



Holy Workouts

First in the “Temple Fitness” Series

Magi G., Professional Fitness Trainer

*Or do you not know that your body is the Temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's. **1 Corinthians 6:19-20***

Do you ever wish you could improve the way you feel, your energy level throughout the day, or sometimes even the way you look, but just don't have the motivation to do much about it? Who hasn't, right?!

God is our Creator, and as 1 Corinthians 6 makes sure all Believers know, you and I are a Holy Temple for Him. God loves us so much and blesses us with life and everything we have, and it is our obligation to do our best to take care of our Temple – meaning building it up, cleansing it, maintaining it, and making sure it's a Holy (set-apart) place for Him.

I'm Magi G., and though I'm a professional Fitness Trainer, I'm made of flesh and blood, just like you. I struggle with probably the same things you do that jeopardize health. I love to eat; I'm serious, I just love food. The problem though is that today we are surrounded by a lot of junk, and a mentality where people sit at home in front of the TV with potato chips and coke. It's hard to not be influenced, to be tempted, by this passive microwave culture. But the question is: *What are we going to do about it?*

I grew up in Israel, and started my professional fitness career as a Combat Fitness Trainer in the IDF (Israel Defense Forces), working with army combat soldiers in an elite unit. I truly believe God put me in that position for a reason, and I felt very blessed to be able to help these soldiers be as fit as possible to do their super-important and very dangerous job. It was a great honor serving my country, and serving God in this way!

After I completed my army duty, I continued with my passion for fitness and started training in gyms and with private clients. Today I teach spinning, Pilates, core training, full body workout, and personal training for kids, elderly women, and other groups, as well as one-on-one classes.

Even though I've been doing this since 2005, and have developed many healthy regimens and daily routines, I must always be on guard. The enemy will try his best to destroy God's people, and he'll even use things that are supposed to be good for us, including food, to do it! So, I'm not going to sit here and pretend that it's a piece of cake (*ooohhh...cake!*), or that you can get into shape and lose all your bad

habits in 30 days! No. But the way I see it – this is my life and I am going to keep working to make positives changes that create not only a healthy body, but also a fun life style. *Are you willing to do that too?*

For sure, the enemy of our souls doesn't want us to be healthy in body either, because when we are not active, we are generally unmotivated to go out and fulfill God's calling on our lives. And, eventually, we are not capable of going out at all because we have this disease or that health issue...and why? Not because God gave us those ailments, but because we didn't take care of our own body as the Temple it is!

It's easy for Christians to think, "Well, it's not the outside that counts, God loves me for who I am on the inside." And yes, that is true, but you know what? Working out for a Believer shouldn't be all about looking great on the outside -- although that is a great bonus; our primary motivation should come from the desire to be a proper steward of the body He gave us, so we are ready and able to serve Him. Once you start giving your body the exercise that it needs you will feel better, be more motivated, happier, less stressed, more productive, and more able to do God's will for you in your life! I think that's pretty exciting!

GET GOING!

I want to share with you how much fun you can have getting your body fit and in shape; including some quick easy tips that can radically help with weight loss. Maybe you don't like working out, or doing any type of exercise, or have a fear of it (*you see some super-duper fit trainer telling you "you can do it!" – but that just makes you feel like "what's the point – I'm never going to look like THAT"....*) Well, hello! You think we were born this way? Do the best you can with YOURSELF! You can do it... but WILL you?

I am very aware of what goes on in gyms, and that it may be uncomfortable for many of you to be there. They are not a great place for people concerned about modesty and humility. Especially for men (and you ladies too) who need to make and keep a covenant with your eyes to not lust, as Job did (Job 31:1), it's not an easy place to be. For me, I honestly got fed up with the music. I would teach my classes and realize how horrible the lyrics of some songs that I was playing were, and that's when God put a huge desire in my heart to create my own music and make songs with a good message lead by the Holy Spirit. (*I'll share more about that with you another time.*)

So here's an idea for you, if you are a member of a gym you could put some great worship on your iPod MP3 player, instead of listening to the ungodly music they play. Make it "God time" where you can workout and simultaneously engage in fun worship and prayer. If you don't belong to a gym, you can enjoy a nice walk or run outside in God's beautiful creation. Or as a third option - you can get a great workout at home, even without any expensive equipment.

