

Bible Bop Workshop

Health problems often due to bad diet!

The business of health and fitness is a growing industry. Gyms and sports centers are springing up everywhere offering all kinds of keep fit classes including Jazzercise, aerobics, dance and loads more!



- Sometimes due to much junk food
- lack of exercise

Spiritual Health Problems often due to bad diet and to much junk!

'BibleBopWorkshops'

A 'keep-fit' workshop with a difference!

'BibleBopWorkshops' are a chance to learn a Bible verse in a fun and energetic way, jump around to high energy action packed Bible Verse songs! Mixing music and action moves that will burn calories and improve fitness.

Why not

- Start a Class/workshop in your area/church
 - Become an instructor
- Learn the action moves (see below for details)
- You could Form a 'Fit Crew' -a team ready to lead!



Ideas of when and where you can run BibleBopWorkshops

- straight after school for parents and children
- a simple version as part of a parent and toddler group
- for the really keen office workers before work!
- Before a Sunday Service or at the start or the service.
- Saturday Morning 'Fit-Crew' – leads 'BibleBopWorkshop' followed by healthy breakfast!
- Form a 'Teenager Fit-Crew!' Ready to Lead!
 - At home with your children

Hi John, Our daughter has just got her GCSE results, including grade A for R.E. Part of the reason for getting such a good mark is that she used your songs to quote Bible passages in her exam, using both the scripture passage and the reference. A big thank you for such great songs. Love, Anthea

Outline: "Welcome to BibleBopWorkshop – a chance to 'keep fit', have some fun, learn some Bible verses, burn some calories all at the same time! Led this morning by (name of Church) Fit-Crew. Find a space in the hall, stretch your arms out to you side and turn round to make yourself some space with out bumping into others!"

Remember to take care not to exercise if you are:

- feeling unwell or have been unwell without first consult a doctor
 - on pain killers as they may mask any warning pains
 - have recently eaten a meal,
 - have an injury without first consult a doctor
- on drugs or medication without first consult a doctor
 - been drinking alcohol
- Are pregnant without first consulting a doctor

Before we begin Lets do some stretching exercise

Checkout for stretching exercises http://www.med.umich.edu/1libr/sma/sma_stretch_art.htm

Give your body a gentle shake and remember feel free to drop out of any song at anytime!"

<i>Bible Verse Number</i>	<i>Name of Verse</i>	<i>Movement</i>	<i>Publication</i>
Bible Verse 1:	Keep yourself in Training	An American style chant/march. A simple march, moving those legs and arms.	Action Packed Praise DVD+CD
Bible Verse 2:	How Broad, How Long	Starts slow with the Bible reference, then plenty of arm and leg movement. Gradually gets faster and faster. – keep up if you can!	Action Packed Praise DVD+CD
Bible Verse 3:	The Lord is Gracious	This verse is a bit more relaxed after the last verse. It's a 'hand slap' and plenty of fun, you'll need a partner for this one.	Action Packed Praise DVD+CD
Bible Verse 4:	The Son of Man has Come	With this verse you need plenty of energy as you jump around for the intro, clapping for the Bible reference. The actual verse is a simple case of following actions.	Action Packed Praise DVD+CD
Bible Verse 5:	For God So Loved the World	After the mad jumping around from previous verse this one is a quiet worship song using sign language.	Action Packed Praise 1 DVD+CD
Bible Verse 6:	Go, Go, Go	The actual verse is fast moving side steps while moving your shoulders at the same time. The Bible reference is a bit of clapping and punching the air.	Action Packed Praise DVD+CD 2
Bible Verse 7:	Trust in the Lord	A bit of a bop, then a hand slap with a partner – loads of fun but also learning this great verse too!	Action Packed Praise DVD+CD 2
Bible Verse 8:	Hope in the Lord	This verse involves energetic clapping followed by holding arms out, running on spot and walking on spot.	Action Packed Praise DVD+CD 2
Bible Verse 9:	He's A Rock	This has a Hawaiian type beat and movement then actions and clapping	Action Packed Praise DVD+CD 2
Bible Verse 10:	Whatever is True 'Think about such things'	For this one we mime playing the piano, exercise those fingers, a bit of clapping, and actions	Action Packed Praise DVD+CD 2

John Hardwick's Resources available from his website: www.johnhardwick.org.uk

Action Packed Praise (on DVD and CD) – either allow the DVD to lead you or use the CD.

Action Packed Praise 2 (on DVD and CD) – either allow the DVD to lead you or use the CD.

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