



JUST AS YOU RECEIVED CHRIST JESUS

AS

Lord

continue to live

YOUR LIVES

IN HIM

rooted AND BUILT

UP IN HIM

strengthened

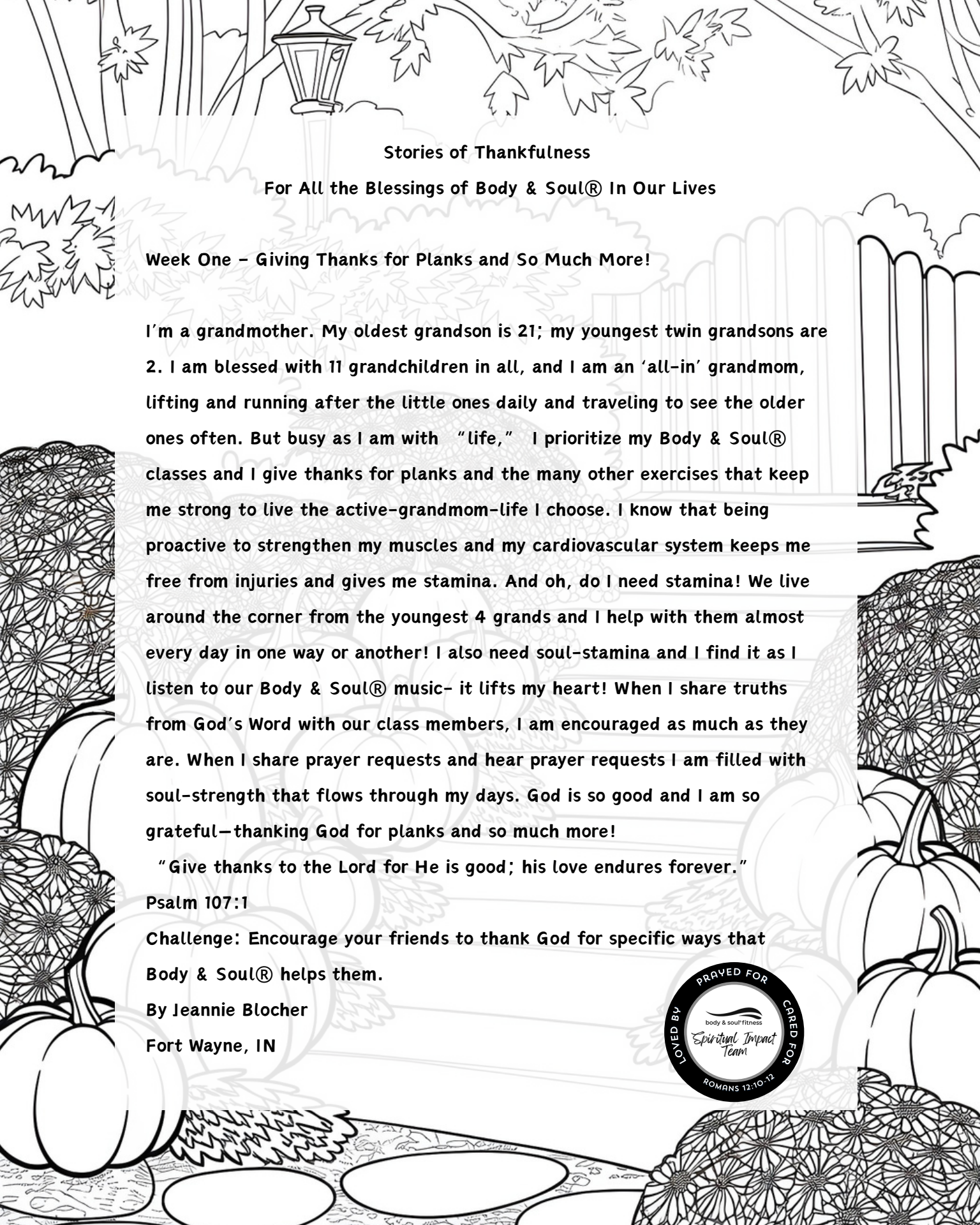
in the faith as you were taught, and

OVERFLOWING

Thankfulness

with

COL. 2:6-7



Stories of Thankfulness

For All the Blessings of Body & Soul® In Our Lives

Week One – Giving Thanks for Planks and So Much More!

