

GET FIT

God's Way



Get Fit God's Way: Taking care of your body, His temple, by seeking Him in your fitness, surrendering it to Him and relying on His Strength.

I'm going to share one of the top reasons we don't reach our fitness goals.

So frustrating, right?

- *Do you set goals, but find it's hard to stick to a fitness plan?*
- *Does getting fit make you feel exhausted?*
- *Do you get upset with yourself, because at the end of the day you haven't gotten your workout in?*

I used to live this way, too...

But, I've got a solution and the steps to help you.

As a woman of God, maybe no one ever told you that God cares and wants to be involved in every detail of your life – including eating, exercise, and even your body confidence. I want to help you make that connection.

Being prayerful and inviting Him on this journey is the first step. Let me show you how...

Many women tell me they have this negative conversation going on with themselves and beat themselves up, because they don't get their workouts in. This struggle is compounded by the very unrealistic and single-focus of what it means to be (look) fit...the world's way.

Fitness can get very vain quickly and many women tell me they feel defeated like they can't measure up and what's the point.

Oh my friends, the point is **YOU ARE WORTH TAKING CARE OF!**

Health is not something to take lightly and what we look like on the inside matters more than the outside.

It's so easy to get caught up in this space of negative self-talk and exhaustion, and when we do it's clear, **we're not doing this with God or in His strength.**

The answer for those of us who love Jesus is so obvious it's almost too obvious, and here it is: **Seek God first & rely on His strength.**

When we do this it will create a mindshift from doing fitness the world's way – fleeting and vanity driven to getting Fit God's way – purpose driven: taking care of your body, HIS temple.

Here's our first step to seeking, surrendering and relying on God in your fitness.

Setting Your F.A.I.T.H. Goals

Seek first the Kingdom and His righteousness and everything will be added to you.

- Matthew 6:33

Seek the Lord and His strength seek His presence continually.

- 1 Chronicles 16:11

I can do all things through Christ who gives me strength.

- Philippians 4:13

Our success is brought about through the daily decisions we make, and good decisions are easier to make when they are **set in faith and clearly defined.**

Seeking God first and praying for wisdom to make God-led goals is how we find lasting results and overcome the daily struggles.

We never want to get ahead of God, but we need to act. Nothing will happen by just sitting around. We take a step in faith, stay in prayer, and allow Him to direct our paths.

Picture a marathon runner nearing the end of the race. They don't accidentally trip across the finish line, and neither will we. We won't stumble upon success; we have to achieve it.

F.A.I.T.H. Goals

Ask God for wisdom, and then write out your answer to each component of F.A.I.T.H Goals:

F - Faith-Filled and Specific

A - Accountable

I - Inspiring

T - Time-Based and Measurable

H - Healthy

Think of a goal you have right now, it may feel far-fetched or even impossible.

But...when you reverse engineer your big goal into tiny steps you can take today, it instantly feels very doable. Consider one small change you can create today, and then do it again tomorrow. These small wins fuel your momentum and result in you arriving at your goals.

These little changes are part of our daily systems, and our systems are where goals meet success.

This is where we need to rely fully on God for wisdom, direction, and strength – daily.

How great would you feel if you came to the end of the day and you could say:

- Read my Bible ✓
- Ate right ✓
- Worked out ✓
- Spent a few moments alone in prayer, self-reflection, and gratitude ✓ ✓ ✓

Maybe today you feel defeated and like you have nothing left, but friend, you can get on track today.

I promise you if you do this for one week, it will change your life.

Will you give it a try?

Here's what you need to do...

The F.I.T. Power Hour is the daily system for making F.A.I.T.H. Goals a reality.

The F.I.T. Power Hour

For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

-1 Timothy 4:8

When I trained to compete in fitness and for magazine covers, I noticed years ago that I was a happier and healthier wife, mother, and friend on the days I spent time with God, got my workout in, and found a few reflective moments.

Striving to work God, exercise, and self-reflection into my schedule every day, I began to call this time my F.I.T. Power Hour, and it has helped me find lasting health and fitness.

The **F.I.T. Power Hour** is a daily, one-hour commitment broken up into three twenty-minute segments that focus on spiritual, mental, and physical fitness.

