

Fitness

Quote

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. John F Kennedy

http://www.brainyquote.com/quotes/topics/topic_fitness.html

Bible Verse

Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones. Proverbs 3:7-8

Inspiration

Quest to be Average

<http://www.youtube.com/watch?v=FXkqyrmekro>

Journaling

How important is fitness to you?

Do you love to exercise or is it a struggle? If it is a struggle, what do you do (or what could you do) to get motivated?

Do you see a link between your physical fitness and your mental/creative activity?

Technique Challenge

Watercolour paint and bubble wrap lift

This video has several techniques in it.

<http://www.youtube.com/watch?v=eRjFggxwpko>

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