

Miranda, a fitness instructor, shares the impact her faith has had during lockdown.

I have been a fitness instructor for about 10 years. It's what I love more than anything I've ever done. It's teaching, performing and communicating with people. I've found my niche.



I teach in church and community halls, normally. For a week after lockdown, I researched different ideas. I set up a booking website and now I have classes on Zoom. The first one was a baptism of fire. I'm dancing away and can see everyone. They're completely out of time, but that doesn't matter.

Some people have stopped coming. Other classes have increased as people have invited their friends who don't live locally.

We've all had to slow down and think about what matters, which is family and being healthy. I'm happy to be healthy and to offer something that helps others to keep healthy, both mentally and physically. I'll be honest and say that I haven't always felt the presence of God. I have felt very anxious. But it's about being still sometimes, which I find difficult, and remembering why I'm doing what I'm doing and who I am in God.



Find out more about Everyday Faith as part of Renewal and Reform, aimed at creating a growing church for all people and in all places.

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