The three components of the F.I.T. Power Hour are as follows:

F.I.T. Soul-Time in the Word

F.I.T. Mind-Time with yourself in reflection, prayer, and gratitude

F.I.T. Body-Time exercising

Don't think you have to limit any of these components to twenty minutes. Your F.I.T. Power Hour can be broken up into twenty-minute increments, another combination of increments (such as five minutes in the Word, thirty-five minutes exercising, and twenty minutes in the shower praying), or combined into a single hour (in which case you might listen to the Bible on your phone as you work out and pray at the same time).

There are days, I'll admit, that I only get in a F.I.T. Power Half Hour, and that's okay too. The goal is to make a daily commitment of spiritual, mental, and physical training.

It's not about being perfect; it's about doing what you can. And something is always better than nothing.

Let's take a deeper look at the three components of the F.I.T. Power Hour.

F.I.T. *Soul* TIPS

Time with God is strength training for your heart and mind.

- BEGIN THE DAY READING THE BIBLE WITH YOUR MORNING COFFEE OR TEA.
- GET A VERSE-OF-THE-DAY APP ON YOUR PHONE.
- WATCH INSPIRATIONAL CHRISTIAN VIDEOS.
- PUT CHRISTIAN MUSIC, BOOKS AND THE BIBLE ON YOUR IPOD OR IPAD, AND READ OR LISTEN:
 - IN THE SCHOOL PICK UP LINE
 - WAITING FOR APPOINTMENTS
 - ON YOUR LUNCH BREAK
 - DURING YOUR DAILY COMMUTE
- LISTEN TO CHRISTIAN PODCASTS.
- END YOUR DAY WITH PRAYER AND GRATITUDE.

Kim Dolan Leto

Spending time in the Word is the most important thing a person can do to achieve their health and happiness goals. For many years I had it backward. I thought if I could just make myself (and my life) perfect, I would be happy. Easy, right? Wrong! With a soul that was starved for attention, I still felt empty. And who wants to feel empty? I certainly don't anymore.

So, things are different now. I read or listen to scripture first thing every morning. I love starting my day this way because it fills me with the words of encouragement I need to keep up with a busy schedule. And since the enemy seems to make a bid for my thoughts before my feet even hit the floor, this is a habit that helps me fight fire with fire.

When it comes to **F.I.T. Soul**, God isn't looking for a specific amount of time each day. Ultimately, He wants to spend the whole day with us. Whatever we're doing, He wants to come along and help direct, guide, and enable us. However, sometimes we are the ones who need to get used to the idea of spending time with Him. Therefore, the twenty minutes or so we devote to God as a part of our F.I.T. Power Hour prepares our hearts to allow Him in and reminds us to carry Him with us wherever we go and to turn to Him with our every problem.

Struggling with food all my life, I never realized how impactful time spent with God was until I asked Him to help me overcome my overeating and emotional eating. He helped me hit the pause button and find a passion to make the right choices. I started asking myself questions such as: Am I really hungry? How will I feel after eating this? And what is a healthy alternative I could try?

Asking such questions helped me think about how much I was eating and inspired me to learn how to cook my favorite meals in a healthy way.

Finding time to read the Bible (our manual for life) may seem like a challenge, but it's easily accomplished in a number of ways.

I believe God would prefer that we remember one verse than spend an hour reading and not remember anything. **Our journey with God is personal and beautiful.** He desires a relationship without any guilt on our end, so if you have only five minutes, then that's good enough for God. In fact, He can do more in five minutes than you could ever imagine.

F.I.T. *Mind* TIPS

*Renew your mind with God's truth
and be empowered by who He says you are.*

- PRAY/READ SCRIPTURES THAT SUPPORT YOU IN WHATEVER YOU'RE GOING THROUGH.
- COMMIT TO FIVE MINUTES OF JOURNALING FIRST THING IN THE MORNING, DURING YOUR COFFEE BREAK, OR AT NIGHT BEFORE BED.
- IDENTIFY TRIGGERS, AND HAVE A GO TO SCRIPTURE TO COMBAT THEM.
- IF THE BIBLE INTIMIDATES YOU, SIMPLY GOOGLE WHAT THE BIBLE SAYS ABOUT WHATEVER YOU'RE GOING THROUGH, AND YOU'LL BE AMAZED AT THE LIFE-CHANGING HELP YOU'LL FIND.
- PRACTICE SPEAKING TO YOURSELF THE WAY YOU WOULD TO SOMEONE YOU GREATLY LOVE AND RESPECT, AND UNDO ANY HEALTH STEALING NEGATIVITY YOU'VE BEEN PUTTING UP WITH.