PLANNING

Take the next few days, or week, and think and plan how YOU are going to change your life! How you will become better, stronger, and have a purpose for each day, that includes two or three short morning or evening workouts each week. Start by planning when you will do it, then DO IT. But don't overload yourself, even if it means starting with just one workout that week. *Hey at least you did it!* Get momentum, move from strength to strength, and have fun with it! Remember – things that we like and have fun doing, we want to do more often!

One last tip for today, DRINK WATER!! Lots of it! Everyone should try and drink half his/her bodyweight in ounces every day (*so if you weigh 130 lbs, drink 65oz, approximately eight 8oz glasses, or 4 half-liter bottles*)....and since you'll be exercising, you'll want to try and drink even more. You will see a change in your metabolism, in your energy level, in your weight, and your mood! Water is key to overall health.

God deserves our best shape, greatest service, and dedication to Him. Even though we may not “feel like it”, we must overcome the enemy's attempt to make us lazy and lose motivation, and give God all the Glory and Honor and respect His Holy Temple deserves. We are to be a light that shines for God (Matthew 5:16), and we can do that best when we are happy and healthy in body, as well as in soul and spirit.



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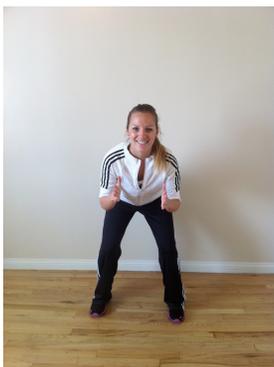
AT-HOME EXERCISE

A lot of people think that they need to exercise one to two hours at a time to get results, or that they must go to the gym to improve their health. Well, let me assure you that you can get great results in as little as 10 - 15 mins a day, at home! There are easy and efficient multi-muscle exercises that burn a lot of calories, take very little time, and are even fun - because they include a variety of movements. I'll give you an example:

10 mins or more:

- 10 jumping squats
- 15 burpees (plank, and jump up)
- 8 push-ups x3 directions
- 12 back leg stretch lunges

Exercise 1: 10 Squat Jumps



1. Starting position - Squat



2. Jump up, then go back to starting position

Exercise 2: 15 Burpees



1. Starting Position



2. Squat down



3. Plank

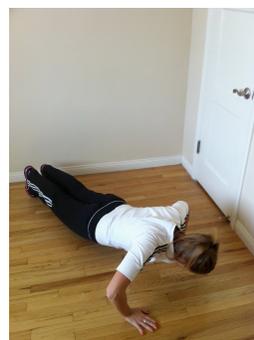
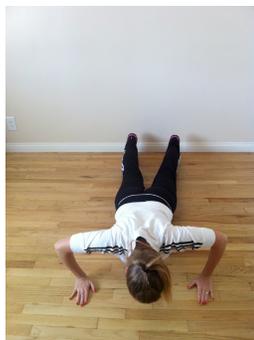
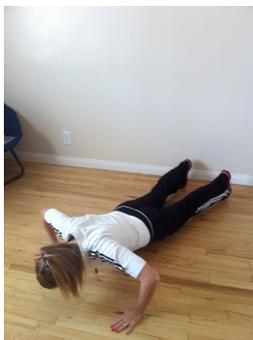


4. Back to squat, back to 1



- (or, if you want to make it a bit more advanced)
You can add:
5. Jump up, and back to 1

Exercise 3: 8 Push-Ups (3 directions)



1. Middle

2. To your right

3. Back to middle

4. To your left

- Stay in Plank position throughout the whole exercise, and change directions by moving one hand at a time, till you reach the right position and direction.
- Try to do this whole routine at least 3 times (for more advanced, 5x)

Exercise 4: 12 Back Leg Stretch Lunge (12 each x2)



1. Starting position

2. Lunge (back leg stays straight)

- Make sure your knee doesn't go past your toes (in position 2)
- Make sure to keep your back leg straight.
- In order to do so, start position 1 as far from the chair as you can.

Do all the above 2 or 3 or more times. It's great to do them in a cycle without breaks, but you can start out by taking 15-second breaks in between each exercise. This workout will get your heart rate up, make you sweat, and it's so good for you, and fun! It works on multiple muscles such as your legs, arms, and even abs! Put on some upbeat praise music while you do it for an extra pump.