I'm a grandmother. My oldest grandson is 21; my youngest twin grandsons are 2. I am blessed with 11 grandchildren in all, and I am an 'all-in' grandmom, lifting and running after the little ones daily and traveling to see the older ones often. But busy as I am with "life," I prioritize my Body & Soul® classes and I give thanks for planks and the many other exercises that keep me strong to live the active-grandmom-life I choose. I know that being proactive to strengthen my muscles and my cardiovascular system keeps me free from injuries and gives me stamina. And oh, do I need stamina! We live around the corner from the youngest 4 grands and I help with them almost every day in one way or another! I also need soul-stamina and I find it as I listen to our Body & Soul® music- it lifts my heart! When I share truths from God's Word with our class members, I am encouraged as much as they are. When I share prayer requests and hear prayer requests I am filled with soul-strength that flows through my days. God is so good and I am so grateful—thanking God for planks and so much more!

"Give thanks to the Lord for He is good; his love endures forever."

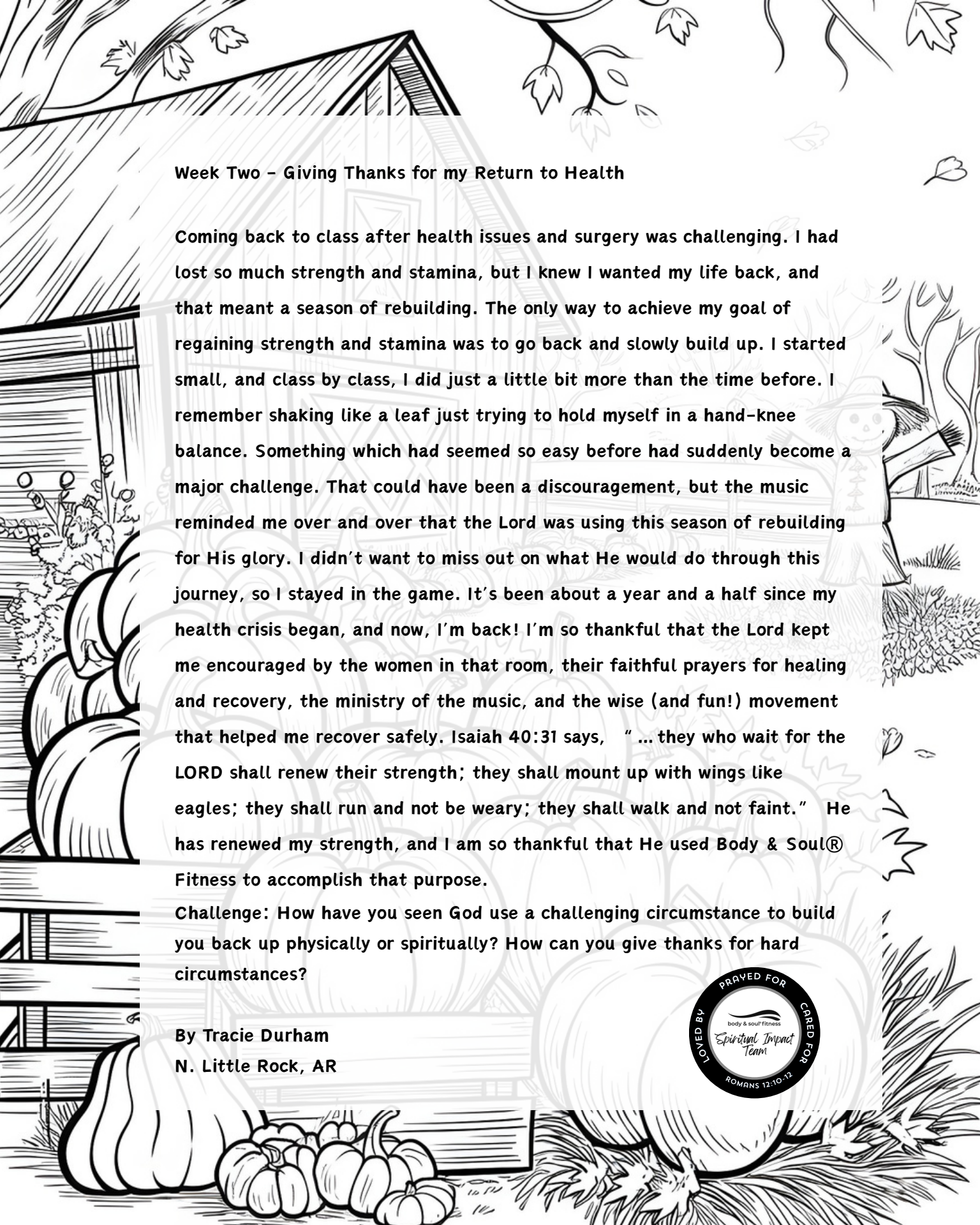
Psalms 107:1

Challenge: Encourage your friends to thank God for specific ways that Body & Soul® helps them.

