



## Why Should A Christian Be Physically Fit DVD Worksheet

1. Dr. Couey played baseball for the \_\_\_\_\_ Gold Socks.
2. Jesus was \_\_\_\_\_!
3. There are about \_\_\_\_\_ billion neurons in the human brain.
4. There are about \_\_\_\_\_ trillion glia cells in the human brain.
5. Jesus walked \_\_\_\_\_ miles in \_\_\_\_\_ days.
6. List 3 ways Dr. Couey says we can grow spiritually
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
7. Our \_\_\_\_\_ are God's greatest creation!!
8. The human body contains \_\_\_\_\_ bones, \_\_\_\_\_ muscles, and \_\_\_\_\_ miles of blood vessels.
9. There are \_\_\_\_\_ inches of DNA in each cell.
10. Psalm 139 states that we are \_\_\_\_\_ and \_\_\_\_\_ made.
11. Scripture tells us to be \_\_\_\_\_!!!
12. 1<sup>st</sup> Corinthians 6:19-20 tells us that our bodies are a \_\_\_\_\_ of the Holy Spirit.
13. List the 3 things every cell needs:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
14. You are never too \_\_\_\_\_ or too \_\_\_\_\_ to exercise.
15. Don't run to keep from having a heart attack; don't run so you look good; but run because it is your spiritual \_\_\_\_\_ to God.
16. You have no \_\_\_\_\_ not to take care of God's Temple.