

*“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.” (1Cor. 6:19-20)*

*fine fit  
+  
fabulous*

A purpose driven spirituality,  
nutrition and fitness program

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## **Fine, Fit and Fabulous**

Do you want to be *Fine, Fit and Fabulous*? Bronx Health REACH is sponsoring an exciting twelve-week program which combines nutrition and fitness in a spiritual context. *Fine, Fit and Fabulous* uses scripture and spiritual group support to help congregants adopt healthier eating and exercise habits. As believers, we know that we are comprised of body, soul and spirit. For too long, many of us have been ignoring one key component of our being – our physical selves. Through *Fine, Fit and Fabulous*, you will learn to take care of your physical bodies through spiritual guidance, nutrition education and gospel aerobics.

The *Fine, Fit and Fabulous* program is designed around three key points, which will help you grow in the areas of spiritual and physical health:

1. Purpose driven reasons for caring for your body; what is your motive for wanting to be *Fine, Fit and Fabulous*?
2. Adopting a healthier lifestyle requires discipline, moderation and self-control, character traits which are supported throughout the scriptures.
3. Setting goals and staying focused are the keys to improving health. It is important to honor God by taking care of your body – the dwelling place of the Holy Spirit.

Congregants who participate in *Fine, Fit and Fabulous* meet at their church for twelve weeks, which includes group discussion sessions and exercise sessions taught by a certified fitness instructor. Each person is assigned a buddy or group for support in completing exercise and nutrition goals. Some of the weekly discussion topics include:

### **The Food, God and Health Connection**

Solomon said, *“Where there is no guidance, the people fall”* (Proverbs 11:14)

### **Self-Indulgence and Gluttony are Sins – Are you sinning?**

*“Jeshurun grew fat and kicked: filled with food, he became heavy and sleek. He abandoned the God who made him and rejected the Rock his Savior.”* (Deut 32:15)

### **Self-Discipline, Moderation, and Self-Control – Is that your stomach growling or your soul?**

*“Everyone who competes in the games goes into strict training. They do it to get a crown that Will not last; but we do it to get a crown that will last forever.”* (1 Corinthians 9:25)

### **Using God’s Strength to Live a Healthier Life – Trade in “fat and happy” for “fit and healthy”!**

*“I can do all things through Christ who strengthens me.”* (Philippians 4:13)



**DISCLAIMER**

I agree and understand that the *Fine, Fit and Fabulous* program, sponsored by Bronx Health REACH, will not diagnose or attempt to cure any diseases.

I further understand that I should continue under the care of my physician and will continue any medications as ordered by my doctor while participating in the *Fine, Fit and Fabulous* program.

I acknowledge that my participation in the *Fine, Fit and Fabulous* program is voluntary and I accept full responsibility for the management of my own health care.

I acknowledge that I am in good health and I have consulted with my doctor regarding my participation in *Fine, Fit and Fabulous*. I will continue to be monitored by my doctor for the duration of this program.

I ACKNOWLEDGE THAT THE *FINE, FIT AND FABULOUS* PROGRAM IS NOT A MEDICAL DIAGNOSIS OR SUBSTITUTE FOR MEDICATION OR MEDICAL ADVICE. IT IS A PROGRAM FOR NUTRITION AND FITNESS AWARENESS, WITH LIGHT TO MODERATE EXERCISE.

I further agree that neither the *Fine, Fit and Fabulous* program, nor any of its instructors are responsible for my health care or any injury that I may sustain during the fitness portion of the program. I agree to hold harmless the Institute for Family Health and the hosting organization/facility, \_\_\_\_\_.

I further understand that my acceptance and continuation in the *Fine, Fit and Fabulous* program is conditional upon my written acceptance of the conditions set forth. If at any time the program learns that I fail to abide by the above conditions, my participation in the program may be terminated.

I have read the above and agree to abide by these conditions and of participation.

Participant name \_\_\_\_\_

Date \_\_\_\_\_

Acknowledged and accepted by:

Instructor \_\_\_\_\_

Date \_\_\_\_\_

# Personal Health, Fitness and Medical History Questionnaire

(All information will be kept confidential)

Name \_\_\_\_\_ Age \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Doctor's name \_\_\_\_\_ Doctor's phone \_\_\_\_\_

Date of last physical examination \_\_\_\_\_

How tall are you? (Ex: 5' 4" = five feet and four inches tall) \_\_\_\_\_

What is your current weight? (If you're not sure, just guess) \_\_\_\_\_

Do you think you are overweight? Yes \_\_\_ No \_\_\_

If you answered yes, by how much are you overweight? \_\_\_\_\_

Have you been diagnosed with diabetes? Yes \_\_\_ No \_\_\_

Has anyone in your family been diagnosed with diabetes? Yes \_\_\_ No \_\_\_

If you answered yes, what is their relation to you (brother, mother, uncle, daughter, etc.)?  
\_\_\_\_\_

Do you have any known heart problems (heart disease, previous heart attack, excess plaque in your arteries, abnormal ECG, etc.)? Yes \_\_\_ No \_\_\_

If you answered yes, please describe \_\_\_\_\_

Has your doctor ever told you your cholesterol level was too high? Yes \_\_\_ No \_\_\_

Has your doctor ever told you your blood pressure was too high? Yes \_\_\_ No \_\_\_

Has your doctor ever told you your blood pressure was too low? Yes \_\_\_ No \_\_\_

Do you have any injuries or orthopedic problems (bad back, bad knees, tendonitis, bursitis, etc.)? Yes \_\_\_ No \_\_\_

If you answered yes, please describe \_\_\_\_\_

Are you taking any prescribed medications or dietary supplements? Yes \_\_\_ No \_\_\_

If you answered yes, which ones? \_\_\_\_\_

Are you pregnant or postpartum less than six weeks? Yes \_\_\_ No \_\_\_

Have you ever given birth to a baby weighing more than 9 pounds at birth? Yes \_\_\_ No \_\_\_

Do you have any other medical conditions or problems not previously mentioned? Yes \_\_\_ No \_\_\_

If you answered yes, please describe \_\_\_\_\_

How much exercise do you get during a typical day? None to very little \_\_\_\_\_ Moderate to a lot \_\_\_\_\_

Describe your current exercise program \_\_\_\_\_



## Nutrition Pre-Test

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. Some benefits of healthy eating include:  
(you may circle more than one answer)
  - A. Healthier cholesterol levels
  - B. Excessive weight gain
  - C. Increased risk of developing diabetes and other diseases
  - D. Decreased risk of developing diabetes and other diseases
  
2. In general, benefits of regular physical activity include:  
(you may circle more than one answer)
  - A. Poor circulation
  - B. Healthier cholesterol levels
  - C. Better weight management
  - D. Better stress management
  
3. It is good to eat a variety of foods from each food group because:  
(you may circle more than one answer)
  - A. You are more likely to enjoy your food.
  - B. It may help you control your weight.
  - C. You are less likely to consume the nutrients needed for a healthy, balanced diet.
  - D. You are more likely to consume the nutrients needed for a healthy, balanced diet.
  
