



But the Spirit produces the fruit of ... self-control. (Galatians 5:22a, 23a)

The following ideas are drawn from a variety of places, including The Daniel Plan developed by Drs. Mehmet Oz Mark Hyman, Mark Amen and others for Saddleback Church, Weight Watchers, and fitness and exercise experts such as Leslie Sansone, Tom Holland, and Livestrong.

Our challenge as a church is to lose a total of 300 pounds by the end of 2012. My personal goal: 90 lbs total (not all by Jan 1, 2013!)

Please keep a few things in mind:

- If you have a chronic health issue, consult a doctor **FIRST**
- If you are overweight primarily due to inactivity, then your scale will not show the results you wish at first. Muscle is trimmer, but it weighs more. However, you need it to burn fat
- Weigh yourself **FIRST THING** in the morning, before dressing and breakfast.
- Weigh yourself **TOMORROW**, then **NOT AGAIN** until the end of each month
- Report your loss, not your actual weight, on your Communication Card the **FIRST** Sunday of each month
- The booklet is a guide, not a prescription
- For much more detail go to www.DanielPlan.com.



Eat Well

The most powerful tool you have to transform your health is your fork! Use it well and you will thrive. Choose poorly and you will suffer.

Basic Principles:

1. Eat whole, real, fresh, organic, unprocessed food
2. Eat a lot of fruit and vegetables (use plenty of different colors)
3. Eat foods with plenty of fiber
4. Eat foods containing omega-3 fats
5. Eat about twice as much salad and raw veggies as cooked foods
6. Supplements:
 - a. Men: Daily multivitamin, Vitamin D3, Omega 3's, Probiotic
 - b. Women: Same as above, plus Calcium and Magnesium

A little More Detail:

- Eat real, whole, fresh organic, unprocessed foods & spices
 - Vegetables and fruits
 - Foods containing Omega 3 fats and fiber
 - Drink green tea, skim milk and water
 - Eat fresh fruits and vegetables teeming with phytonutrients—carotenoids, flavonoids, and polyphenols—associated with a lower incidence of nearly all health problems, including dementia, obesity and aging.
 - Use more slow-burning, low-glycemic vegetables such as asparagus, broccoli, kale, spinach, cabbage, and Brussels sprouts.
 - Berries, cherries, peaches, plums, rhubarb, pears, and apples are optimal fruits; melons, grapes, and kiwifruit are suitable but contain more sugar.
 - Minimize starchy, high-glycemic cooked vegetables, such as potatoes, corn, and root vegetables such as rutabagas, parsnips, and turnips.
 - Nuts (almonds, walnuts, macadamia nuts, pecans) and Seeds (pumpkin, sunflower, flax, chia, etc.) have been proven to help with weight loss and reduce the risk of diabetes.
 - Proteins
 - Free-range poultry, wild fish
 - Legume, nuts
- Eliminate toxic items
 - Don't drink your calories (sodas, juices)
 - Read the label: If you can't pronounce it, put it down.
 - High fructose corn syrup/hydrogenated oils/sugar/enriched
 - (Limit) Red meats (unless organic or grass-fed) and organ meats
 - Large predatory fish and river fish, which contain mercury and other contaminants in unacceptable amounts; these include swordfish, tuna, tilefish, and shark
 - Processed oils such as corn, safflower, sunflower, peanut, and canola
 - Fried foods
 - Sugar-laden foods
 - Candy, cookies, cereals, pastries, pies, etc., including honey, maple syrup, or molasses
 - All types of flour products
 - Bagels, breads, rolls, wraps, pastas, etc.
 - Liquid sugar

- Processed fruit juices, which are often loaded with sugars; try juicing your own carrots, celery, and beets or other fruit and vegetable combinations instead
 - Sodas or any type of canned or bottled drinks with any type of sugar or sweetener
- Stevia—a natural plant-based sweetener, yes, but it still tricks your body into craving more sugar and eating more
- Meal timing & snacks
 - Eat nutritious breakfast with lots of proteins
 - Add healthy snacks throughout the day
 - Low fat lunches
 - Light dinners



As a general rule, if your workouts last longer than an hour, you're not training with enough intensity. 60 minutes is enough time for your warm-up, cardio, strength training (including core work) and flexibility.

Spend the majority of time in the area that best suits your goal for training.

- If you want to lose weight, spend more time on cardio training.
- If you want to tone up, spend the majority of your time working with weights.
- Cross-training workouts generally give the best overall results. This means combine all the components.
 - For example, perform a circuit where you do an exercise for strength, followed by an abdominal exercise followed by a two minute burst of cardio.
 - If you take minimal rest between each component, your heart rate will stay elevated for the entire workout.

Expecting immediate results is one of the main reasons so many people start and stop exercise routines. Remember, getting fit does not happen overnight. It's a lifestyle commitment. Don't expect immediate dramatic changes in your body shape or weight loss. Although changes are happening internally, most external benefits won't become visible for the first four to six weeks.

Walking is a moderate workout so you should be able to walk every day. Weight training, on the other hand, breaks down the muscle tissues and generally requires 48 hours of rest between workouts. You can train with weights every day, just not the same muscle groups.

HOW DO PASTOR TIM and KAREN WORKOUT

Believe it or not, we do have a program we established a while ago. But, like many folks, we have neglected it recently. We have committed ourselves to getting back on it.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bike and Bowflex	Walking	Weight Training	Zumba	Stretching	Bike and Bowflex	Off
We do 20 Minutes on stationary bikes. We also have a Bowflex we use.	This is a walking DVD we use depending on weather and circumstances. We may also walk 20 - 30 minutes outside.	We use the Supreme 90-Day Workout. This is a low-cost version of the very popular P90X and Insanity programs.	Zumba (if you do not know) is an exercise dance DVD. Don't laugh, it works.	We use a DD called "Holy Yoga". Once again, don't laugh. It's a killer!	We do 20 Minutes on stationary bikes. We also have a Bowflex we use.	
We try to do 20-30 minutes a day of each of these, except the Supreme 90. Those are usually about 40 minutes.						



Give God...

No health program is complete without a focus on Spiritual Health. If you do not have a regular pattern, aim for 20 – 30 minutes a day in devotions. Incorporate these items, giving about 4 – 6 minutes for each:

- Sing or recite a song (pick a favorite worship song or old hymn)
- Praise and Thanksgiving for who God is
- Read a passage from the Bible
- Pray about needs
- Ask God to speak to you then sit quietly and listen for Him