



# #STEPREPPRAY

## Movement at the *Pace of Grace*

With your doctor's guidance, and a little creativity, exercising with chronic illness is not just possible, but can be rewarding.

### BENEFITS OF EXERCISE

- ➔ helps control weight
- ➔ improves mental health and mood
- ➔ increases flexibility
- ➔ improves balance and coordination
- ➔ strengthens bone and muscle
- ➔ improves quality of life
- ➔ reduces risk of falling

### STEPS TO TAKE

#### 1. QUESTIONS TO ASK YOUR DOCTOR

- What kinds of activities are safe for me?
- How often and how much should I exercise — and at what level of intensity?
- Should I take any special steps to get started?
- What movement goals are realistic for me?
- Are there any exercises I shouldn't do?
- Can you recommend a physical therapist to help me get started?

#### 2. BE PATIENT

Start slowly and build a little at a time. Pay attention to your symptoms, rest when you need, and make creative adjustments as you go.

#### 3. FOCUS ON THE POSITIVE

A workout diary can help you measure your progress and celebrate your journey.

Visit [chronic-joy.org](https://chronic-joy.org) for more resources.



#### 4. ACCOUNTABILITY

Choose a friend, family member, or online community to encourage, inspire, and cheer you on.

#### 5. START A WORKOUT JOURNAL

- date
- kind of activity, movement, or exercise
- number of steps, reps, or minutes
- distance, intensity, weight, or level
- calories burned
- insights gained - how you felt, what you noticed
- who you prayed for

#### 6. TAKE A CLASS

Ask local hospitals, clinics, or non-profits about adaptive fitness classes, which are often led by trained instructors in safe and supportive environments.

#### 7. PRAY FOR OTHERS

As we move, our hearts and minds are often freed to pray.

"A growing body of research suggests we think and learn better when we walk or do another form of exercise."  
(Justin Rhodes)

Lean into Him. Walk with Him. Work with Him. Learn from Him as He leads you into the beautiful, unfolding, and unforced rhythms of creation—always at the pace of grace.



*How will you move and pray today?*

*Lord, help me discover creative ways  
to add movement to my days.*

*Lead me, guide me, and draw me in.*

*Teach me patience with the journey.*

*Remind me to extend grace  
and compassion even to myself,  
and to celebrate each small victory.*

*Thank you for the joy of movement today.*

*In Jesus' name, amen.*

(Cindee Snider Re)

[chronic-joy.org/StepRepPray](https://chronic-joy.org/StepRepPray)

