

## Breaking Strongholds—Lesson 12—Action Steps

1. What types of exercise or play did you do as a child? Did you enjoy any sports? If you did, why did you stop?
2. How do you feel about exercise now?
3. Is there any exercise you enjoy now or think you might enjoy? Put an X beside those you dislike or don't want to try. Circle those you would like to try. Which will you do this week? Share that and utter insights in the comments under this video on the FB page.

Walking

Jogging

Weight training

Stationary bikes

Ice skating

Dancing

Aerobics

Exercise videos

Yoga

Bike riding

Roller Skating

Treadmill

Swimming

Water jogging

Jump rope

Trampoline

Walking your dog

Zumba

Water aerobics

Team sports

Rollerblading

Skiing

Triathlon

5K

Sky diving

Parasailing

Surf boarding