Our mind is where we win or lose every day because that is where all of the little choices we make add up to determine the course of our lives. Joyce Meyer's book *Battlefield of the Mind* sums it up in just a title because our mind really can be like a battlefield with the world waging war against the Word of God to determine our thoughts.

Picture a dial with the Word on one side and the world on the other. Where would you be positioned on this dial? Our daily **F.I.T. Mind** goal is to move that dial more toward the Word and away from the world. Today it is commonplace for us to make idols out of promotions, lifestyles, and people. From careers to weight loss, we allow that far-reaching goal to drive and define us. But whatever consumes our thoughts is taking up space in that special place where only God should reside.

What's defining you right now? If you take that imposed view off of yourself and see through God's eyes, you'll immediately feel liberated from "what they think." The world is always trying to tell us how we should feel about ourselves, which makes spending time in the Word invaluable. The Word teaches us where we get our value from, and it isn't in our weight, how few calories we're able to consume in a day, or any other single determining factor; it's in our Savior.

Start checking in with yourself on a daily basis. There is a constant battle to keep us from the peace and joy that only God can give. And, when we aren't dealing with our emotions, we may end up eating for comfort and engaging in self-destructive behaviors that actually sabotage our goals and our health. Daily "check-ins" can prevent these behaviors from spinning out of control.

Journaling your thoughts and feelings and spending time in reflection and gratitude, are effective ways you may check in with yourself. Clearly understanding why you're feeling what you're feeling goes a long way in moving that dial toward the Word and away from the world, thus producing a happy, healthy, and blessed life.

Your **F.I.T. Mind** time can be accomplished any time of day. I like to tuck myself in at night with a bit of journaling. Checking in with myself clears my mind and prepares me for a restful night of sleep. I recommend handwriting in a journal because there is a personal connection that forms between you and your little book. It holds your dreams and prayers, and, in time, you will be able to look back at your entries and see just how far you've come.

F.I.T. *Body* 10 WAYS TO WORKOUT

Fuel your fitness with faith. Workout to Christian music, pray or meditate on a Scripture.

- START YOUR DAY WITH A WALK, JOG, RUN, OR USE ANY DVDS OR EQUIPMENT YOU HAVE.
 - CHECK OUT THE FREE WORKOUT VIDEOS ON YOUTUBE.
 - WORKOUT OR WALK ON YOUR LUNCH BREAK.
- SCHEDULE TIME TO GO TO THE GYM BEFORE OR AFTER WORK.
- TAKE A NEW CLASS AT A LOCAL GYM, YMCA, OR COMMUNITY CENTER AND INVITE A FRIEND.
 - GET THE FAMILY MOVING: TAKE BIKE RIDES, WALKS AFTER DINNER, OR PLAY IN THE BACKYARD.
- RESEARCH COMMUNITY GATHERING PLACES TO FIND LOCAL SATURDAY-MORNING HIKING, BIKING, OR JOGGING GROUPS.
 - SIGN UP YOUR FAMILY TO TAKE CLASSES AT THE LOCAL YMCA OR FITNESS CENTER.
- SUPPORT A CAUSE AND TRAIN FOR A 5K, 10K OR MARATHON.
- TRY LEARNING SOMETHING NEW: SELF-DEFENSE, SWIMMING, TENNIS, OR ADULT GYMNASTICS.

As a working mom, there isn't any extra time during the day, so I have to make time early in the morning for exercise. Sometimes it seems impossible to tear myself from my comfortable, warm bed, so I keep my phone on my nightstand in order to plug in and listen to the Bible or Christian music as soon as my alarm goes off at 5 a.m. As I make my morning tea and get ready to work out, I'm already in my own little world, praising God and feeling empowered by His Spirit. I've actually come to enjoy this routine and look forward to it each day.

Because time is a precious commodity, combining my workouts with the Word is my solution to a time-crunched schedule (and it reminds me to have faith as I pursue lasting fitness). I can get in a great workout while listening to a whole chapter or more of the Bible. On days when I need the energy music brings, I begin and cool down in the Word, and in between, I've got some great Christian music—Mandisa, Jeremy Camp, Casting Crowns, Hollyn, Lecrae, Third Day, and Toby Mac—to pump up my workouts, which might include fitness DVDs, running either outside or on my treadmill, lifting weights, and/ or attending group fitness classes.

Working out takes serious commitment, whether we choose to do it first thing in the morning, during our lunch breaks, intermittently throughout the day, right after work, or after everyone else has gone to bed.