4. A diet that is high in fat, cholesterol, salt and sugar may lead to health problems, including:  
(you may circle more than one answer)
  - A. Heart disease
  - B. Diabetes
  - C. Excessive weight gain
  - D. Better muscle tone

5. In general, fast food contains a lot of:  
**(you may choose more than one answer)**
- A. Fiber
  - B. Fat and cholesterol
  - C. Sodium
  - D. Calories
- E. One serving of meat (3 ounces) is similar to the size of:
- A. Your entire dinner plate
  - B. A deck of cards
  - C. A computer keyboard
  - D. A football
7. Two servings of cooked pasta (1 cup) is similar to the size of:
- A. The bowl you want to put it in
  - B. Four stacked dice
  - C. Your fist
  - D. The tip of your thumb
8. According to the “Plate Method” a healthy plate might consist of:
- A. Mostly meat and pasta with a small amount of vegetables
  - B. Whatever is leftover from the night before
  - C. Four servings of one type of food
  - D. Mostly vegetables with sensible portions of meat and pasta
9. Eating a variety of fruits and vegetables every day is an important part of a healthy diet because:  
**(you may choose more than one answer)**
- A. They are generally low in fat and calories
  - B. They contain important nutrients such as fiber, vitamins and minerals
  - C. They are generally high in fat and calories and low in vitamins and minerals
  - D. They contain special substances that may help protect against many diseases including heart disease and some cancers
10. The recommended number of servings of fruits and vegetables per day for adults is:
- A. 1-3
  - B. 2-4
  - C. 5-9
  - D. 10-12

## **Program Outline**

The *Fine, Fit and Fabulous* program began at Believer's Christian Fellowship under the leadership of the Pastor, Rev. Dr. Suzan D. Johnson Cook, and the guidance of Loyce Godfrey. The *Fine, Fit and Fabulous* program grew out of Rev. Cook's desire for healthier congregants. After much planning and research, Loyce and some of her fellow congregants developed a ministry centered on health and fitness. The program is twelve weeks long with a different spirituality and nutrition/health theme each session and a fitness component each week.

Orientation: **Introduction to *Fine, Fit and Fabulous***

Week 1: **The Food, God and Health Connection**

Solomon said, "*Where there is no guidance, the people fall*" (Proverbs 11:14)

Week 2: **The Basics of Healthy Eating & Making Lifestyle Changes**

Week 3: **Making Lifestyle Changes (continued from week 2)**

Week 4: **Purpose Driven Reasons for Wanting to be *Fine, Fit and Fabulous***

*"For everything comes from God alone, everything lives by his power, and everything is for his glory"* (Romans 11:36)

Week 5: **Dietary Guidelines for Americans 2005 – Feeding God's flock**

Week 6: **Self-Indulgence and Gluttony are Sins – Are you sinning?**

*"Jeshurun grew fat and kicked: filled with food, he became heavy and sleek. He abandoned the God who made him and rejected the Rock his Savior."* (Deut 23:15)

Week 7: **Fast Food and Over-Eating – Forget McDonald's, make God's presence your comfort food!**

Week 8: **Self-Discipline, Moderation, and Self-Control – Is that your stomach growling or your soul?**

*"Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever."* (1 Corinthians 9:25)

Week 9: **5-A-Day The Color Way!**

Week 10: **Honor God by Taking Care of Your Temple – Is the Holy Spirit at home in your body?**

*"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body."* (1 Corinthians 6:19-20)

Week 11: **Using God's Strength to Live a Healthier Life – Trading in "fat and happy" for "fit and healthy"**

*"I can do all things through Christ who strengthens me."* (Philippians 4:13)

Week 12: **TBA**

## **Participant's Guide**

*Fine, Fit and Fabulous* is a self-directed fitness and spiritual program. Success in the program relies upon your desire to gain a better physical and spiritual body. As a participant, you will be asked to make several evaluations about yourself, including your readiness, interests, and goals relating to exercise and nutrition. These assessments will help you make your own individualized program.

The most important aspects of this program are:

1. Buddy and/or group participation for increased discipline, motivation, and inspiration.
2. Weekly meetings with prayer and discussion about spirituality, fitness and nutrition.

Participants will meet for structured 2 ½ hour sessions, every week for twelve weeks. One hour is devoted to group discussion, one hour to exercise/fitness instruction and ½ hour to addressing participants' goals, food and fitness logs, weigh-ins, etc. Each session will have either a spiritual or nutrition theme –which guides discussion and activities. The focus of the last session is open to allow for flexibility in the program. Together, participants and the program leader should decide how to structure the final session. Previous groups have decided to celebrate their successes in the final week with a recognition ceremony or graduation event. Others used the last week as a “make-up” session for those participants who missed a discussion or for those who wanted to re-visit a particular topic. Each week you will have time to talk about successes and struggles in working toward your nutrition and fitness goals as well. The weekly meetings are a way for everyone in your congregation to gather together and learn from each other in an open environment.

Another key piece of the program is the development of an action plan and a contract to be signed by you and your buddy or group. The action plan and contract will allow you to use evaluations about yourself to make an individualized plan. The format of the action plan has been designed to support your work with a buddy or group. Talking with others can help you better understand different perspectives and the successes that others have had. The guide to creating an action plan includes discussion questions that will help you and your buddy or group think about where you are and where you want to be.