By Jeannie Blocher

Fort Wayne, IN





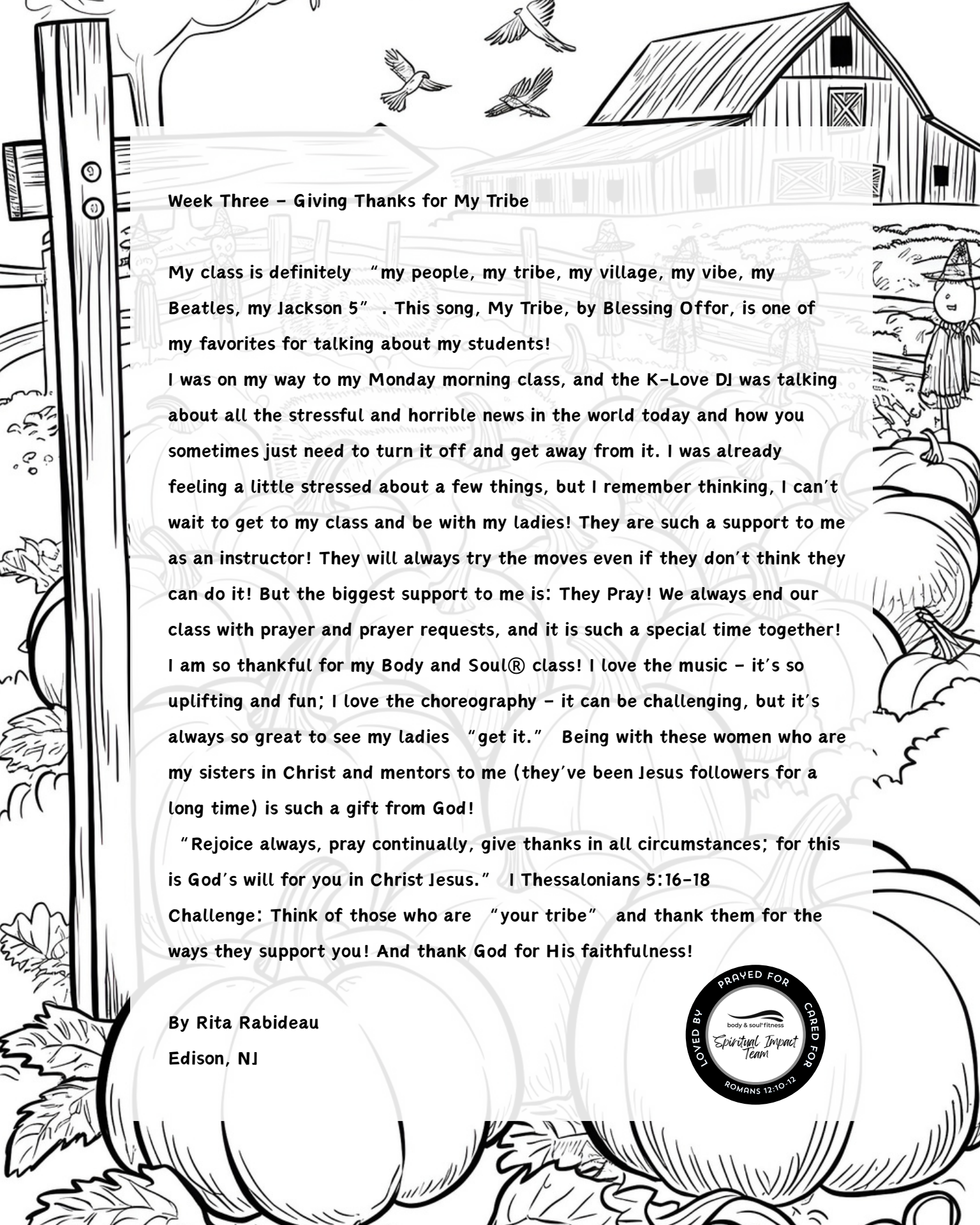
Week Two – Giving Thanks for my Return to Health

