

“HOW DOES IT WORK?”
100 miles small group

This group began with the purpose of creating a community of believers who together will work toward individual fitness goals, supporting and encouraging one another through texts, prayer, and Scripturally based inspiration.

“How does that work?” several of you have asked.

Here is my vision, though this may change as we get started. It is YOUR group, not mine!

As your leader, I commit to posting Scripturally based inspirational messages several times per week, related to fitness, discipline, and life in community. I also commit to praying for each of you daily.

As a participant, you are welcome to set your own fitness challenge goal. 100 miles in 100 days is a suggestion. Some of you may want to do more, some of you less. It's ALL good! Part of what's fun about this is that you are accountable to your goal only to yourself. You are not required to report your workouts, though you are certainly encouraged to share both your triumphs and your trials along the way!

YOU choose the distance, and the activity. You might walk all of it, run it, bike it, stair climb, or a mix of these and more. Other ideas? Please share them with the group.

All communication will be done through the WhatsApp phone app. The inspirational messages will be posted as attached documents, so that you may refer back to them as needed.

That's it - for now!

We start - NOW!

And the 100 days ends on Friday, December 25 - Christmas Day!

Please don't hesitate to contact me either through the app or directly with questions.
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