Working with your group or buddy will provide you with the support that you need. Make sure to exchange contact information and sign the *Fine, Fit and Fabulous* contract. Successful individuals in this program have contact with each other every day. Whether it's a quick email or a short phone call, make sure that your buddy or group remains motivated. In exchange, they will do the same for you! Also, try to meet up as often as you can for group activities; go for a walk in the park, swim at the community pool, or try that new exercise tape that you bought. Be sure to exchange thoughtful tips, hints, and recipes. If you are technologically savvy, start an email group and email thoughtful scriptures, articles, and exercise routines.

Because the program is about your interests, feel free to participate in the activities that you think will help you succeed. Make sure that you and your group/buddy have similar interests. Focus on activities that you and your buddy enjoy. Having someone to rely on will help you when you need inspiration or motivation. You will be more likely to reach your goals when you have the support that you need.

Having a buddy will also help you be more accountable to your goals. By holding each other accountable to your goals, everyone will be more likely to succeed. When starting off, it may help to have one or at most two goals. Make sure that these goals are realistic and within your reach. If you have a big goal to reach, such as running a marathon, perhaps you can start off with smaller goals. For example, you may want to think about first walking 20 blocks, then a mile and before you know it, you'll be running the marathon! Most of all, remember that discipline is required for your spiritual and physical growth.



Together, the Program Leader, Fitness Instructor, Evaluation Coordinator, you and your buddy, will use several tools to track progress toward reaching your goals.

### **1. Personal Health, Fitness and Medical History Questionnaire**

At the beginning of the program you will be asked to complete a questionnaire designed to capture general health status information. This provides background and baseline information for evaluation of the program and aids the instructors in helping you set appropriate nutrition and fitness goals.

### **2. Nutrition Pre/Post Tests**

You will be asked to complete a nutrition pre-test at the beginning of the program, as well as shorter quizzes at the end of each nutrition-related session. This way we can track knowledge gain and progress toward your goals over the twelve week period.

### **3. Action Plan**

The first step in the 12-week program is to create an action plan. The action plan includes goals that are developed with your buddy or group and a contract signed by each of you. Be sure to include goals for being spiritually, nutritionally and physically fit. When writing down your goals, think about reasonable commitments that are within your reach.

A guide for developing your action plan is included in this packet. The guide offers discussion points and activities that you can complete with your buddy/group to help you think about what kind of fitness and nutrition goals you want to reach.

### **4. Goal Planning Worksheet**

Use this worksheet to think more about the short and long-term spiritual, nutrition and fitness goals you include in your action plan, the steps you will take to achieve these goals, how you will overcome challenges you might encounter, and the way you and your buddy/group will celebrate once you have successfully completed the program! You should include specific steps that you will take to accomplish your goals. For example, “I will read selected passages from the Bible, consume at least one serving of vegetables at dinner, and walk at least 30 minutes every day.”

### **5. Weigh-ins**

Some *Fine, Fit and Fabulous* participants may decide to pursue a weight loss goal, others may not. All participants will be weighed at orientation and approximately every three weeks after that until the end of the program so that weight changes can be accurately recorded and tracked. Even if you are not considering a weight loss goal, we ask that everyone participate in regular weigh-ins. Your weight and all personal information will remain confidential.

### **6. Weekly Exercise Logs**

Exercise logs will help you track how much time you spent on your fitness goals each week. You are encouraged to use the extra space provided for comments to record daily notes on what you liked, didn't like or found challenging about pursuing your goals, which you can share with the group at each weekly meeting.

### **7. Weekly Food Diaries**

Participants are encouraged to record their daily food and beverage intake on the food logs provided at the end of each section in Participant's Guide. By writing down all of the food and beverages you consume daily, you will better understand your eating habits and discover whether you are eating the recommended number of servings from each food group. You can share this diary with your buddy or group leader to get tips for how to improve your eating habits. Be sure to bring completed food diaries to each *Fine, Fit & Fabulous* session.

## **Guide to Creating an Action Plan**

To start the *Fine, Fit and Fabulous* program, you need to come up with a plan. All of the planning that you need to accomplish can be achieved by following this guide. This health and fitness program revolves around spiritual growth, healthy eating and physical exercise. The action plan will walk you through developing the spiritual, nutrition and fitness goals that will help you better your health. You should work with your buddy or group to design an individualized action plan using the template included in this packet. Once you have designed your action plan, you and your buddy or group will each sign the contract on the bottom of the second page.

The discussion questions and activities below will help guide you through the process of developing your action plan. It will be helpful to keep a record of your discussions, so that you can refer to it later. This section covers three areas:

### **1. Getting ready**

Think about the importance of discipline and its role in achieving your fitness goals.

### **2. Commitment**

Your buddy or group is a critical part of this program. How can she/they help you achieve your fitness goals? How can you help her/them do the same?

### **3. Goal-setting**

Everyone will set different goals. Don't compare yourself to others and don't worry if your buddy or neighbor has a "bigger" goal than you. Think of a goal that is reasonable for you and your lifestyle and work toward it. You can always set another goal down the road.

Now let's get going!

## **Getting Ready**

Discipline is the foundation of discipleship. What does this mean? Think about your favorite biblical characters, heroes, sports stars, or successful business people. Discipline is at the base of doing anything well. In order to achieve any goal, you must train for it. The hardest part of training is getting the motivation and desire for self-improvement. Discipline is equally important for spiritual growth as well as physical growth.

### **Discussion Questions**

- What does it mean to be disciplined?
- Does it mean being physically active all the time or just some of the time?
- What is your definition of "disciplined"?
- What does it mean to say that discipline is the foundation of discipleship?
- How does discipline contribute to discipleship and physical growth?
- What can you do to increase your discipline?
- How does being disciplined for your physical growth improve your spiritual growth?

## **Commitment**

The action plan is based upon participants working together. Cooperation between participants is vital for the success of the entire *Fine, Fit and Fabulous* program. Together with a buddy or a group, you can design your own plan. Your fellow participants are your greatest tool because they understand the challenge in completing this program; after all, they are going through it too. It is important for you to be sympathetic to your friends as they move along with this program. Sending thoughtful emails or calling them to remind them about their exercise schedule or skipping the candy aisle at the grocery store can be helpful and encouraging.

### **Discussion Questions**

- How will your buddy or group help you reach your goals?
- What are the benefits to working with a group rather than on your own?
- How will your group encourage each other along the way?
- What type of physical activities do you all like to do?
- How often will you meet to engage in these activities?

