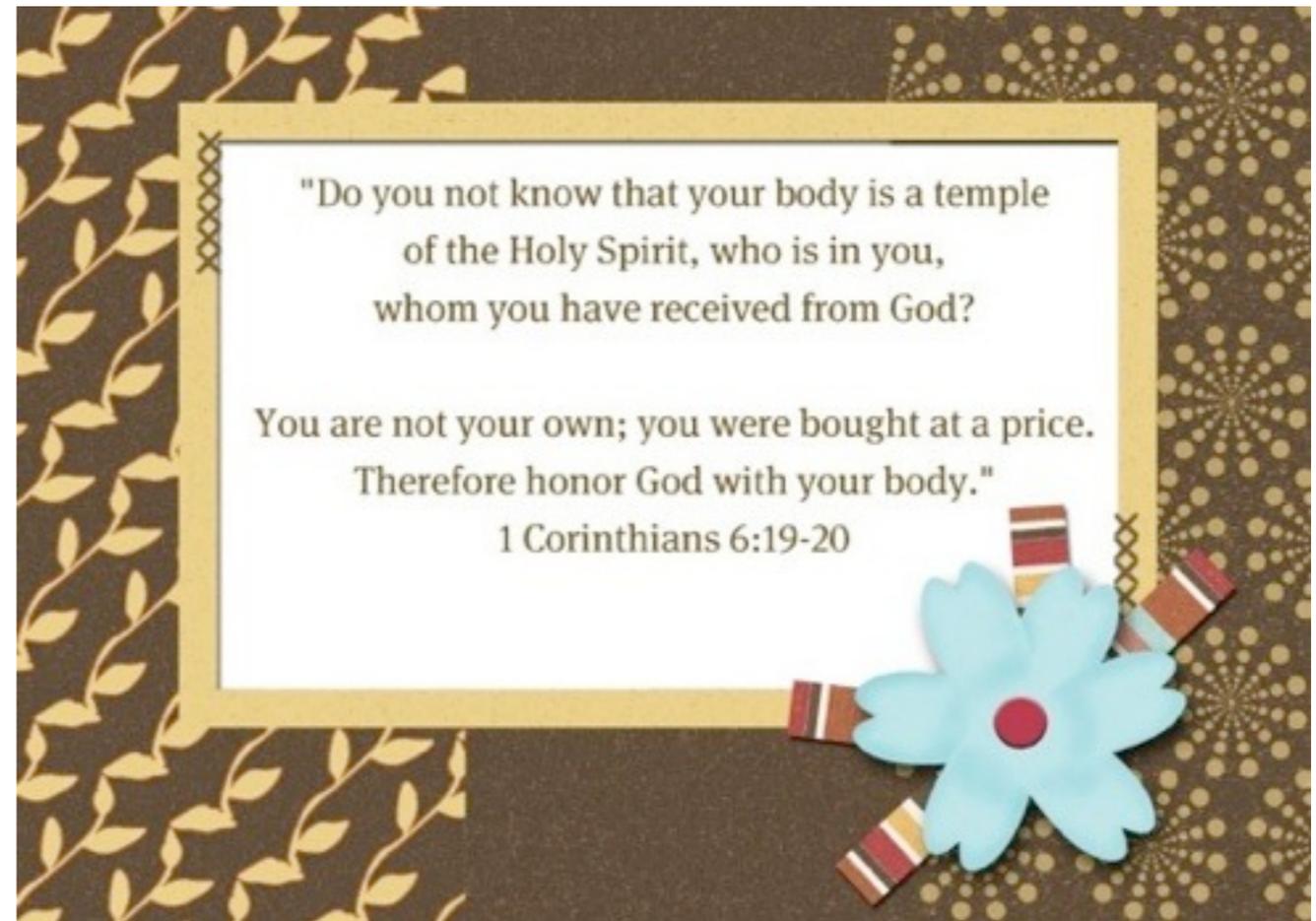
When I start feeling this way (because I do!), I'm reminded of something. I am not my own. I am an expensive investment. I was bought at a high price.

Paul also says, *"I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but I will not be mastered by anything"* (1 Corinthians 6:12)

The decisions we make today all need to be filtered first through what God would want us to do with ourselves. We first must serve the Lord. I do not want to be mastered by anything else than the purpose and glory of God! I do not want my desire for ice cream to master me. I do not want my desire to look pretty to master me and I do not want my desire to "get even" with my husband to master me. Again, we were bought with a price! We are NOT OUR OWN.

