

Now What?

We, as the Northern IL District, have spent the month of September MOVING! And you did a phenomenal job! Over 40 ministries across the District had one or more individuals participate, and we had hundreds of submission forms. Some of you moved in classes, and on walks with each other. Others of you played pickleball, gardened and mowed the lawn, and did household chores. You moved as individuals, stretching and doing physical therapy. You moved as couples and families, playing Wrestlemania and doing folk dancing. Over 60 of you signed up for the Vitality challenge to earn extra incentives through your health insurance. Whether you participated once or all four weeks, everyone who moved with purpose was a winner. And we did it together as a District!

Each movement was a celebration of the body God has gifted to you, and an act of stewardship of His marvelous creation. It was a fun month of movement!

So now what?

What do you do now?

You keep moving 😊 *Only now try moving a little more.* The goal of moving 10 minutes a day was designed to be easy enough that anyone could do with a little effort. Making a goal or habit *easy enough* helps you actually do it. When your goal or habit is too hard, we experience resistance from our brains. Sometimes the resistance is so big that we quit. Or we might push past this resistance for a while with willpower, but eventually realize grit alone will not sustain us for the long haul.

That's why we keep it simple to start with. Simple like 10 minutes a day of movement.

Simple like adding 1 fruit to our diet. Or praying for 5 minutes or reading 1 page of your book.

But we don't stay simple. **We start small to build strong.** Small allows us to hold space for a new habit so we feel little to no resistance. Then add on to help you reach your goal. Try adding on a few minutes to your movement, maybe 12 minutes a day for 5 days. The following week move 15 minutes a day for 5 days. Progressively adding on allows you to build your habit strong, and gently push past any resistance you might experience.

The great news is you've already been looking for that movement time in the day and have held space for an intentional movement habit. Why not build slowly upon it?



The Let's Get Moving Challenge may be done, but the challenge of stewarding our bodies isn't finished just yet. We can apply the "start simple" tool of habit change to any area of wellness, to any goal we're looking to set.

The question is how will you add on this week...or how will you start small to build strong?