

Practice What You Preach / 26 hour Marathon Turning Determination into Impact

with Dr Tippett - Taking Action July 25th & 26th

🕒 26 Hours 🏃 26 Miles 💪 2,600 Reps 🍎 26 Fruits & 🥬 Vegetables 🙏 26 Prayer Walks

Practice What You Preach is a personal 26-hour endurance challenge designed to highlight some important health topics. I know many of my patients are tired of hearing me talk about broccoli and exercise, but lasting health comes from what we do, not just what we say. By embracing discomfort in a fun way, my hope is to lead by example and inspire others to make lasting, beneficial, lifestyle changes that improve health span, even if it is inconvenient. After all, *actions speak louder than words*.

Romans 12:11-12 (NLT)

*Never be lazy, but work hard and serve the Lord enthusiastically.
Rejoice in our confident hope. Be patient in trouble and keep on praying.*

The Practice what you P.R.E.A.C.H. Framework is as follows:

- **Praise:** Through prayer and gratitude - Take 26 prayer walks totaling 6 miles
- **Run:** 26 miles
- **Eat:** 26 fruits and vegetables
- **Attitude:** maintain a positive mindset in adversity
- **Calisthenics:** complete 2,600 cross-training reps
- **Hit:** Various strikes involving a punching bag, kata, or shadow boxing - part of the 2600 reps

1 SET EVERY HOUR for 26 Consecutive Hours:

- ➔ 1 Mile run (mostly running & mostly outside)
- ➔ 10 Pullups
- ➔ 20 Pushups
- ➔ 30 Situps
- ➔ 40 Strikes (punches/kicks etc.)
- ➔ Prayer Walk for 0.23 miles
- ➔ Eat small servings of vegetables and/or fruit (including a few I don't like - sticking with my "eat it anyway" theme)

The Why Behind the Challenge:

- ✝ Honor God
- 😊 Have fun
- 💰 Support Local *charities*
- 💪 Motivate my patients to *exercise* more
- 🥬 Encourage my patients to *eat more vegetables*
- 🏃 *Prepare* for Clearwater Ragnar Relay Run in October
- 🥋 *Prepare* for upcoming Black Belt test
- 📉 *Lower* my own cholesterol
- ☀ Possibly *attract* a few new patients ready for a healthier lifestyle and a better approach to Primary Care.

This challenge is about more than fitness for me, it's about living out the values I encourage others to embrace. If you're able, I'd love for you to join me by doing a few sets of your own and/or supporting one of my favorite local charities: Good Samaritan free clinic, where I volunteer each month, or the FCA All Abilities/Special Needs Division. Most importantly, I ask that you pray and remain grateful in all things. If you'd like to contribute, please fill out the pledge form using the yellow QR code & be entered into a raffle. You can base your donation on the number of hours I successfully complete or pledge a flat rate. Then, make your donation directly to the charity of your choice using one of the green QR codes below. Thank you for your support, generosity, and encouragement! 😊

Scan to Donate
Good Samaritan Health Clinic
New Port Richey



Jesse Tippett, MD
Trinity Family & Sports Medicine
Trinity, FL 727-376-3547

Scan for
PLEDGE form



Scan to JOIN
MDVIP



Scan to Donate
Fellowship of Christian Athletes
Special Needs Division, Lutz



Dr Tippett's Practice What You Preach / 26 Hour Marathon Pledge Sheet

Please download & fill out the form, then choose an option below to make a pledge:

- Email (it can be a picture of the form) to jessicadenz@tfsmedicine.com
- Print out & Mail to the office at 1807 Short Branch Dr, Suite 102, Trinity, FL 34655
- Print out & Stop in the office to drop off form

Everyone who pledges will be entered into a raffle. After donations are confirmed, winners will be drawn August 5th & announced on Facebook at Noon.

Winners will receive one of the following:

- *One non-MDVIP member* will win a complimentary Executive Style Physical, including a 90-minute exam, with labs, BMI Scale, Hearing & Vision Screening, EKG, Spirometry, Grip Strength, & more , and a 90-minute follow-up with Dr. Tippett to review the results. All at NO CHARGE
- *Three additional donors* will each win a \$50 Amazon gift card.

Your Name: _____

E-mail: _____

Phone/Cell: _____

Flat Pledge Amount: _____

OR

Pledge amount per Set completed: _____

Please submit all pledged donations by August 3rd, 2026, by check or directly to the charity using the QR code on the event flyer on the [Jesse Tippett, MD Facebook page](https://www.facebook.com/JesseTippettMD/). <https://www.facebook.com/JesseTippettMD/>

Checks can be mailed to, or dropped off in, the office at the address listed above and we will get them to the appropriate charity of your choice.

Please make checks payable to the organization of your choice:

Good Samaritan

On Check Note Line Please add:

NPR Location

Fellowship of Christian Athletes (FCA)

On Check Note Line Please add:

Bob Durham - All ability/Special Needs

**We Thank You for your Participation & Generosity in Dr Tippett's
Practice What You Preach / 26 Hour Marathon**