

EXERCISE THYSELF!
Youth Rally 2014

1.0 Purpose

The purpose of this youth rally is to encourage followers of Christ to approach spiritual exercise like an athlete or bodybuilder would approach their physical fitness training, by making appropriate lifestyle changes, working hard, and staying dedicated to the task.

2.0 Plan

Following are the basic parts of the rally:

- 2.1 Exercise Thyself! 5K
 - 2.1.1 A 5K is planned for the night (approximately 3.1 miles)
 - 2.1.2 All who wish to participate should have plenty of opportunity to train for the race
 - 2.1.3 5K should be a high quality race, sufficiently manned and operated, and one that participants will consider returning to in the future should we make it an annual event
 - 2.2 Healthy, “post-race” meal
 - 2.2.1 Healthier options of food should be supplied for the night as it is fitting to the theme.
 - 2.2.2 Meal should be presented as a post-race meal, but available for all who attend the rally.
 - 2.3 Awards Ceremony
 - 2.3.1 Top prize should be given to the overall winner of 5K
 - 2.3.2 Secondary prize should be given to top male and top female (besides overall winner)
 - 2.4 Skit
 - 2.4.1 A 3-part skit is planned for the night.
 - 2.4.2 At appropriate places during the rally, lights dim and skit will continue.
 - 2.5 Games
 - 2.5.1 Before each part of the skit, an exciting game should be played
 - 2.5.2 Simple, theme-related prizes (energy bars, protein shakes, sports drinks...) should be given to winners of the games.
 - 2.6 Preaching
 - 2.6.1 Preacher should be given plenty of notice of theme.
 - 2.6.2 Preacher should be given the liberty to preach as he is led.
 - 2.6.3 Church should be praying for speaker regularly in the weeks prior to the rally.
- ## 3.0 Procedures
- 3.1 5K should be organized and operated as follows:
 - 3.1.1 Set up

- 3.1.1.1 Acquire/compile permits, race packets with race bibs, t-shirts,
 - 3.1.1.1.1 Request permission to use trail, fill out necessary forms or waivers
 - 3.1.1.1.2 Contact sources that can help with putting together a bag/packet to give out to 5K participants
 - 3.1.1.1.2.1 Fitness organizations or other local businesses may have free items to give in order to promote their company.
 - 3.1.1.1.2.2 Chamber of Commerce may have material to put in bags regarding things to do in the area
 - 3.1.1.1.2.3 Local restaurants may give coupons for free menu items
 - 3.1.1.1.3 Give plenty of notice and time to the t-shirt printing company
 - 3.1.1.1.4 Contact police department to inform them of event and to see if road blocks/traffic control is necessary.
- 3.1.1.2 Recruit Workers
 - 3.1.1.1.5 At least one meeting should be held, prior to the day of the 5K, for all helpers involved
 - 3.1.1.1.6 Assignments should be very clear and workers should be given as many supplies/tools necessary to comfortably manage their assignments
 - 3.1.1.1.7 Workers should arrive early enough for final instructions and opportunity to get in place before start time
 - 3.1.1.1.8 Workers needed:
 - 3.1.1.1.8.1 Aid station crew (start/finish and turn around)
 - 3.1.1.1.8.1.1 Start/Finish crew responsibilities
 - 3.1.1.1.8.1.1.1 Ensure that every participant is registered and wearing appropriate race bib.
 - 3.1.1.1.8.1.1.2 Ensure that every name/number is written down for tracking purposes
 - 3.1.1.1.8.1.1.3 Ensure that turn-around crew has

- 3.1.2.5 Workers should not leave their station without notifying contact person/race director
- 3.1.3 Break down and clean up
 - 3.1.3.1 As soon as last runner/walker has reached turn around point, supplies should be loaded up and workers move to next checkpoint.
 - 3.1.3.2 As last runner/walker reaches that checkpoint, supplies are loaded up and workers move to next check point...and so forth.
 - 3.1.3.3 Only after last runner is through and all runners/walkers and workers are accounted for should workers return to church building.
- 3.2 Healthy, “post-race” meal should be as follows
 - 3.2.1 Contents
 - 3.2.1.1 Soups
 - 3.2.1.2 Granola bars
 - 3.2.1.3 Fruit
 - 3.2.1.4 Sports drinks
 - 3.2.1.5 Water
 - 3.2.2 Presentation
- 3.3 Award Ceremony should be as follows:
 - 3.2.1 Needed
 - 3.2.1.1 Cash prizes (\$70 = \$20 for first boy and first girl; \$10 for second boy and second girl, \$5 for third boy and third girl)
 - 3.2.1.2 Certificates for above winners
 - 3.2.1.3 Ribbons for all finishers
 - 3.2.2
- 3.4 Skit

Exercise Thyself! Skit

Part 1 “Lifestyle Changes”

(Henry Joins a Fitness Training Program)

(Old, “Hillbilly” couple enters from back of auditorium and walks toward gym set up on the platform)

Henry

“Well, Liza, purdy soon yer gonna have da man of yer dreams. I’m gonna be fit as a fiddle...and ready fo’ luuuuv! Har har.”