## **Goal-Setting**

By setting reasonable goals that you can reach, you will be more likely to achieve them. If you are just starting your routine and have no experience with exercising, you may want to start off slow. By doing a little bit at a time you will be less likely to get discouraged. Add a few more exercises, routines, or moves every week if you are into aerobics, strength training, or exercise routines. If you like to walk, jog, swim, or run, add a little more distance every week. Keep challenging yourself with new goals. When you achieve each goal, you will be more likely to remain motivated and willing to participate.

### **Discussion Questions**

- What are your feelings toward your own physical and spiritual growth?
- How does your action plan tie into these feelings?
- What would you like to accomplish over the next twelve weeks? How about six months after that? And a year after that?

### **Activities**

- Keep track of your goals by writing them down. This way you can keep a record of your goals and measure your successes.
- Be specific about your goals. Is your goal to eat more vegetables? Or is to jog further? Or to lift more weights?
- Keep a record of your food intake and any physical activities by completing your food diary and exercise log EVERYDAY!! This will help you to see the progress that you have made.

## **Action Plan**

I will attend weekly meetings of *Fine, Fit and Fabulous* to increase my spiritual growth and my awareness of the resources God has provided me so that I can live a healthier life.

- I plan to work with my buddy by participating in the following physical activities:

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- I plan to improve my eating habits in the following ways:

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- I will contact my buddy \_\_\_\_\_ times each week to discuss our progress, set backs, successes and challenges.

### **1. Fitness Goals**

My short-term goals are \_\_\_\_\_

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I will measure these goals by \_\_\_\_\_

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My long-term goals are \_\_\_\_\_

---

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I will measure these goals by \_\_\_\_\_

---

## 2. Nutrition Goals

My short-term goals are \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will measure these goals by \_\_\_\_\_

\_\_\_\_\_

My long-term goals are \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will measure these goals by \_\_\_\_\_

\_\_\_\_\_

### **Contract**

I, \_\_\_\_\_, hereby agree to follow this action plan to improve my spiritual and physical health. I agree to complete the 12-week *Fine, Fit and Fabulous* program and continue to work toward my goals so that I can achieve spiritual, physical, and mental well-being. In addition to my own goals, I will encourage and support my buddy in her/his action plan for better health.

\_\_\_\_\_  
*FFF* Participant

\_\_\_\_\_  
Buddy

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

## SAMPLE: Goal Planning Worksheet

*"I have fought the good fight; I have finished the race; I have kept the faith..."(2 Timothy 4:7)*

**CLARIFY YOUR GOALS:** You can achieve what you can write down and measure

### Short Term Goals

I want to lose 10 pounds by Christmas

I want to be more faithful in prayer

I want to exercise at least three times per week

### Long Term:

I want to read through the entire bible in 60 weeks

Someday I want to run/walk a marathon

**CLAIM YOUR COMMITMENTS:** How are you going to achieve your goals?

*You pay the price if you don't pay the price*

**Time:** I will get up a little earlier and do my prayers and Bible reading with my morning coffee.

I will walk and run in the evenings after work and sometimes at lunch. Phyllis and I will walk and run together at least once each week.

**Accountability:** Phyllis and I will call each other on the phone at least once each week. I will be honest with her about how I am doing. We will also attend each *Fine, Fit and Fabulous* meeting together.

**UNDERSTAND YOUR CHALLENGES:** What is standing in the way of your goals?

**Challenge:** I have trouble getting up earlier in the morning because I am tired.

**Method to Overcoming:** I will go to sleep thirty minutes earlier at least three times per week so that I do not feel so tired in the morning.

I will eat a healthy breakfast every morning to help curb my hunger and tendency to overeat at lunch.

**CELEBRATE YOUR ACCOMPLISHMENTS:** Focus on the finish line

When we have finished our 12 week unit, Phyllis and I are going to take a day off of work and treat ourselves to a day spa.

# Goal Planning Worksheet

*“I have fought the good fight; I have finished the race; I have kept the faith...” 2 Timothy 4:7*

**CLARIFY YOUR GOALS:** You can achieve what you can write down and measure

**Short Term Goals**

- 1.
- 2.
- 3.

**Long Term:**

- 1.
- 2.
- 3.

**CLAIM YOUR COMMITMENTS:** How are you going to achieve your goals?  
*You pay the price if you don't pay the price*

***Time:***

***Accountability:***

**UNDERSTAND YOUR CHALLENGES:** What is standing in the way of your goals?

***Challenge:***

***Method to Overcoming:***

**CELEBRATE YOUR ACCOMPLISHMENTS:** Focus on the finish line

## Weekly Food Diary

Name \_\_\_\_\_

Week of \_\_\_\_\_ Church \_\_\_\_\_

Nutrition Goal for the week \_\_\_\_\_

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							



**Weekly Exercise Log**

Name \_\_\_\_\_

Week of \_\_\_\_\_ Church \_\_\_\_\_

Fitness Goal for the week \_\_\_\_\_

Date	Day	Type of exercise	Total minutes	Total steps	Comments
	<b>M</b>				
	<b>T</b>				
	<b>W</b>				
	<b>Th</b>				
	<b>F</b>				
	<b>S</b>				
	<b>Su</b>				

## *Fine, Fit and Fabulous*

Week 1 Participant Handout

# THE FOOD, GOD AND HEALTH CONNECTION

*“Solomon said, “Where there is no guidance, the people fail” (Proverb 11:14)*

- 1) What is your greatest health concern?
- 2) What do you think is the leading cause of death in American women?  
  
Do you think it is diet-related?
- 3) What are your thoughts on lifestyle being a major factor in our health and longevity?
- 4) What do you think are the four leading causes of death in which diet plays a part?
  - Heart disease
  - Cancer
  - Stroke
  - Diabetes
- 5) According to recent statistics, our eating habits – the foods we eat and drink, and those we avoid – play a major role in preventing four of the 10 leading causes of death in the United States (heart disease, cancer, stroke and diabetes).  
  
Is this information reliable?
- 6) One in four adults have high blood pressure, a leading contributor to stroke, heart attack and kidney failure. The risk factors are obesity and lack of exercise
- 7) If obesity were merely a matter of appearance, it would be less of a concern. **But obesity is a health problem.**
- 8) Obesity is associated with an increased risk of many diseases, including:
  - Diabetes
  - Coronary artery disease
  - High blood pressure
  - Breast, colon and gallbladder cancer in women, colon and prostate cancer in men
  - Stroke
  - Degenerative arthritis
  - Respiratory problems
  - Sleep disturbance
  - Gall bladder disease

- 9) Do you believe you can lose weight by eating fewer calories or by increasing exercise?
- 10) Do you exercise regularly? How often?
- 11) What does God have to do with this?
- 12) One day you will stand before God and he will do an audit of your life, a final exam before you enter eternity. From the Bible, we can surmise that God will ask us two crucial questions.
1. “What did you do with my son, Jesus Christ?”
  2. “What did you do with what I gave you?”
    - What did you do with your life, all the gifts, talents, opportunities, energy, relationships and resources God gave you?
    - Did you spend them on yourself, or did you use them for the purposes God made you for?

## Group Activity

Three people stand before God for their final exam:

- 1) Ms. Coronary Heart Disease died after having a heart attack. For years her doctor had talked to her about her high cholesterol and blood pressure levels and the importance of changing her eating habits. Each year she promised herself she would buy healthier foods and prepare them using low-fat cooking methods. However, her family loved her cooking as is and she didn't want to disappoint them.
- 2) Ms. Diabetes Mellitus (type 2) died from complications associated with years of uncontrolled blood sugar levels. She knew she needed to exercise more. Her doctor told her exercise would help her reach and maintain a healthy weight as well as keep her blood sugar levels closer to normal. Ms. Diabetes was always too tired from long days at work and looking after her grandchildren to do the things that would help keep her healthy.
- 3) Ms. Cancer spent her whole life avoiding fresh fruits, vegetables and other foods packed with vitamins, minerals and antioxidants. She loved to indulge in big meals of fast food, fatty meats and creamy sauces. Sometimes when she didn't feel too hungry, she would skip the meal and go right to dessert. Ms. Cancer always chose ready-to-eat/processed foods because they were quick and easy to prepare. She died after a long, tough battle with breast cancer.

**God:** “I gave you resources, reliable and readily available guidance. Information on health was more accessible than at any time in history.”

“I blessed you to have the best in medical research. I gave you television, newspapers, magazines and the Internet, which provided a never-ending flow of

data on health-related topics. Information was everywhere. Why didn't you use it for the purposes I made you for?"

**Participants:** Take turns responding as Ms. Coronary Heart Disease, Ms. Diabetes Mellitus and Ms. Cancer.

**God's response:** "Though you had the knowledge about how to improve your health, you were destroyed because you failed to act on the knowledge you had. You suffered and died from diet-related diseases because you avoided the crucial steps of accepting responsibility and accountability for taking care of your temple, my precious gift to you."

## **Homework for Week 2:**

Please read the article "*Why is the Church So Fat?*" by Kara Davis, MD to prepare for a discussion on making lifestyle changes.

# Why Is the Church So Fat?

By Kara Davis, M.D.

Have you noticed that we don't fit in the pews anymore? God's people are packing on the pounds, but His Word is clear about how we can reclaim our health.

Look around the next time you're in a shopping mall--or at church--and you'll notice right away that excessive body weight has become an epidemic in the United States. Obesity and overeating cause or contribute to more than a dozen illnesses, including heart disease, type 2 diabetes and arthritis.

But obesity brings with it more than just sickness. It also brings death.

Estimates indicate more than 400,000 deaths each year are attributable to improper diet and inadequate exercise. If current trends continue, by next year this number will exceed 500,000, making obesity and being overweight the leading causes of preventable death--surpassing tobacco use.

Obesity is a complex problem influenced by a number of factors ranging from the obvious (our sedentary lifestyles and lack of knowledge about food types and food preparation) to the complicated (depression, anxiety and stress). Genetics plays a role, but it is not responsible for this recent rapid increase because our genes haven't changed much in only one or two generations.

And there's no sign that this epidemic is coming under control. Despite an ever-increasing awareness of the benefits of maintaining a healthy weight, between 1990 and 2000 the percentage of adults who were either overweight or obese rose from 60 percent to 64 percent.

Although some groups are affected more than others (African-American women, for instance, have more obesity than women of other races), the disease and death attributable to excess body weight affects every segment of society irrespective of race, age, socioeconomic status--or religion.

Born-again Christians have not been spared this epidemic. In fact we actually lead the pack!

According to a study by Kenneth Ferraro of Purdue University, obesity is most prevalent in states with the strongest religious affiliation. Of the people he surveyed, Southern Baptists had the highest average body weight and Jews and non-Christians had the lowest.

Unlike other medical conditions that may strike without reason, obesity and being overweight are greatly affected by our own choices of behavior and lifestyle. How is it, then, that Christians are afflicted more than other groups?

It seems the opposite should be true--that our willful submission to the Holy Spirit, who empowers us to make the right decisions, ought to spare us from a condition so heavily influenced by personal choice. But this is not the case. And as a result, when it comes to health and preventable illness, rather than standing out as "a peculiar people" (1 Pet. 2:9, KJV), we look much like the world.

It seems the local church has nurtured our souls but neglected our bodies. Of course I believe that where we spend eternity is infinitely more important than the quality of our health during the few short years we'll spend on Earth.

But as believers, we cannot ignore the reality that we are complete entities who comprise body, soul and spirit. As such, we cannot choose to ignore one key component of our being--our physical lives--and expect to walk in total victory.

I have been blessed to care for hundreds of overweight and obese Christian patients and have spent more than a decade examining this problem from both a medical and a biblical perspective. During this time, I've made a few observations about why the church is struggling in this area.

Though my assessment here is not all-inclusive, these four reasons--Recognition, Separation, Temptation and Subjection--give insight into why the church is entrenched in this health crisis.

### **Recognition**

No matter what the situation, we are unlikely to address a problem without first recognizing it. When it comes to obesity in the church, we have failed to acknowledge the problem and, more important, we've ignored the spiritual issues relating to it.

In other words: We're fat but we won't admit it!

One reason we haven't acknowledged the problem is desensitization. We are less likely to respond to the familiar, and there is reassurance in numbers. And because the majority of the Christian community--both laity and leadership--is either overweight or obese, it's easy to see how this problem goes unrecognized.

But even as the country is now heeding a wake-up call to become more aggressive at addressing the health consequences of obesity, so now is the time for Christians to examine how this crisis affects us.

