



RANGER

Health and Fitness



The aim of this section is to give practical guidelines which will help to strengthen the Ranger's desire to care for his mind and body.

1. Participate in one of the following:

a. Discuss the principles of physical fitness.

- **Provide an outline of your daily exercise Program.**
- **Write out and sign a Personal Pledge of Commitment to a regular exercise program.**

- ***The Principles of Physical Fitness***



Write a summary of your discussion below:

Provide an outline of your daily exercise Program.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Write out and sign a Personal Pledge of Commitment to a regular exercise program.



You can design a pledge card and stick it below or write your pledge in the space below.

b. Discuss the natural advantages of living the Adventist Christian lifestyle in accordance with biblical principles.



Write a summary of your discussion in this space: