

I Hope They Call Me on a Mission

Be better prepared for tomorrow
by learning these skills today.

Get MOVING!

Most missionaries spend their days praying, reading scriptures, walking, riding bicycles, talking to people, and teaching the gospel. It's hard work! Just as it's important to be spiritually ready to serve a mission, it's also important to be physically ready to handle the work.

To be as healthy as you can be, your body needs to be active for an hour or more each day. Below are some examples of fun exercise. Talk with your parents and decide if you are getting enough activity. If you need to, set an exercise goal. (For more about setting goals, see "I Hope They Call Me on a Mission" in the January 2013 *Friend*.)

AEROBIC

- Walking
- Running
- Riding a bike
- Hiking
- Rollerblading



BONE STRENGTHENING

- Jumping rope
- Hopscotch
- Tennis
- Volleyball
- Basketball

MUSCLE STRENGTHENING

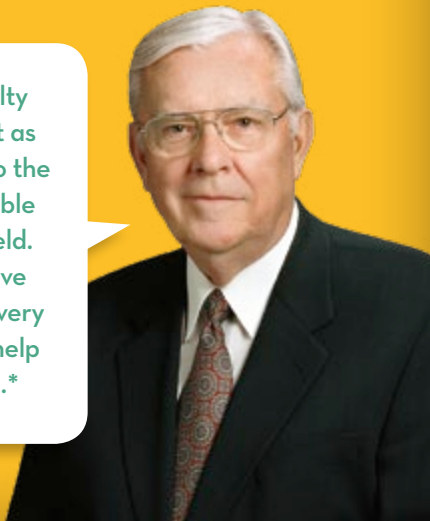
- Gymnastics
- Tug-of-war
- Sit-ups
- Monkey bars
- Climbing trees



ILLUSTRATIONS BY LANCE FRY

Some people with health problems aren't able to serve as full-time missionaries. Elder M. Russell Ballard of the Quorum of the Twelve Apostles said:

They shouldn't feel guilty about that. They are just as precious and important to the Church as if they were able to go into the mission field. But while they don't serve full-time, they can take every opportunity to find and help people join the Church.*

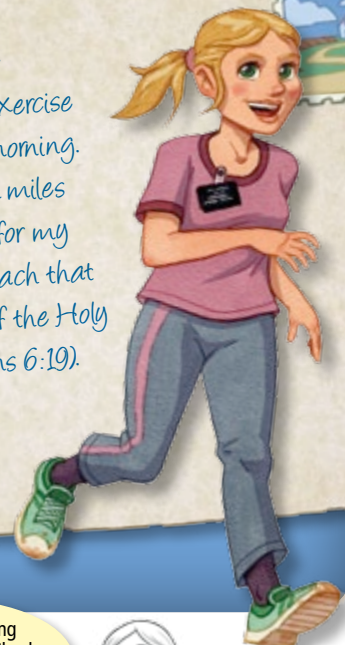


Hello readers,

My companion and I exercise for half an hour every morning. We also walk about six miles a day! I'm so grateful for my body. The scriptures teach that the body is a temple of the Holy Ghost (see 1 Corinthians 6:19).

Sincerely,

Sister Jogger



I've been practicing some of this stuff! Check out page 19 to see my new skills.

