



ICDF

International Christian Dance Fellowship

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Profiling the Fitness, Well-being & Movement Meditation Network

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We are all about fitness classes that bless us completely – body, soul and spirit!

Fitness is fairly trendy right now. Not so long ago it was pedometers, and now it's Fitbits, sports apps and smart scales. It's for good reason though that fitness is growing in popularity: Jesus cares about our physical health too. He wants a radiant bride. But many of us are held back by aches and pains, injuries, fatigue, low mood and weight problems. Movement for exercise isn't the only solution, but it sure can help.



Unfortunately though, much of the fitness industry is built on the worldly values of appearance, competition and performance. We as believers are uniquely placed to offer an approach that's truly good and wholesome. Our fitness focus is on the glorious and godly values of honouring ourselves because we matter to Him and living according to His good design. He has given us marvellous and complicated bodies that need looking after.



Teaching **Mira Dance** 'a Christian alternative to Zumba' at the CDFANZ relaunch conference, New Zealand.

FW&MM Network Goals

- ✓ Helping new teachers get started
- ✓ To encourage and inspire each other
- ✓ Sharing Resources
- ✓ Promoting a Christian approach to fitness
- ✓ Promoting health and fitness in the Christian community

When I imagine the church, the bride of Christ, I imagine her vibrant. I imagine her alive, joyous and radiant. The FW&MM Network seeks to help believers worldwide to be more vibrant on the inside as well as the outside. This is the well-being aspect of the network and why I love to encourage creative ways of moving to Scripture. I think it's the best kind of multitasking – movement and deep contemplation on powerful truths from Scripture.



Some Harmonics dancing at E3 Women's Conference, Sydney, Australia. "The Lord is Your Keeper" Psalm 121

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Oh, how I love your law!
I meditate on it all day long.
Psalm 119:97
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What is a Christian fitness class like?

The basic 'ingredients' are simply moving and stretching. It's easy to do. Deep breathing and moments of relaxation and stillness are also very valuable. The movement may be dance, or aerobics style, yoga kind of style or even a Christian approach to sword fighting or kickboxing. They range from gentle to high intensity and from a small to a larger amount of Christian elements.

One more reason why I love Christian Fitness and Movement Meditation classes

Meeting together for a higher purpose is motivating. We encourage one another towards our goals of looking after ourselves – body, soul and spirit. We can include greeting time, prayer and sharing time to value and nurture all who come to the class.

Spreading the word online

We all know the massive potential of social media for sharing interesting things! So, the FW&MM Network is online with a public facebook page called Christian Holistic Fitness.



<https://www.facebook.com/ChristianHolisticFitness>

It's very new. You can help us grow it. 😊

For those who decide to join the network we have a private facebook group for sharing and correspondence:

<https://www.facebook.com/groups/228344934245070>

For those who don't use facebook, we also keep in touch by email. Contact me at sharon.ereaux@gmail.com

Articles and news items are also on our page at

the ICDF Networks blog: <https://icdfnetworks.wordpress.com/category/fitness-well-being-movement-meditation/>