When we fail to recognize the problem, we suffer on many fronts. First, our testimony is weakened. We gain great opportunities for witnessing when friends and family see us trust in the Lord to bring our weight under control.

But when we continue to walk in defeat, gaining weight instead of losing it, declining in health instead of improving, leaving each doctor's visit with more prescriptions than when we arrived, our witness to the power of the Holy Spirit is marred. God forbid the unsaved say of us, "If God can't help her close the refrigerator, how powerful can He be?"

Another consequence of not recognizing this problem is we inadvertently contribute to skyrocketing health-care costs. I believe God's people should be a blessing to their families, employers, communities and even their nation. But as long as the church fails to recognize the full spectrum of this health crisis, we risk becoming financial liabilities to society.

Obese and overweight people require the spending of far more health-care dollars than their normal-weight counterparts, costing more than \$75 billion annually for weight-related illnesses. In addition, weight-related medical conditions contribute to decreased productivity and increased absenteeism in the workplace.

Jesus was a blessing to society. As His followers, we ought to be mindful of the many ways we may influence our surroundings, and strive to be a blessing.

Finally, a failure to recognize the problem keeps some in a state of addiction, bondage and idolatry. The church must recognize that addiction extends beyond tobacco, alcohol, drug use and gambling and that many obese and overweight Christians are, in fact, addicted to food.

Food can indeed become an idol, dictating our behavior and making us say yes when the Holy Spirit would have us say no. For the food addict, the attraction to food, the loss of control over food and the mental preoccupation with food can be just as intense as the drug addict's desire for his or her substance of choice.

Unfortunately, a food addiction often goes unrecognized. Overeating does not alter our mental faculties, it is not illegal, and in this day and age of super-sized french fries, stuffed-crust pizzas and all-you-can-eat food bars it has become the socially acceptable norm.

But whenever we seek the provision of God first, we run the risk of idolatry. Remember the story of the Hebrew slaves and their miraculous escape from Egyptian bondage? It was not long before they found themselves craving the foods of Egypt--the very foods that should have reminded them of centuries spent in slavery (see Num. 11:4-6).

Addiction clouds reality, preventing us from recognizing the condition of bondage. Instead of cutting calories and restricting or eliminating those foods that contribute to poor health, a food addict craves them, never associating them with bondage to illness, medications and hospitalizations.

The solution to any addiction is deliverance. But the first step in deliverance is recognition.

### **Separation**

Jesus said of His followers, "They are not of the world, just as I am not of the world" (John 17:16, NKJV). Our faith in Christ is manifested in a sanctified lifestyle--one that is set apart and distinct from the world.

The sad truth, however, is that we are falling short of this call. In many ways we look exactly like the world, especially in the areas of indulgence and excess.

The world system encourages us to yield to the carnal nature through satisfying our flesh and yielding to our cravings. This is evident in such advertising slogans as "Have It Your Way," "Can't Stop Eating 'Em" and "Obey Your Thirst."

Even though excess and indulgence are the norm for the world's system, the Word of God admonishes us to control our appetites. We are encouraged to crucify these tendencies and choose a lifestyle marked by sobriety and moderation. Many Christians struggle with obesity for no reason other than an unwillingness to reject the worldly tendency toward self-indulgence and excess.

How do you know if this is your problem? Examine your behavior.

Is the first serving never quite enough? Are you compelled to eat in response to the sight, smell or taste of food in the absence of real hunger? Are you reluctant to set dietary restrictions--even at the advice of a nurse or physician--if it means sacrificing enjoyment?

I have treated many born-again patients with weight-related illnesses who call on the Lord as "Jehovah Rapha" (The Lord My Healer) in their prayers. This is a good thing. God is our healer and He responds to the prayers of His children.

But we must understand the entire passage from Exodus 15:26. When God identified Himself as Jehovah Rapha and assured us of protection from disease, it was under the conditions that His children separate themselves from worldliness.

The promise made at Marah was a conditional agreement, with protection from disease contingent upon steadfast obedience to God. My point is this: If we expect God to respond to our infirmities as Jehovah Rapha, the least we should do is keep our part of the agreement.

## **Temptation**

The third reason the church is experiencing an increase in obesity and weight-related illnesses is that we are not serious enough about temptation. Satan has relied on the power of temptation since the fall of mankind. We should never make light of the devil's schemes when it comes to temptation, but remember he is not the only source.

James 1:14 says, "But each one is tempted when he is drawn away by his own desires and enticed." So we must be vigilant at revealing the devil's destructive plans and just as determined to protect ourselves against our own lusts.

The blood of Jesus covers our sins, but too often we get cozy in this grace, to the extent that caving in to temptation doesn't really grieve us. David's description of a good man--"though he stumble, he will not fall, for the Lord upholds him with his hand" (Ps. 37:24, NIV)--seems to have made us dangerously comfortable with stumbling.

But God's grace should not be used as a security net. Sin is destructive and usually bears consequences, even for the grace-covered believer. Many Christians stand in total forgiveness today for the years they spent yielding to tempting foods, but they nevertheless pay the consequences in the form of poor health or even an early grave.

We must take 1 Corinthians 10:13 to heart: "God is faithful, who will not allow you to be tempted beyond what you are able" (NKJV). This wonderful promise serves as our assurance that no matter how intense the temptation, if we are experiencing it, we must be equipped to endure, otherwise God would not allow it to take place.

Our problem is we succumb to temptation without much of a struggle, sometimes with no struggle at all. Don't allow the knowledge of God's grace to persuade you to take temptation lightly. You won't know total victory until you get serious about resisting!

## **Subjection**

Simply put, subjecting the flesh means I am in charge--not my body. Even though my flesh pleads with me to respond to the carnal, undisciplined nature, it is my regenerated mind that makes the decisions and determines how my flesh will behave. An unwillingness to subject the flesh contributes to obesity in two ways: gluttony and laziness.

I've already alluded to the issue of gluttony in terms of self-indulgence and excess. In the Catholic tradition, gluttony is one of the seven deadly sins. In the Protestant tradition, it's virtually ignored.

The book of Proverbs speaks of the glutton right alongside the heavy drinker (see Prov. 23:21). Though the church is quick to identify a drunk (and quick to condemn him), the glutton goes largely unnoticed. In many congregations, for instance, "fellowship" meals have become little more than food orgies.

