



STUDY &
REFLECTION

In our previous studies we have identified specific factors that tend to plague us and rob us of our physical health, and the major conditions that promote and make them a seemingly permanent part of our lives. But by God's grace and the knowledge HE has empowered us with, this does not have to be nor continue to negatively shape our future.

Let us take the spiritual challenge, and face with courage and faith the enemies of our God-Promised physical well-being.

Old, inter-generational traditions that influence and shape our attitude and practices toward choosing and preparing, FOOD!

Dare we say it and face it? We must take a real look at What we eat.....When we eat.....How much we eat.....Why we eat!

Consider:

- More than one-third (34.9% or 78.6 million) of U.S. adults are obese.
- Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death.

Our children are not exempt!! Childhood obesity is a serious problem in the United States. For children and adolescents aged 2-19 years, the prevalence of obesity has remained fairly stable at about 17% and affects about 12.7 million children and adolescents for the past decade. These rates are significantly higher among African-Americans. Because of this we are seeing chronic diseases like diabetes in children at earlier ages.

Thank God most of us are not obese. However, being overweight clearly increases our chances of developing heart disease, hypertension, diabetes and even some cancers.

The good news is that we can change these negative statistics and improve our health and the health of our children.

We don't have to become obsessed and overstressed regarding food, but we do need to rethink and reshape the role food plays in our lives, so that we can enjoy healthy, nutritious, good tasting, pleasurable meals that contribute to good physical health.

ACTION
ITEMS

I know, this is difficult for most of us but God gives us Grace. Do a weeks' or a month's inventory (be honest) of what you eat, when you eat and how much you eat. If necessary, eat as you usually do, without restriction, and keep an accurate diary of what you eat and then compute the calories. Consider the results.

INVOLVING
OTHERS

Be brave. Have an honest group discussion regarding your personal and group habits and practices regarding food. What do you see that is common in our community. Quantify and qualify the patterns you see...good? Not so good? Need to be changed?



STUDY &
REFLECTION

The alarming pattern and rate of being overweight and obese in America is a real epidemic. Unfortunately, the influence we have around the world has negatively affected the health of those in almost every country. If we dare study it, it is apparent that as American styled 'fast-foods' chains have entered the market of other countries, so has the prevalence of increased weight in previously exempt populations and with it the spread of the diseases it impacts.

In our own neighborhoods, food deserts where people have poor access to fresh, healthy nutritious food in their own neighborhoods is often prevalent and should be unacceptable. Chronic poverty is often another factor that contributes to poor nutrition. These are called *negative social determinates* of poor health and should be things the greater society and certainly the church should point out and demand change.

But as we have the courage to address these critical issues of social change and justice, we must focus on the things we can change, that will lift and improve our physical health and the physical health of those we worship with and minister too and are a part of our spiritual community.

Keys include looking at: **WHAT WE EAT:** We can increase the amount of fruit, vegetables, beans, grains, in our diet, reduce or eliminate fatty foods and meats, and increase healthier meat choices and fish. Note: a gram of fat in your diet contains more than twice as many calories as a gram of protein or carbohydrate.

Praise God that we have now launched our ministry's permanent Food Pantry. This ministry ensures that many who have not had the opportunity to choose healthy foods now can begin to and change the trajectory of their families' health and overall nutrition:

WHEN WE EAT: Another key is to eat when we are active! Our largest caloric intake should be early in our day when we are active and mobile. Later when we are less mobile our metabolism slows and we burn fewer calories. We can control this.

HOW MUCH WE EAT: Think about it! Much of our over-eating is cultural and learned. The average portion of meat and other staples are twice as large in our country than in Europe. We have learned to eat, to eat 'big!', not because we are hungry, but because of social and other factors in our lives, and food becomes a pleasure and substitute for unfulfilled issues in our lives.

