

*Live it. Love it*

# Mitzvah Muscle Marathon

All Ages 🕒 15 Minutes



## *Instructions:*

- Look at each of the exercises on your Mitzvah Muscle Marathon card.
- Have you done any of those exercises within the past week? If yes, write on the “last time I did this exercise” line the day that you last did each exercise.
- Follow the directions and try out each of the exercises. Set a timer to see how long you can hold each position or repeat each movement before getting tired. Fill in the “total time today” line with the amount of time you were able to do each exercise before getting tired.
- Challenge yourself! Practice doing these exercises every day for a week. After a week is up, time yourself again doing each exercise until you feel your body is getting too tired. Fill in the “total time after a week of practice” line next to each exercise. Did your time improve? Were you able to keep doing each exercise for longer after practicing each day?



### **Think about it**

Of all the exercises you just did, walking is definitely the easiest! The reason why our walking muscles are so strong, is because we do it all the time. The more we use a muscle, the stronger it gets! The same is true with our “Mitzvah Muscles”. The more we do a Mitzvah, the stronger that Mitzvah Muscle will become. By giving even just one coin to Tzedaka each day, we strengthen our “Tzedaka muscle”, and become kinder and more giving to others.

## OVERVIEW

Build your muscles and learn the power of doing a mitzvah consistently while doing this unique workout!

## SUPPLIES NEEDED

- Mitzvah Muscle Marathon Card for each camper
- Pen or pencil
- Timer

## ONLINE RESOURCES

- Printable Mitzvah Muscle Marathon Card



**19**

**Week 1**  
Thursday

*Live it. Love it*