Subjecting the flesh also requires exercising. Advances in technology have made our lives more sedentary. We drive instead of walk, and we work seated at desks instead of toiling in fields. Even our entertainment choices--movies and video games--are passive.



Our bodies, however, were designed by God for movement. Regular exercise is vitally important for weight control and good health. So what keeps us from exercising? Many times, it's just a refusal to subject the flesh because of laziness.

Through the years, my patients and the participants in my weight-loss classes have given me a litany of excuses for why they can't exercise. Some are valid, but most are not. The majority of them reflect an underlying need to discipline the flesh.

One common excuse I hear is there is not enough time. But the issue is not really time; it's prioritizing time, especially considering the fact that most adults watch several hours of television each day. If there is time to sit in front of a television, then there is time to exercise.

Yet many of those who complain about a lack of time actually own exercise equipment with a television in full view. The "lack of time" excuse also won't explain why we're willing to wait on an elevator rather than climb the stairs or why we drive in circles to search for a parking space just to avoid walking a few yards.

In several passages of Scripture, Paul likens the Christian walk to that of an athlete in training. In 1 Corinthians 9:27 he describes his method of subduing the flesh: "I discipline my body and bring it into subjection." Like it or not, we will never gain control of our weight without bringing our flesh under subjection.

The apostle John told his dear friend Gaius, "I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well" (3 John 2, NIV). Good health is indeed a blessing to enjoy.

As children of God, we are entitled to receive His blessings, but we have hindered the flow because of poor choices when it comes to our lifestyles. Commit today to make a change. Let the Holy Spirit take full control of your entire life--body, soul and spirit--and begin walking in the blessing of better health.

### **She's the Expert on Fat**

**Dr. Kara Davis knows there's a link between emotional problems and weight gain. Her dieting advice is based on spiritual truths--not fads.**

As a student of internal medicine, Kara Davis was trained to fight disease. But it wasn't until she accepted Jesus as her Savior that she began to make a spiritual difference in the lives of others.

A graduate of the University of Illinois College of Medicine, Davis was led to the Lord by her husband during her final year of medical school in 1987.

"After accepting Jesus, I had the peace of the Lord in my heart, which enabled me to respond in a godly manner to challenging situations at work," says Davis, who considers her spiritual insights and Christian attitude a witness to other physicians.

Davis deems it necessary to take a bold stand for Jesus, especially in a profession where so many are skeptical of God, faith and anything supernatural. Though she says there are "a lot of saved physicians," the Chicago native admits it can be a challenge witnessing to people with a scientific background.

"We doctors can give you a scientific explanation for how clouds produce rain, but when I became a believer, I couldn't give an explanation for what happened to my heart," she says.

Today, Davis shares the pastorate with her husband, Bishop Lance Davis, at New Zion Christian Fellowship in the Chicago suburb of Dolton. Former members of the Christian Methodist Episcopal Church, the Spirit-filled couple started an independent ministry last year with 250 people. The fledgling congregation has more than doubled in size since it opened some eight months ago.

As a mother of four children--Grace, 12; Andrew, 8; Lance, 5; and Natalie, 4--Davis also works in private practice in Hammond, Indiana, not far from her hometown. Patients come to her with a variety of illnesses, many stemming from emotional problems that often have led to overeating.

Davis is concerned about America's rising rate of obesity, which she considers alarming. Her concern prompted her to focus her practice on helping patients improve their health by confronting the emotional struggles that are linked to poor eating habits.

"According to research, more people are dying from obesity than ever before," Davis told Charisma. "It's reaching epidemic proportions," she adds, noting that thousands of Christians are included in the figures.

The author of *Spiritual Secrets to Weight Loss* (Charisma House), Davis helps readers adopt a new attitude and lifestyle toward food--one with Christ at the center. Chapters such as "Depression: The Joy Snatcher"; "Hope in God"; "The Fruit of the Spirit Is Love"; and "Loving Ourselves," prompt readers to dig deep for answers.

Danita Brent, a Florida woman who has lost more than 77 pounds in two years after a rigorous lifestyle change, considers Davis' message a tailor-made fit for believers.

"So many of us have found secular solutions to diet concerns to be temporary and even damaging," Brent says. "They fail to address the spiritual and emotional roots that surround our inordinate attachments to food. Kara Davis has the insight, the training and the anointing to tackle one of the most critical issues facing women today--weight control."

During the time Davis worked as assistant professor of clinical and internal medicine at her alma mater, she noticed that an unusually high number of African-American women were obese. That finding prompted her to take an aggressive step toward educating women of color about emotions and lifestyles that trigger overeating.

"Inadequate exercise and improper nutrition are major causes of premature death and disease," Davis told Charisma. She says there are examples in Scripture in which God rebuked Israel for turning to idolatry and self-indulgence. The root issues grieve the Holy Spirit, she says.

For Brent, whose life has been transformed by Davis' love for people struggling with obesity, Davis is a godsend.

"Kara Davis is compassionate, extremely knowledgeable and well-equipped to give us the spiritual tools we need for lasting change," she says.

"She promises no quick and easy answers, just sound medical advice and spiritual wisdom you can really live with."

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Kara Davis, M.D., is an assistant professor of clinical medicine and an internist at the University of Illinois. She is also the author of *Spiritual Secrets to Weight Loss*, published by Charisma House.

## Weekly Food Diary

Name \_\_\_\_\_

Week of \_\_\_\_\_ Church \_\_\_\_\_

Nutrition Goal for the week \_\_\_\_\_

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							

**Weekly Exercise Log**

Name \_\_\_\_\_

Week of \_\_\_\_\_ Church \_\_\_\_\_

Fitness Goal for the week \_\_\_\_\_

Date	Day	Type of exercise	Total minutes	Total steps	Comments
	<b>M</b>				
	<b>T</b>				
	<b>W</b>				
	<b>Th</b>				
	<b>F</b>				
	<b>S</b>				
	<b>Su</b>				

