

## Are You Physically Fit?

The following questions are meant to give you a general diagnosis in regard to your physical fitness. You must be honest, even if it is painful. An answer that does not reflect the truth about you may give you a higher score and cause you to feel better about yourself but it will not ultimately enable you to resource your life and ministry with all the energy and strength necessary. If you do not know the answer to a question the answer is probably, “no.” If you are not satisfied with “no,” ask your spouse.

Please answer the following questions “yes” or “no.”

1. I have had a thorough physical within the last 12 months.

This means it is your custom to have it once a year whether you “think” you need to or not.

2. I spend 30 minutes doing an aerobic workout of some kind at least 3 times a week.

This means you jog, walk briskly, ride a bike, swim, or do an activity that raises your heart-rate.

3. I participate in a weight resistant activity twice a week.

This means that you lift weights, work in the garden, chop wood, or participate in some activity that requires your muscles to exert themselves mightily on your behalf.

4. I exercise discipline in the amount of junk food I consume.

This means you that pop, potato chips, donuts, and candy are not part of your daily diet but an infrequent ( once every 2 weeks) treat.

5. I eat a healthy well-balanced diet.

This means that you follow the Canadian Health Food Guide and eat the right amount of proteins, carbohydrates, and starches.

6. I am with 15 percent of my ideal body weight.

This means you know your ideal weight for your body type and height.

7. I get 6 - 8 hours of quality sleep each night.

This means that a number of the hours you sleep are before midnight. It also means you fall asleep without any medicinal aids. Usually, you sleep restfully throughout the whole night. If you are troubled with a sleep disorder you cannot say, “yes” as the sleep you get is more fitful than restful.

8. I take a day each week for rest/renewal and have been on a holiday that lasted for 2 weeks or more during the last 12 months.

This means you value rest and renewal and realize that you are not indispensable to your ministry.

9. I walk and take the stairs whenever possible.

This means that you receive extra exercise that contributes to your overall health.

10. I regularly participate in outdoor activities.

This means that you walk, hike, play outside on a regular basis. If this is so it means that you do not have a mostly sedentary lifestyle which contributes to weaker overall health.

#### Scoring

If you scored “yes” 7 or more times it would seem that you have achieved a good degree of health in this area. Continue to practice the things that brought you this health. If you scored “yes” 5 times or less you definitely need to give attention to this area of your life. A score of 5 or less indicates that your physical health is not what it could be and thus you are robbing yourself of the energies that would normally be available to you for every day life. Moreover, lack of attention in this area of health provides a poor role model for one who leads others in following Christ. If you need some assistance or would like to discuss this aspect of spiritual health with someone please do not hesitate to contact any member of the CCSB Health Team: Bob Shelton at [rshelton@ccsb.ca](mailto:rshelton@ccsb.ca) or Hamish Buntain at [hbuntain@ccsb.ca](mailto:hbuntain@ccsb.ca).