ACTION
ITEMS

Review your personal eating habits and assess what, when, how much you eat. If you are really courageous, do this: Using your smart device, let's look at one parameter that can be used as a guideline (not the only one and it's not absolute) to help our physical health assessment:

Body Mass Index.

- If your BMI is less than 18.5, it falls within the underweight range.
- If your BMI is 18.5 to 24.9, it falls within the normal or Healthy Weight range.
- If your BMI is 25.0 to 29.9, it falls within the overweight range.
- If your BMI is 30.0 or higher, it falls within the obese range.

INVOLVING
OTHERS

Share and discuss your results of what, when, how much and why you eat. If you do the assessment of the BMI, remember this is not the only or most important indicator of your physical health. Use it only as a point of discussion and a measure to improve upon.

STUDY & REFLECTION Thank you for being brave enough to begin to look at our attitudes and practices surrounding food. Of course these understandings have a major impact on good nutrition and a reasonable weight.

Unhealthy eating is a major contributor to the American epidemic of being overweight and obese, but its 'first-cousin,' and co-conspirator is our SEDENTARY LIFESTYLE!

“SITTING IS THE NEW SMOKING!”

I'm not sure who coined this phrase but they hit the nail on the head. What a terrible combination...too many calories and too little activity. A Killer-Combination!

Note the U.S. Surgeon General: Americans can substantially improve their health and quality of life by including moderate amounts of physical activity in their daily lives.

Physical activity need not be of vigorous intensity for it to improve health.

Health benefits appear to be proportional to the amount of activity, thus every increase in activity adds some benefit.

An emphasis on moderate amounts of activity rather than the intensity of activity, and the benefits of variation in daily activity is hoped to encourage more people to make physical activity a regular and more sustainable part of their lives.

Physical Health and Activity

Some of you may remember a song, from the Pentecostal church of old... "You've got to move,...You've got to move....when the Lord, gets ready, you've got to move.

We were designed, created, crafted by God to MOVE, not be stagnant!

Our present life-style has been negatively affected because of time before the television, binging our favorite shows, sitting at our computers, constantly emailing and texting, sometimes even when driving, yikes!

WE HAVE STOPPED MOVING!

ACTION ITEMS Repeat the exercise (pun intended) that you did for your weekly eating diary.
Assess your amount and quality of physical activity over the past week.

- How much are you moving?
- How can you increase the consistency and quality of a weekly exercise regimen to improve your strength and mobility?

INVOLVING OTHERS Share your present amount and quality of physical activity with your small group.
What are some simple ways to increase and improve?



STUDY & REFLECTION **YOU'VE GOT TO MOVE!**

Consider the wonder of our creation and the exquisite intent of our Creator. In his book, *The Amazing Body Human: God's Design for Personhood*, Mark Cosgrove writes:

"One of the most remarkable characteristics of the body human is its erect posture. Our ability to walk on two limbs, which we so easily take for granted, is not the result of a four-legged animal's acquiring small anatomical modifications and suddenly deciding to walk erect. The human upright stance is not a matter of decision but of design. Our ability to stand up and walk is dependent upon the arrangement of numerous anatomical and physiological features in our bodies, most of them not found in any (other) animal. Our features including the unique human foot, knees that lock, a specialized pelvis, powerful hip muscles, a sharply curved spine, and a circulatory system designed to function against gravity"

ALL AN INTENTIONAL DESIGN AND WONDER OF GOD!

As David expressed it, we are Fearfully and Wonderfully Made (Psalm 139:14).

Clearly sustained, bipedal standing and walking is unique only to the human condition. When we stop moving, we begin to break down and lose our ability to live and move freely. Our muscles, bones, joints, and our entire musculo-skeletal structure enables us to move freely, to thrive and dominate our environment. This is a design intention of a wise Creator.

WE NEED TO MOVE!

TWO TYPES OF ACTIVITY HAVE BEEN SHOWN TO IMPROVE HEALTH:

ENDURANCE-TYPE physical activity: activity involving repeated use of large muscles such as in walking or bicycling.