Liza

“ Oh Henry, you’s gonna be ready fo’ a nap, mo’ like! Now, git up der...”

Henry

“Well, here we be... (reading) Ex....erk...eezy...”

Liza

“Dat says ‘EXERCISE THYSELF’ ya big dope!”

Henry

“I knows dat, Liza! I was jus’ playin wicha, Dear.”

(Couple walks up to receptionist)

Receptionist

“Hello there. Welcome to Exercise Thyself! Fitness Center. You must be Henry and Liza. Go ahead and look around; your personal trainer will be here in a moment.”

(Henry walks toward machines)

Liza

“Oh, not me, sweetie, it’s fer my husband. He’s da one wut needs some exercise. Doctor says he’s fixin’ to kick da bucket if he ain’t start exercisin’. His ticker’s jus gonna stop one deez days, ya know?...Ooooh! Looky dar, you got dat dar Pintrest? I likes me sum Pintrest...lemme see wacha got dar, hun...”

(Liza continues to talk to receptionist as Henry tries out the machines)

Henry

“What in tarnations is... (reaching into back pocket, pulls out a candy bar)...Oh! I dun fergot ‘bout dat...”

Trainer

“Hello, Mrs. Liza, I’ll be your personal trainer.”

Liza

(Sweet voice) “Oh, so nice ta meet ya, dear. It’s mah husband act’ly. I’m jus’ here for support. Jus’a minute...HENRY!!! Get over here and meet da pers’nal trainer...ya hear?!”

(Henry walks over holding his back in pain)

Henry

“Well hi ther....”

Trainer

“Give me the candy bar, sir”

(Henry looks ashamed and hands over the candy)

Trainer

“What else do you have in there?”

(Henry pulls out several unhealthy snack items out of his overalls)

(Liza slaps Henry on the back of the head)

Trainer

“Look, the first step of getting fit is making lifestyle changes. If you are not willing to give some things up, you are not going to make it. The first thing I want you to do is to get rid of all the junk food in your house...and wherever else you have it hidden. Then we’ll get started right away with our daily routine. Get to bed early, we’re going to start first thing in the morning.

(Henry and Liza thank trainer and walk off stage)

(Liza slaps Henry in the back of the head)

Liza

“...Hidin’ snacks in yer overalls!”

(Lights come on and song leader comes to lead in a song)

(Host comes out and leads in a game)

Part 2 “Hard work”

(Henry Needs a Push)

(Henry and Liza are lying in bed. Alarm clock goes off and Liza tries to wake Henry)

Henry

“Nooooooooooooooooo! Five more minutes....”

Trainer

(trainer turns on light, runs in excited)

“Come on sleepy head! Getting fit is hard work, but you’ve got to push yourself! It’s time for your run! Mrs. Liza, I think he’s going to need a little push.”

(Liza pushes Henry off the bed)

Henry

“Fine! I’ll go change... (stomps off angrily)...and git sum coffee!”

Liza

(sits up and talks to the trainer)

My! Y'all shur take yer trainin' serious! I mean, cummin' out to ar house 'n all! That's mighty kind of ya... (lower voice and more seriously) Don't ya ever cum in here without knockin' again, ya hear?! We keeps a shot gun under da bed! (sweet voice) Mm' Kay? Bye now. Henry be out in a minute.

(Trainer leaves)

Part 3 "Dedication"
(Henry Runs His First 5K)

(Liza and the Trainer stand in front of the congregation to cheer on Henry in his 5K)

Liza

"I's jus' so proud of dat man! He's been working so hard, I barley gots ta push him out da bed no mo'. He's become dedicated!"

(runners come running by)

Trainer

"He sure has, Mrs. Liza. And you've really pushed him and helped to encourage him."

(speed walker comes walking by)

Liza

"An' you's been so patient! Ya really encouraged ol' Henry to stick wit da stuff! Ya know what else? I been rightly encouraged myself. I thinks next year I jus' might try ta be runnin' dis thing myself.

(woman pushing stroller comes by)

Trainer

"Oh, that would be wonderful, Mrs Liza...look, here he comes"
(both begin cheering)

(Henry comes out running extremely slow)

(Liza and Trainer continue cheering)

(boy in crutches passes by)

(old person in cane passes by)

(eventually, Henry passes by and Liza gives him a kiss)

Liza

“You’s almost der now. You can do it, Henry! Git er done!”

3.5 Games

3.5.1 Exercise Thyself! Push-up Contest (boys)

3.5.1.1 Two Plates made of tuna and yogurt with grapes mixed in

3.5.1.2 Using their mouth, contestants must pick grapes out of plate while doing pushups.

3.5.1.3 Prize given to contestant who gets the most grapes.

3.5.2 Award to anyone who can do 20 pull ups (boys or girls)

3.5.3 Mystery smoothie

3.5.3.1 Prize given to two girls selected to randomly pick items from a bag to be blended into a smoothie

3.5.3.2 Prize given to anyone in audience who will drink 8oz cup of either smoothie.

3.6 Preaching