Coming back to class after health issues and surgery was challenging. I had lost so much strength and stamina, but I knew I wanted my life back, and that meant a season of rebuilding. The only way to achieve my goal of regaining strength and stamina was to go back and slowly build up. I started small, and class by class, I did just a little bit more than the time before. I remember shaking like a leaf just trying to hold myself in a hand-knee balance. Something which had seemed so easy before had suddenly become a major challenge. That could have been a discouragement, but the music reminded me over and over that the Lord was using this season of rebuilding for His glory. I didn't want to miss out on what He would do through this journey, so I stayed in the game. It's been about a year and a half since my health crisis began, and now, I'm back! I'm so thankful that the Lord kept me encouraged by the women in that room, their faithful prayers for healing and recovery, the ministry of the music, and the wise (and fun!) movement that helped me recover safely. Isaiah 40:31 says, " ... they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint." He has renewed my strength, and I am so thankful that He used Body & Soul® Fitness to accomplish that purpose.

Challenge: How have you seen God use a challenging circumstance to build you back up physically or spiritually? How can you give thanks for hard circumstances?

By Tracie Durham
N. Little Rock, AR





Week Three – Giving Thanks for My Tribe

My class is definitely “my people, my tribe, my village, my vibe, my Beatles, my Jackson 5” . This song, My Tribe, by Blessing Offor, is one of my favorites for talking about my students!

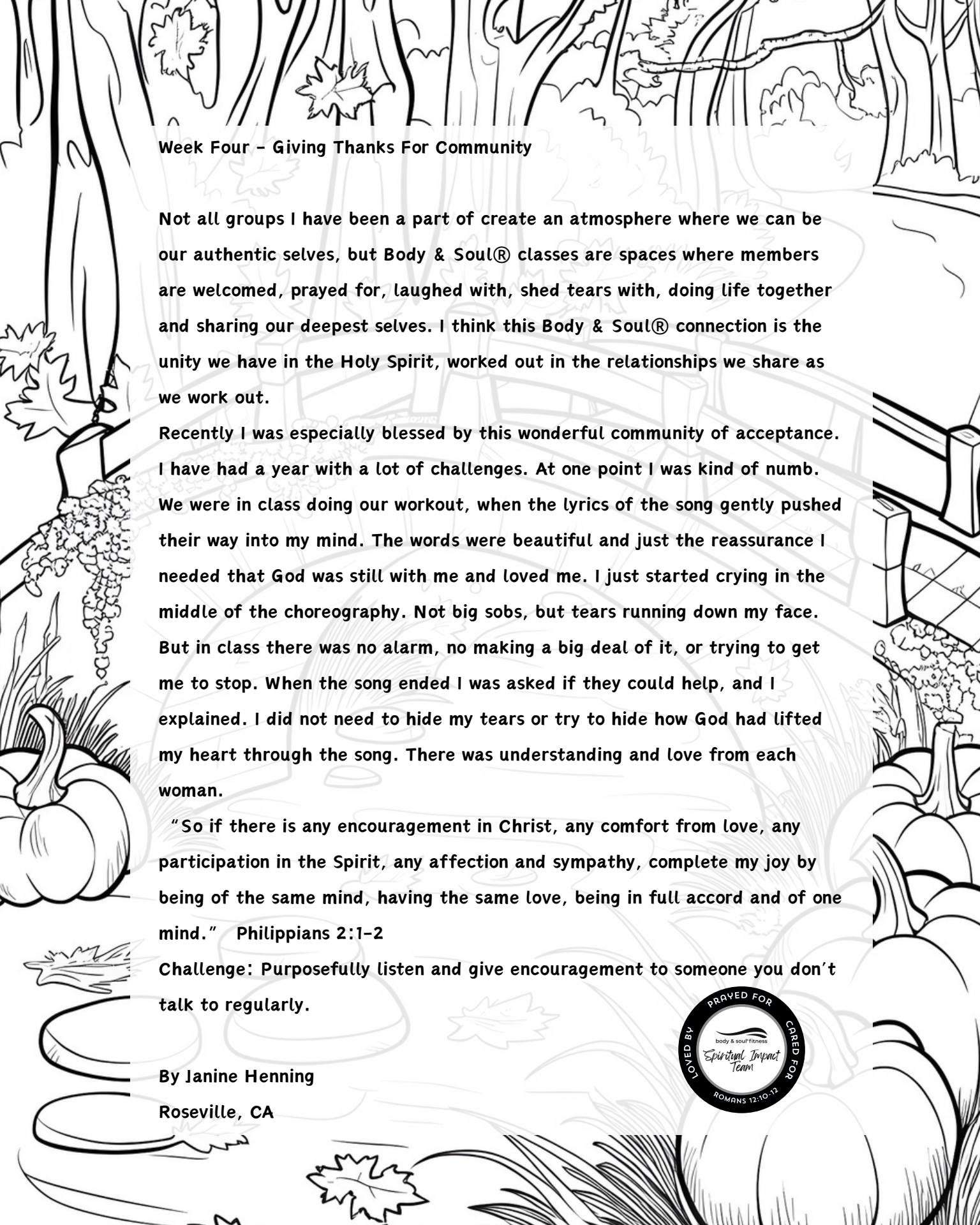
I was on my way to my Monday morning class, and the K-Love DJ was talking about all the stressful and horrible news in the world today and how you sometimes just need to turn it off and get away from it. I was already feeling a little stressed about a few things, but I remember thinking, I can’t wait to get to my class and be with my ladies! They are such a support to me as an instructor! They will always try the moves even if they don’t think they can do it! But the biggest support to me is: They Pray! We always end our class with prayer and prayer requests, and it is such a special time together! I am so thankful for my Body and Soul® class! I love the music – it’s so uplifting and fun; I love the choreography – it can be challenging, but it’s always so great to see my ladies “get it.” Being with these women who are my sisters in Christ and mentors to me (they’ve been Jesus followers for a long time) is such a gift from God!

