

⚠️ Health Disclaimer

This guide is intended for general wellness inspiration and community engagement. Participants should consult with a healthcare provider before beginning any new physical activity, especially if they have chronic conditions, mobility limitations, or recent health concerns. All events should follow local safety guidelines and be inclusive of all ability levels.



🔔 Sample Announcement for Church Bulletin or Social Media

🏃 Join Us for Family Fitness Friday!

This Friday, we're walking in faith and wellness. Bring your family, wear comfortable shoes, and meet us at [location] at [time]. Let's move together for 30 minutes of praise, prayer, and purpose.

💬 *"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers." – 3 John 1:2*

#FamilyFitnessFriday #HealthyTogetherMS
#TempleCareMatters



FAMILY FITNESS FRIDAY



**Make movement a ministry moment.
Walking together builds health
and connection.**





Overview

Family Fitness Friday is a weekly wellness initiative that encourages families and faith communities to walk together for at least 30 minutes—combining physical activity, fellowship, and spiritual reflection. Whether it’s a neighborhood stroll, a church parking lot loop, or a nature trail walk, the goal is simple: move together, grow together.



Walk and Worship Event Guide

Make movement a ministry moment. Walking together builds health and connection.

Step 1: Choose Your Location

- Select safe, scenic routes near churches, parks, school tracks, or neighborhood sidewalks
- Ensure accessibility for all ages and mobility levels
- Consider shaded paths, rest areas, and places for reflection or prayer

Step 2: Set the Atmosphere

- Open with prayer or scripture (e.g., “*Let us run with endurance the race that is set before us*” – Hebrews 12:1)
- Play uplifting music or invite a praise leader to walk and sing
- Encourage families to wear campaign T-shirts or carry signs with uplifting messages
- Provide water stations, light snacks, and a welcoming check-in table



Step 3: Encourage Participation

- Promote through bulletins, social media, and group texts
- Invite families, youth groups, seniors, and health ministries
- Offer incentives like step-count challenges, digital trackers, or wellness giveaways
- Celebrate with weekly shout-outs or small prizes



Step 4: Reflect and Share

- Close with a short devotional, testimony, or scripture reading
- Invite families to commit to a **Family Fitness Pledge**—display pledges in church foyers or community centers
- Encourage participants to share photos or reflections using **#HealthyTogetherMS** and **#FamilyFitnessFriday**



Bonus: Family-Friendly Fitness Ideas

Offer simple, joyful activities to keep families moving throughout the week:

- Nature walks
- Backyard obstacle courses
- Praise dance parties
- Fitness scavenger hunts
- Stretch breaks during homework or chores



Faith-Based Encouragement

Incorporate scriptures that highlight unity, movement, and health:

- “*Train up a child in the way he should go...*” – Proverbs 22:6
- “*Two are better than one...*” – Ecclesiastes 4:9