Soul Food

Memorize · Renew · Act

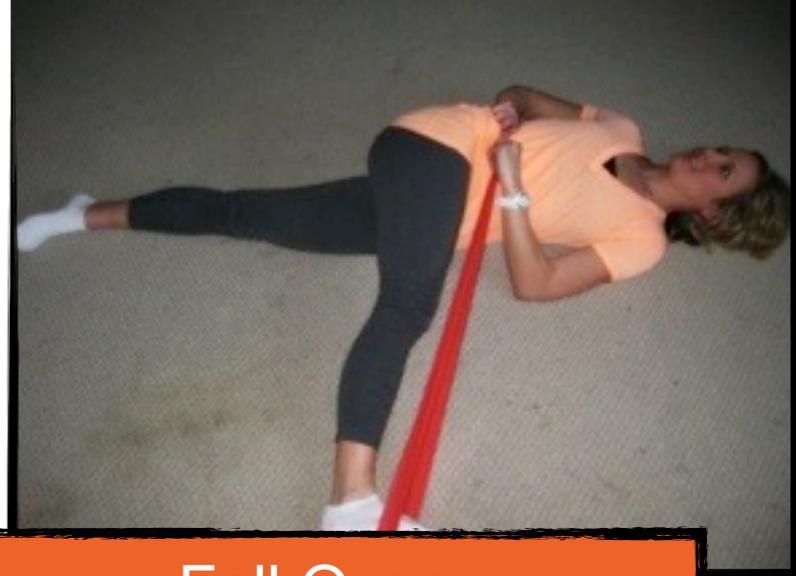


So, tonight, when you are feeling unloved, unappreciated and exhausted, do not first grab for ice cream, the remote, or your credit card. Pause and ask God what He would want you to do because after all, you are HIS first. *He gave his ONLY son for you.* (John 3:16) You ARE an expensive investment. Live your life as one.



1. Hamstring Stretch
(Point/Flex the toes or do circles both ways!)

Lower Body Stretch

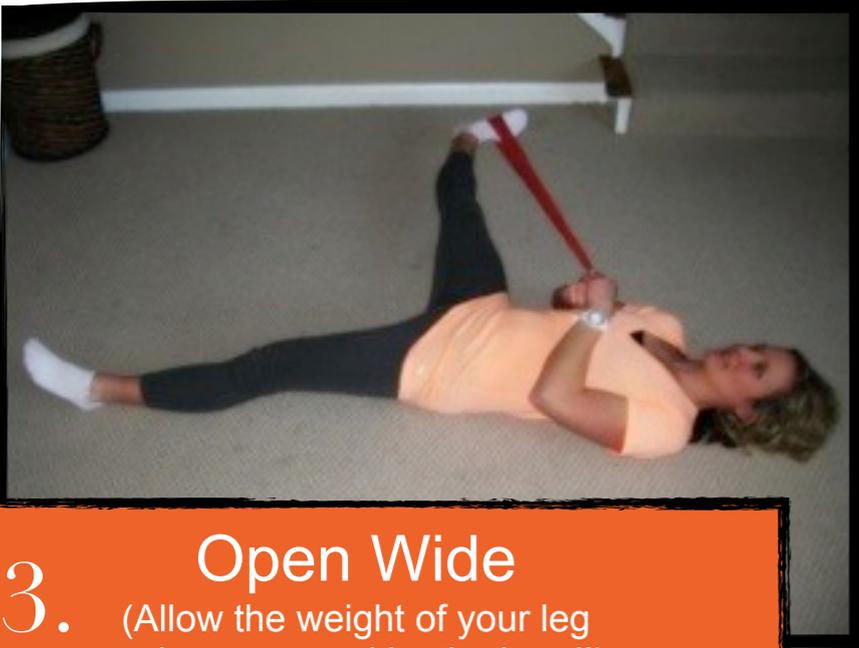


2. Fall Over
(Keep shoulders pinned to the floor)

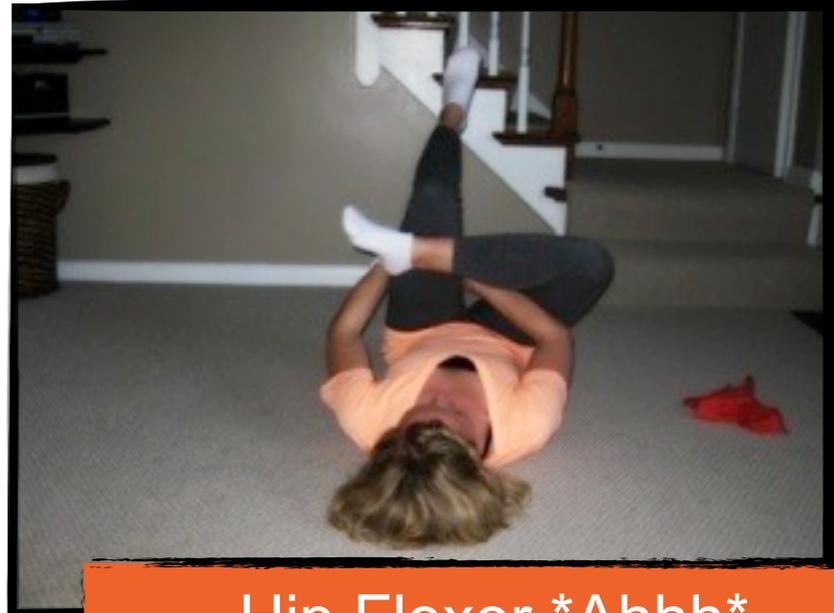
Instructions

- 1.) Grab an exercise band (or twisted towel) and lay on the floor
- 2.) Progress through each exercise holding each pose 5-12 seconds
- 3.) Be sure to go back to the top and switch sides!

BREATHE!!



3. Open Wide
(Allow the weight of your leg to be supported by the band!)



4. Hip Flexor *Ahhh*
(My fav stretch! Relax the bent leg's hip! Pull behind the hamstring for a further stretch)



5. Full Body Stretch
(Reach up and out!)