“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” 1 Thessalonians 5:16-18

Challenge: Think of those who are “your tribe” and thank them for the ways they support you! And thank God for His faithfulness!

By Rita Rabideau
Edison, NJ





Week Four – Giving Thanks For Community

Not all groups I have been a part of create an atmosphere where we can be our authentic selves, but Body & Soul® classes are spaces where members are welcomed, prayed for, laughed with, shed tears with, doing life together and sharing our deepest selves. I think this Body & Soul® connection is the unity we have in the Holy Spirit, worked out in the relationships we share as we work out.

Recently I was especially blessed by this wonderful community of acceptance. I have had a year with a lot of challenges. At one point I was kind of numb. We were in class doing our workout, when the lyrics of the song gently pushed their way into my mind. The words were beautiful and just the reassurance I needed that God was still with me and loved me. I just started crying in the middle of the choreography. Not big sobs, but tears running down my face. But in class there was no alarm, no making a big deal of it, or trying to get me to stop. When the song ended I was asked if they could help, and I explained. I did not need to hide my tears or try to hide how God had lifted my heart through the song. There was understanding and love from each woman.

“So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, complete my joy by being of the same mind, having the same love, being in full accord and of one mind.” Philippians 2:1-2

Challenge: Purposefully listen and give encouragement to someone you don’t talk to regularly.

By Janine Henning
Roseville, CA





November 2025

SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Day 1 20 second plank
2 Day 2 25 second plank	3 Day 3 30 second plank	4 Day 4 35 second plank	5 Day 5 40 second plank	6 Day 6 45 second plank	7 Day 7 50 second plank
8 Day 8 20 second plank (x2)	9 Day 9 25 second plank (x2)	10 Day 10 30 second plank (x2)	11 Day 11 35 second plank (x2)	12 Day 12 40 second plank (x2)	13 Day 13 45 second plank (x2)
14 Day 14 40 second plank (x2)	15 Day 15 45 second plank (x2)	16 Day 16 50 second plank (x2)	17 Day 17 55 second plank (x2)	18 Day 18 60 second plank (x2)	19 Day 19 65 second plank (x2)
20 Day 20 70 second plank (x2)	21 Day 21 75 second plank (x2)	22 Day 22 80 second plank (x2)	23 Day 23 85 second plank (x2)	24 Day 24 90 second plank (x2)	25 Day 25 95 second plank (x2)
26 Day 26 100 second plank (x2)	27 Day 27 105 second plank (x2)	28 Day 28 110 second plank (x2)	29 Day 29 115 second plank (x2)	30 Day 30 120 second plank (x2)	31 Day 31 125 second plank (x2)
☞ Day 1-7: So then, just as you received Christ Jesus as Lord, continue to live your lives in Him ☞ Day 8-14: So then, just as you received Christ Jesus as Lord, continue to live your lives in Him, rooted and built up in Him ☞ Day 15-21: So then, just as you received Christ Jesus as Lord, continue to live your lives in Him, rooted and built up in Him, strengthened in the faith as you were taught ☞ Day 22-29: So then, just as you received Christ Jesus as Lord, continue to live your lives in Him, rooted and built up in Him, strengthened in the faith as you were taught, and overflowing with THANKFULNESS.					



body & soul® fitness