RESISTANCE-TYPE exercise: to increase muscle strength such as by lifting (even small) weights; this has been shown as a means to enhance and preserve muscle strength and endurance, to prevent falls and to improve mobility.

PHYSICAL ACTIVITY GUIDELINES THAT PROMOTE PHYSICAL HEALTH:

Children and adolescents: should do 60 minutes (1 hour) or more of physical activity each day.

Adults: 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week and muscle strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

10 minutes at a time is fine. We know 150 minutes each week sounds like a lot of time, but it's not. That's 2 hours and 30 minutes, about the same amount of time you might spend watching a movie. The good news is that you can spread your activity out during the week, so you don't have to do it all at once. You can even break it up into smaller chunks of time during the day. It's about what works best for you, as long as you're doing physical activity at a moderate or vigorous effort for at least 10 minutes at a time.

Older Adults (Seniors): should increase their activity to 5 hours (300 minutes) each week of moderate-intensity aerobic activity and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

ACTION ITEMS You know the assignment. **Honestly** assess your pattern or typical physical activity during a regular week. See if you begin to approach the general physical activity guidelines. How consistent are you in these endeavors?

INVOLVING OTHERS Compare notes and discuss with your small group. Assess the physical activity of your group.



STUDY & REFLECTION Let's summarize and focus on some keys:

When it comes to **EATING**, we have strong habits. Some are good ("I always eat breakfast"), and some are not so good ("I always clean my plate"). Although many of our eating habits were established during childhood, it doesn't mean it's too late to change them.

A Healthy Eating Plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars
- Stays within your daily calorie needs

Making sudden, radical changes to eating habits such as eating nothing but cabbage soup, can lead to short term weight loss. However, such radical changes are neither healthy nor a good idea, and won't be successful in the long run. Permanently improving your eating habits requires a thoughtful approach in which you Reflect, on your eating habits, good and bad and your common triggers for unhealthy eating. Replace, unhealthy eating habits with healthier ones, and Reinforce the new, healthier habits you have learned.

WHAT IS HEALTHY WEIGHT LOSS?

·It's natural for anyone trying to lose weight to want to lose it very quickly. But evidence shows that people who lose weight gradually and steadily (about 1 to 2 pounds per week) are more successful at keeping weight off. Healthy weight loss isn't just about a "diet" or "program". It's about an ongoing lifestyle that includes long-term changes in daily eating and exercise habits.

·To lose weight, you must use up more calories than you take in. Since one pound equals 3,500 calories, you need to reduce your caloric intake by 500—1000 calories per day to lose about 1 to 2 pounds per week.

YOU'VE GOT TO MOVE!

People of all ages, both male and female, benefit from regular physical activity.

·Significant health benefits can be obtained by including a moderate amount of physical activity, (e.g. 30 minutes of brisk walking or raking leaves; 15 minutes of running or 45 minutes of playing volleyball) on most if not all days of the week.

·Additional health benefits can be gained through greater amounts of physical activity.

·Physical activity reduces the risk of premature mortality in general, and of coronary heart disease, hypertension, colon cancer, and diabetes in particular. Physical activity also improves mental health, and is important for the health of muscles, bones, and joints.

ACTION ITEMS Reflect and then commit to **2 things you will change or add** in regards to your attitude or practice involving eating and moving.

INVOLVING OTHERS Share with your small group and make each other accountable to 1 or 2 attitude or practice changes regarding eating and moving.

STUDY & REFLECTION

If you have been diligent in studying, reflecting, and asking the Lord for a better understanding of the material presented over the last five days *you are to be congratulated!!*

If despite all your efforts, you feel overwhelmed...*take heart.*
Your present physical state of health has been attained over time.
Good physical health attitudes and practices take focus and faith.

Be Patient!! This is difficult, stuff...But Achievable!!

Your best days of physical health wellness and wholeness are ahead of you!

SHALOM!