

Exercising while Praying Pg. 1 of 2

God's Priorities

of our top 7 daily habits

1. Time w/ Jesus
2. Church
3. Marriage
4. Kids
5. Work
6. Sleep
7. Exercise



TEN times the Power

Self-Destructive

~ Positive results that day?

Which one FEELS more Rewarding

Our life has three parts ----- like a three act play

Birth to 25 years old
Introduced to life

26 to 50 years old
Figure out the battles

51 to 75 years old
*Useful _____ / Jn. 2:12-14
Ps. 90:12, Ps. 103:5, II Cor. 4:16,
I Ti. 4:8 – Endorphins, I Cor. 15:46*

Self-Leadership

Every set back & every obstacle is an _____


*"Everything in here fits me, but I have to make the adjustments.
No one else can do that for me!"*

<u>Shoulder</u>	<u>Leg</u>	<u>Rewards</u>	<u>OPPOSITE of self-leadership</u>
Swimming	Jogging	Rom.8:28, Phil. 2:14	That's not me.
Weight lifting	Elliptical	Core Strength	I'm just came to hear about ..
Rowing	Bicycle	Eating habits	I tried that & it did not work for me
Push ups	All Aerobics	Prayer at church	
	Endorphins	Shoulder back	
	Scared	Your heart	

*Psalm 32:9 Do **NOT** be like the **horse** or the **mule**, which have **NO UNDERSTANDING** but must be controlled by bit and bridle or they will not come to you.*

Exercising while Praying Pg. 2 of 2

EVERYTHING in Prayer is an **ENGAGED** Mind

<p style="text-align: center;">While Exercising</p> <p>1. Quoting a chapter</p> <p style="margin-left: 20px;">a. Forward uses - - - - 30% of brain</p> <p style="margin-left: 20px;">b. Backward uses - - 60% of brain <i>Why - Easier?</i></p> <p>Prayer</p> <p>2. Structures use - - 5 to 95% of brain <i>Variable</i></p> <p>3. Open Mouth & Music <i>Curves Freedom Fitness music Vol. I & II,</i></p>	 <p style="font-size: 2em; color: gold;">Alert ?</p>
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- Core Strength** uses - - - - - **70%** of Brain
- Push Ups** uses - - - - - **70%** of Brain
- Ab Roller** uses - - - - - **70%** of Brain
- Weight Lifting** uses - - - - - **70%** of Brain

- 1. **Steady** – One word / count
- 2. **Fast & Hard** – Use breaks
- 3. Super **slow** – 6 – 7 words

- Elliptical / Jogging / Walking** uses **5 to 40%** of Brain
- Swimming** uses - - - - - **5 to 40%** of Brain
- Cycling** uses - - - - - **5 to 40%** of Brain
- Stretching** uses - - - - - **5 to 40%** of Brain

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Exercise a **LITTLE** slower & a **LOT** **LONGER** & more .. **CONSISTENTLY**