

# Faith Can Move Mountains

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*Exercise your faith and become healthier in body, mind, and spirit.*

## Guiding principles for participants

- *Goal:* 10 week challenge to increase physical activity and make a healthy change in diet.
- Keep a record of time spent dedicated to physical activity daily, what the activity was, and weekly wt. and B/P for the entire 10 weeks.
- Teams consist of 4-6 people and each church can have as many teams as they want. We have 20 free pedometers to give to the first people who sign up for the program.
- The use of a pedometer is encouraged to help log steps and miles.
- Start where you are in relation to length of time spent doing a physical activity. If you are able to walk for only 10 min at a time, do this for a week, then add another 5 min. Work yourself up to 30 min. per day. If you are unable to do 30 min. of activity all in one session, the time can be divided into 2 or 3 sessions of 10-15 min. **Make sure your doctor says you are healthy enough to walk. If you develop any problems during your workout stop and contact your physician.**
- IWM will post a weekly scripture related to health and wellness on our website. <http://interfaithwellness.org/> We encourage teams to use time during the physical activity to have devotion, sing songs that inspire you as a Christian, learn a bible verse, or pray as you do your fitness activity.
- Teams will be assigned a name and number according to your church name and number of teams at your church. Individuals will be assigned a record keeping form with a random 4 digit number. We will compile statistics at the end of 10 weeks using this information. Your information is kept anonymous.
- Record keeping forms can be downloaded from our website or picked up at our office. If you have downloaded the forms please call our office 723-8505 to get your random number and let us know the church and team you are participating with. The random number will be used to identify the winner of our challenge at the end of 10 weeks.
- The **prize winner** will be the individual who is most consistent in doing a physical activity and completing the scavenger hunt activity posted on our website weekly. Scavenger hunt activities will be posted each Monday along with the bible verse for the week and a health tip. Record your answer to the weekly scavenger hunt on your record keeping form on the Monday space on your record keeping calendar.
- Be sure to return your record keeping form at the end of 10 weeks.

*Jesus replied, "I tell you the truth, if you have faith and do not doubt, not only can you do what was done to the fig tree, but also you can say to this mountain, 'Go, throw yourself into the sea,' and it will be done. If you believe, you will receive whatever you ask for in prayer." Matthew 21:21 NIV*