



10 Ways to Prioritize Your Health and Workouts After 40

Free Guide

Making time for your health and workouts can feel overwhelming, especially for busy adults 40 and over. But with practical strategies and encouragement from faith and scripture, you can create a sustainable routine that honors your body and strengthens your spirit.



1

Prioritize Your Health as a Gift from God

- **Mindset Shift:** View your health as a non-negotiable priority, not an optional task. Just like work meetings or family time, schedule workouts and meal prep into your day.
- **Scripture:** “So whether you eat or drink or whatever you do, do it all for the glory of God.” — 1 Corinthians 10:31
- **Encouragement:** Caring for your health is an act of gratitude and worship to God for the body He has entrusted to you.



2 Start Small and Trust the Process

- **Action:** Begin with 10-15 minutes of movement daily, such as a quick walk or stretching session. Gradually increase as you build consistency.
- **Scripture:** “Do not despise these small beginnings, for the Lord rejoices to see the work begin.” — Zechariah 4:10
- **Encouragement:** Small steps done consistently lead to lasting change. God delights in your commitment to stewarding your health.



3

Use Time Blocks to Stay Intentional

- **Action:** Dedicate specific times for workouts. Early mornings, lunch breaks, or evenings are great opportunities to move your body.
- **Scripture:** “Commit to the Lord whatever you do, and He will establish your plans.” — Proverbs 16:3
- **Encouragement:** Ask God for wisdom to organize your day so you can prioritize your health without feeling overwhelmed.



4 Combine Fitness with Community

- **Action:** Make fitness a family or friend activity—walks, bike rides, or partner workouts can be fun and motivational.
- **Scripture:** “Iron sharpens iron, so one person sharpens another.” — Proverbs 27:17
- **Encouragement:** Lean on the support of others to stay accountable and motivated.



5

Maximize “Hidden” Moments for Movement

- **Action:** Incorporate fitness into everyday activities, like parking farther away, taking the stairs, or doing stretches while watching TV.
- **Scripture:** “Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity.” — Ephesians 5:15-16
- **Encouragement:** Every little effort adds up, and being mindful of movement honors God’s call to stewardship.



6

Simplify Your Routine

- **Action:** Use home workouts or fitness apps to save time and energy. You don't need fancy equipment to stay active.
- **Scripture:** “For God is not a God of disorder but of peace.” — 1 Corinthians 14:33
- **Encouragement:** Simplifying your routine reduces stress and allows for consistency.



7 Prepare for Success

- **Action:** Lay out your workout clothes the night before or pack a gym bag in advance to eliminate excuses.
- **Scripture:** “The plans of the diligent lead to profit as surely as haste leads to poverty.” — Proverbs 21:5
- **Encouragement:** Preparation builds momentum and confidence to follow through.



8 Find Accountability

- **Action:** Join a group, challenge, or class (like a 40+ boot camp) to stay motivated and consistent.
- **Scripture:** “Therefore encourage one another and build each other up, just as in fact you are doing.” — 1 Thessalonians 5:11
- **Encouragement:** Accountability fosters growth and encouragement to push through hard days.



9

Stack Habits for Success

- **Action:** Pair workouts with something you enjoy, like listening to worship music, a favorite podcast, or audiobooks.
- **Scripture:** “Let us run with perseverance the race marked out for us, fixing our eyes on Jesus.” — Hebrews 12:1-2
- **Encouragement:** Habit stacking keeps your focus on both spiritual and physical health, aligning them beautifully.



10

Embrace Rest and Renewal

- **Action:** Include stretching, yoga, or walking on rest days to recharge your body and spirit.
- **Scripture:** “Come to me, all you who are weary and burdened, and I will give you rest.”
— Matthew 11:28
- **Encouragement:** Rest is an essential part of your health journey and allows you to show up fully for what God has called you to do.



Faith-Driven Push

Your health is a divine gift that enables you to fulfill your God-given purpose. By integrating faith, fitness, and focus into your daily routine, you can thrive spiritually, physically, and emotionally.

Commit to honoring God through your health journey starting today!

Download this free guide and take the first step toward becoming your healthiest, strongest, and most faithful self over 40!