There are many perks to making exercise a part of daily life. Perhaps you've heard about the endorphin high that occurs at the end of a workout. These post-exercise hormones, often called "happy hormones" make your energy levels seem limitless, suppress your appetite, alleviate stress, and may be the best pick-me-up you'll find. Endorphins are a great reminder that this journey is supposed to be fun and make you feel great.

FIT God's Way Weekly Schedule

Write down when, where and how you will spend time in the word and working out.

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN

Find The Time

Making the best use of your time because the times are evil. –Ephesians 5:16

As you begin to implement the F.I.T. Power Hour into your daily life, you may still find yourself crunched for time. However, I challenge you to reevaluate how you spend your time and to look for ways to build an hour back into your day. Below are ten examples of possible ways to find extra time in your schedule.

10 Ways

TO BUILD AN HOUR BACK IN YOUR DAY

1. Go to bed earlier and wake up earlier. Set your iPhone, headphones and shoes next to your bed if you are working out in the morning.
2. Manage the amount of time you spend on social media, playing games, and checking email. If you're not reading your Bible, spending time in prayer, or exercising because you're posting on social media, restructure your priorities.
3. Plan meals and cook in bulk. Try packing food the night before to alleviate the morning rush. Having healthy snacks and lunch from home saves time, money, and calories.
4. Clearly know your priorities for each day and discipline yourself to focus on getting these things done.
5. Get organized. Choose a method for organization—apps, dry erase boards, and good old-fashioned planners.
6. Be present and fight distractions. Saving time isn't necessarily about doing something faster; it's about getting it done right in the least amount of time. Give the task at hand 100 percent of your attention and then move on.
7. Listen on the go. Put your Bible and books on your phone and listen to them while you're driving, waiting at appointments or in the school pick-up line, or working out. This is a great way to maximize gap time in your schedule and to complete your F.I.T. Power Hour.
8. Spend less time in the mirror with a quick, go-to routine. Find a makeup artist at the mall (one who gets your look) and a hair stylist to learn tips and tricks that will shave time off your morning routine.
9. Find Balance in Relationships. Not to sound harsh, but this is your life, and you're called to great things, so you can't afford to be held back with negativity or draining relationships. Spending hours on the phone and having the same-old conversations isn't helping anyone. I urge you to prayerfully consider whether or not your relationships are helping you lead your happiest and healthiest life.
10. Take the perfection pressure off. Workouts don't have to be hours long. The only bad workout is the one you didn't do. Do what you can with the time you have. Believe it or not, you can give yourself the workout of a lifetime in twenty minutes.

Next Steps

I hope you enjoyed getting started and learning how to get fit God's way.

Setting F.A.I.T.H. Goals and Creating Your F.I.T. Power Hour are just a couple of the tools I teach in my best-selling Christian health and fitness book, *10 Steps to F.I.T. Faith Inspired Transformation*.

If you'd like to learn how to take the next steps, you can learn more, [here](#).

About The Author

Hey there, I'm Kim Dolan Leto. I teach Christian women action steps for creating faith-filled systems of success with their food, fitness and body confidence with ease.

- I'm the Best Selling Author of *10 Steps to Your F.I.T. Faith Inspired Transformation*.
- The Creator of the *Faith Inspired Transformation Workout DVD*.
- The Host of *The Strong Confident His Podcast*.

I love Jesus and all things fitness.

I want to use my life to bring God glory in an area of such confusion, information overload, and brokenness. I used to suffer from crippling feelings of "not good enough" and I started my diet over ever Monday until I invited God on this journey. He healed me, so I have radical empathy for women hurting in this area and want to help them make the faith connection to their food, fitness and body confidence.

Without Christ, trying to lose weight, get fit and feel confident is dictated by worldly answers. As a woman of God, I know that anything I do without Him will never create lasting results or satisfy.

My passion is to serve women through educating, equipping and empowering them through the Word to walk in the Holy Spirit gift of self-control, rely on His strength and see themselves through His eyes.

I'd love to hear your story.

Please visit me on social media, and let me know how your F.A.I.T.H. Goals and F.I.T. Power Hour are going?

Before we part, I want you to know this...God only made one you.

He calls you His masterpiece. You are a piece of the master!

Strengthen yourself from the inside out, so you can activate and accomplish His perfect plan for your life.

In Him, you can!

I'm here for you.

So much love to you,

Kim 



THE STRONG. CONFIDENT. HIS. PODCAST