

How To Use Fitness To Change Your Life

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History of Fitness:

- Hunting and gathering- fitness was daily living for survival.
- Preparing and surviving in war.
- Greeks/Romans- fitness as an art and competition.
- 1968: Dr. Kenneth Copeland sees the unhealth (specifically heart disease) resulting from the sedentary lifestyle from the Industrial Revolution and says, 'we need to stress the body (specifically the heart) to suppress this disease.'
- Richard Simmons- first to go public and create a daily workout show.
- Jane Fonda- first VHS workout offering.
- Gin Miller- creates step aerobics.
- Johnny G- indoor cycling begins.
- Billy Banks- creates Taebo.

Reasons People Exercise Today:

- Weight loss
- Strength gains
- Trim, tone, firm, lift (body sculpt)
- Social activity
- To feel better
- Mental health

The brain is the vehicle to go somewhere. It needs time to rest and to be quiet (regulate the body), but it also needs to be fired up and that happens when we move our bodies. Moving on purpose, for a purpose.

“Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your habits; watch your habits, they become your character; watch your character, it becomes your destiny.” Lao Tzu (Chinese Philosopher).



You can think on purpose. When you do, you become the driver of your thoughts. The difference between the brain and the mind is authority. Some people 'check out' of their brains (disconnect) during their workouts. You have to check into your life!

If you are considering a bigger vision for your body and the choices you make and the person you want to be...where are you ultimately going? Where is your destination? The brain is the car, but your mind (deliberately making choices) gets behind the wheel and goes somewhere. Where are you going? Where do you want to go? What is your end goal here?

You were made for a love that never ends, a beauty that never fades and a peace that always goes on, but we live in a fallen and broken world. We have to be thinking, "what is my mind thinking and where am I going?" This is when fitness changes→ When you ask the question: "What do I want from this?"

"To change our life, we have to change our minds, the place where we think." Brains are for moving, minds are for thinking.

"For as he thinks in his heart, so he is." Proverbs 23:7

"For to set the mind on the flesh is death, but to set the mind on the spirit is life and peace." Romans 8:6

"Do not conform to the patterns of this world, but be transformed by the renewing of your mind." Romans 12:2

Neuroplasticity allows you to change your brain- more beautiful and healthy- but you need new thoughts. When you move your body, you fire up the hippocampus part of your brain that creates new brain cells (2-3 times more than if you didn't exercise!). What thoughts are you giving those new brain cells?

What do I want more: for fitness to change my mind or my body? If you change your mind, the body will follow.



Things You Can Do To Transform Your Fitness Into Transforming Your Life:

- Moderate movement
- Meditational movement
- Mouth movement
- Be still, stretch and breathe
- Eat
- Sleep

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