Never a man to sit still for long Wesley was a fan of exercise. He is believed to have travelled some 250,000 miles, mostly on horseback, but sometimes on foot, in the course of his itinerant preaching career.

Sport became a way for Methodists together in sport and leisure activities. As nineteenth-century Methodists came to support and nurture each other physically, as their Bible classes and societies helped them spiritually. Sport offered a chance to combine fresh air and exercise and was eagerly adopted by Methodists of all denominations. Many Methodist chapels started cycling clubs and there was even a "Primitive Methodist" branded bicycle in the noughties.

Still important, act of hospitality and the soul. These acts of hospitality and the spirit of service is carried on today by Christians, working under the banner offer a warm welcome more than Gold.

The Methodist Church is continuing the tradition of nurturing holistic health and holiness by being part of the More Than Gold initiative, a multi-denominational Christian partnership which is determined to use sporting events like the Olympics, the Paralympics and the Commonwealth Games to reach out to their communities in fresh and exciting ways.

That belief in the healing power of fresh air and exercise found expression as nineteenth-century Methodists came together in sport and leisure activities. Sport became a way for Methodists to support and nurture each other physically, as their Bible classes and societies helped them spiritually. Sport also provided a connection to those who did not know about Methodism, but were attracted by the opportunity to take part in team games.

By constant exercise

Wesley took most of his exercise on horse-back, but that was not an option for working class Methodists in the nineteenth and early twentieth centuries. The means of the bicycle offered a chance to combine the demands of itinerant preaching with fresh air and exercise and was eagerly adopted by Methodists of all denominations. Many Methodist chapels started cycling clubs and there was even a "Primitive Methodist" branded bicycle in the noughties.

The Methodist influence on Britain’s sporting heritage can be seen clearly in the history of football. Aston Villa FC was formed in March 1874, by four members of the Villa Cross Wesleyan Chapel (known as early as 1867 as “Aston Villa Wesleyan Chapel”) in Handsworth. The four founders were Jack Hughes, Frederick Matthews, Walter Price and William Scattergood. Walter Tull’s ability was first spotted as a boy. He went on to become the first black infantry officer in the British Army. 1918, during the second battle of the Somme.

Walter Tull (1888–1918) was brought up in the Methodist orphanage in Bethnal Green. One of Britain’s first black footballers, he played for Tottenham Hotspur and by all accounts was a remarkable player. The Football Star was spotted as a boy. He went on to become the first black infantry officer in the British Army.

John Wesley reached out to all in his quest to bring everyone the physical and mental ease he found once he’d accepted Christ into his heart. The Methodists who came after him used sport as a way to promote well-being and connect with their communities, especially young people. More Than Gold does the same as it encourages Churches to engage in outreach.

Wesley gave us the thought of personal gain when he set up his free dispensaries and did the same as it encourages Churches to engage in outreach.

John Wesley’s Primitive Physic and the enduring legacy of “holistic holiness”

*By salvation I mean, not barely (according to the vulgar notion) deliverance from hell, or going to heaven, but a present deliverance from sin, a restoration of the soul to its primitive health…”

John Wesley

www.methodistheritage.org.uk/wesleyandwell-being
Tea published several other works related to medical works in his writings, and he throughout his ministry. Wesley is medical help to friends and followers throughout his time at university. He had carefully read medical treatises paying for physicians and treat themselves, rather than the less well-off to be able to in 1747 because he wanted an Easy and Natural Method for physic. John Wesley wrote and Wholeness and holiness Ruined… without remedy Cleanliness next to Godliness Drink the juice of this herb " a plain and easy way of curing most easy medicines, easy to be known, diseases, to set down cheap, safe, and practical to the body, mind and soul. Holiness next to Godliness Ruined… without remedy Cleanliness next to Godliness Drink the juice of this herb 1. The passions have a greater influence on health, than most people realize. 2. A person may be incurable. 3. The passions dispose to, or actually throw people into acute distress. 4. ‘Till the passion, which caused the disease, is calmed, ‘tis impossible to heal it. Wesley was suspicious of the complicated remedies, made from obscure ingredients and sold at a high price by many apothecaries. Wesley believed that time-honoured, traditional medicine was the best, rather than the fashionable, yet supposedly ‘scientific’ medicine. Wesley was ahead of his time in admitting the role of diet, exercise and sleep in health. But Wesley has been described as “an acknowledged pioneer, a voice crying in the wilderness” in the matter of hygiene and preventative medicine. Asks from cleanliness, Wesley also deals with diet, exercise and sleep in his regimen for holistic health. But it deals with diet, exercise and sleep in his regimen for holistic health.