

# Faith & Fitness Magazine

Your Tool for Powerful, Healthy, and Passionate Living

[faithandfitness.net](http://faithandfitness.net)

## MUSCLES ARE MADE FOR EXERCISE

Use this matrix to make your own personal connections between faith and fitness. Write your experiences and thoughts in the space provided. Go to our forums and share your perspectives at our On-line Community Network.

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<p style="text-align: center;"><b>FAITH</b></p>	<p><b>Having Faith</b> What does it mean to "trust God"? Truly practicing "trust" or faith requires you to live beyond logic and knowledge. Faith isn't about what you can control – it's all about release and letting go. Live life to the fullest today by having faith as your first choice rather than your last resort. Do you have long-term faith that your physical exercise will have results – perhaps in ways you don't expect? Use the physical to better understand the spiritual.</p>	<p><b>Showing Love</b> How much do you love? Take a look at the athlete that can't stop practicing or the bodybuilder that lifts weights daily at extreme times of the day. These people "love" what they do. They do it without reservation and do it sincerely when they don't expect any recognition in return. They are compelled and genuine AND when they share it with others we see that they value what they love enough to give it to those who have not yet experienced.</p>	<p><b>Practicing Grace</b> Can you resist the temptation to judge others at all levels? Do you recognize your place and position in life? Look at others through God's eyes. You're no better than anyone else – EVER, regardless of what you do or don't do. It is always a level playing field. Do you tear down others or build them up? The best exercise of grace is to do the unexpected. Change gets us beyond our plateaus.</p>	<p><b>Being pure and right</b> Why do people drink Evian water? Would you choose food with chemical additives and artificial flavors? What happens if you consume something tainted or spoiled? If you want purity for your physical body don't expect anything less for your spirit. What happens when you exercise wrong? Ouch! It is not any more difficult to live spiritually right than to do an exercise right. Learn how to do it and do it right.</p>
<p style="text-align: center;"><b>FITNESS</b></p>				
<p><b>Tear down to build up</b> DOMS or Delayed Onset Muscle Soreness (the pain you feel 24-48 hours after exercise) is likely due to microscopic tears in the muscle from eccentric exercise. Taking a day off allows for tissue repair and building, which leads to stronger muscles. Hypertrophy is the term used to describe an increase in the number and size of myofibrils inside muscle fibers. In other words your muscles adapt to strength training with an increase in size. Apply it to your spiritual muscles.</p>				
<p><b>Oxygen and Nutrition</b> Oxygen and nutrients are critical to the proper functioning of muscles. Proper breathing and healthy eating are important for good muscular development. Some supplements are now designed to improve your ability to absorb oxygen during exercise. Soreness results from lack of oxygen. Without good nutrition one can not expect to achieve maximum muscle growth. Consider how each faith element is critical to good spiritual development.</p>				
<p><b>Structural design</b> The more we study and learn about the human body the more we are amazed by God's intelligent design. Its ability to grow, repair, compensate, adapt and perform is nothing short of amazing. To understand your body's potential and limits helps you to exercise your full range yet avoid injury. Apply the same perspective to your spiritual structure. Expand your range of motion in faith, love and grace. Avoid injury caused by doubt, anger, blame and other stresses your spiritual body was not designed to support.</p>				
<p><b>Best exercises</b> What are the best exercises for you? That depends on many factors. An exercise analysis can identify many physical factors unique to your body, outline your needs and goals and map out an exercise plan. Why bother? It is like buying a house. Decisions that affect your long-term physical health and spiritual life deserve real attention and focus. Take some time to pay attention to you and discover who you are.</p>				