

Do the work(*out*) of an evangelist

1 Timothy 4:8

For physical training is of some value,  
but godliness has value for all things.

# Truths about Exercise & Evangelism

## 1. Almost Everyone Exercises Eventually



- i. LONG TERM GOALS are the Key to Exercising
- ii. TALKING about exercising is NOT exercising
- iii. Immediate weight results are a HORRIBLE reason to exercise.
- iv. Medical Reasons to Exercise
  1. Blood Flow
  2. Flexibility
  3. DELAYED Power / Energy / Mood Burst  
(*Endorphins, Acts 1:8*)
  4. Changes your Eating Habits
- v. The younger you start the more likely you will be to exercise as a life time habit



## 2. Most Successful way to start exercising – Personal Trainer



- a. Importance
- b. Teaches Multiple Methods
- c. Three Months will start a life time habit

