

Summer Missions: Your Physical Health On the Field

Why it matters: Your physical health can play a significant role in how you feel spiritually, how you relate socially, and how you express yourself emotionally. When you feel fatigued or drained physically it can easily impact your ability to witness effectively and your ability to reflect the fruit of the spirit. So, your health on the field matters and can affect eternity.

Two tips for your time on the field:

1. REST and HYDRATION.

Lack of either of these two things drastically affects you physically.

Side effects of lack of rest or hydration: fatigue, muscle aches, lethargy, irritability, less cognitive ability, and more prone to injuries. Note: When adequate rest is unavailable, hydration is even more important.

→ Try to get about 2 liters of water a day. More if you are physically exerting yourself. Best to drink only water and use Gatorade for after heavy perspiration.

→ Try to get 8 hours of sleep each night. On some days it may be impossible but let that be the exception. On days you get less sleep, drink more water.

2. EVENING PREP/MORNING PREP

Easy stretching at night and some light exercises in the morning can go a long way in getting your body prepped for the activity of the day.

→ End the day with light stretching for about 10 minutes to prevent soreness and aches the next day. (e.g., seal stretch, cat stretch, downward dog, pigeon stretch, straddle stance reaches, breathing exercises)

→ Start the day with some light exercises for about 10 minutes to get blood flowing and to gain full mobility of all your limbs. (e.g., heel sweeps, Russian walks, quad stretch, jumping jacks, windmill, hip gate stretches)