*Fine Fit and Fabulous*  
Week 2 Participant Handout

**THE BASICS OF HEALTHY EATING  
&  
MAKING LIFESTYLE CHANGES**

- 1) Healthy eating and regular physical activity can reduce the risk of chronic disease in adulthood.
- 2) Benefits of healthy food habits
  - Helps to reduce three of the major risk factors for heart attack
    - i) Reduces high blood cholesterol
    - ii) Reduces high blood pressure
    - iii) Improves management of excess body weight
  - Helps to reduce your risk of stroke, because heart disease and high blood pressure are major risk factors for stroke.
  - Helps to reduce your risk of developing other diseases, such as diabetes.
- 3) General suggestions for healthy eating
  - Eat a variety of fruits and vegetables every day.
    - Aim for 5-9 servings per day
    - Try to choose different colors of fruits and vegetables to maximize your intake of vitamins and minerals
  - Eat a variety of whole grain products
    - Always look for “whole grain” or “whole wheat” in the ingredient list to ensure that you receive the nutritional benefits of a whole grain.
    - Products that say “wheat flour” as opposed to “whole wheat flour” are not made up of whole grains. These products do not have as many nutritional benefits.
  - Choose fat-free and low-fat milk and dairy products
    - Look for 1% or skim milk, low fat or fat free yogurt and low fat cheese
    - Most other milk/dairy products are also available in low fat or fat free varieties, including sour cream, cream cheese, buttermilk, cottage cheese, coffee creamers, ice cream – as well as the items listed above.
    - If dairy products bother your stomach, choose “lactose free” or “lactose reduced” products to avoid discomfort. These products are also available in low fat and fat free varieties.

- Limit solid fats like butter, stick margarine, shortening, and lard as well as foods that contain these. Instead, choose canola oil and olive oil, or try cooking with fat free cooking spray.
- 4) Health benefits of daily physical activity
- Helps to prevent heart disease and stroke by:
    - Strengthening your heart muscle
    - Lowering your blood pressure
    - Raising your good cholesterol (HDL) levels
    - Lowering your bad cholesterol (LDL) levels
    - Improving blood flow.
  - Other benefits of regular physical activity
    - Better weight management
    - Increased energy
    - Greater mental alertness
    - Reduction in stress
- 5) General suggestions for starting or continuing an appropriate physical activity regimen:
- Remember that everyone is different! A good physical activity routine may be very different from the person sitting next to you!
  - Check with your doctor before starting or changing the type or amount of physical activity you are doing
  - Don't over do it! It takes time to get in shape – if you try to do too much at first you may injure yourself and/or get discouraged quickly

### **Group Activity: “Why Is the Church So Fat?”**

Each participant was asked to read the article “Why is the Church So Fat?” to prepare for this week’s group activity. Use the following outline as a guide to discuss the article:

- I. The problem of obesity in the United States:
  - a. Obesity and overweight cause and/or contribute to many illnesses, including heart disease, type 2 diabetes and arthritis.
  - b. An estimated 400,000 deaths each year are attributable to improper diet and inadequate exercise.
  - c. If this trend continues, obesity and overweight will soon be the leading causes of preventable death (surpassing tobacco use).
  - d. Despite increasing awareness of the benefits of maintaining a healthy weight, the percentage of adults who are either overweight or obese continues to increase.

- e. One study indicates that obesity is most prevalent in states with the strongest religious affiliation. Southern Baptists had the highest average body weight and Jews and non-Christians had the lowest.

II. Reasons why the church is so fat:

- a. **Recognition** – we can not address a problem without first acknowledging it.
  - i. We have not acknowledged the problem of obesity in the church, nor the spiritual issues relating to it.
  - ii. The church community is desensitized to the problem of obesity/overweight. The majority of the church is fat, so
    - 1. we are less likely to respond to the familiar
    - 2. we find reassurance in numbers
  - iii. Failing to recognize the problem compromises our faith:
    - 1. our testimony is weakened
    - 2. we contribute to skyrocketing health care costs and become financial liabilities to society
    - 3. keeps some in a state of addiction, bondage and idolatry
- b. **Separation** – faith in Christ is manifested in a lifestyle that is set apart and distinct from the world.
  - i. The world system encourages us to yield to the carnal nature through satisfying our flesh and yielding to our cravings.
  - ii. The Christian community, with its obesity problem, falls in line with the world system, especially in the areas of indulgence and excess.
  - iii. The Word of God encourages us to choose a lifestyle marked by sobriety and moderation, not indulgence and excess.
  - iv. God assures his children protection from disease only under the condition that we separate ourselves from worldliness.
- c. **Temptation** – the Christian community has become increasingly complacent about temptation.
  - i. The blood of Jesus covers our sins - we have become too comfortable in his grace and caving to temptation no longer grieves us.
  - ii. God's grace should not be used as a security net. Sin is destructive and usually bears consequences for everyone. Although many Christians stand in forgiveness for their indulgent and excessive behaviors, they still will pay the consequences in the form of poor health and perhaps an early death.
- d. **Subjection** – subjecting the flesh means that you are in control of your decisions, not your body and its cravings.
  - i. Unwillingness to subject the flesh contributes to obesity through gluttony and laziness (overeating and physical inactivity)
  - ii. Many people offer excuses for not eating healthy, exercising and maintaining a healthy weight. The majority of excuses reflect an underlying need to discipline the flesh.

## **Homework for Week 3: Get Ready to Make Lifestyle Changes**

Bring an item from home that represents something you are willing to give up or cut down on as part your commitment to taking back your temple. Examples may include foods (fried chicken, sugar, salt, soda, etc.), emotions, behaviors (laziness, procrastination, etc.) or anything else that you wish to free yourself from.





## Week 2 Nutrition Post Test

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Church: \_\_\_\_\_

1. Some benefits of healthy eating include:  
(you may circle more than one answer)
  - A. Healthier cholesterol levels
  - B. Excessive weight gain
  - C. Increased risk of developing diabetes and other diseases
  - D. Decreased risk of developing diabetes and other diseases
  
2. In general, benefits of regular physical activity include:  
(you may circle more than one answer)
  - A. Poor circulation
  - B. Healthier cholesterol levels
  - C. Better weight management
  - D. Better stress management

## Weekly Food Diary

Name \_\_\_\_\_

Week of \_\_\_\_\_ Church \_\_\_\_\_

Nutrition Goal for the week \_\_\_\_\_

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							

# Weekly Exercise Log

Name \_\_\_\_\_

Week of \_\_\_\_\_ Church \_\_\_\_\_

Fitness Goal for the week \_\_\_\_\_

Date	Day	Type of exercise	Total minutes	Total steps	Comments
	M				
	T				
	W				
	Th				
	F				
	S				
	Su				

*Fine Fit and Fabulous*  
Week 3 Participant Handout

**MAKING LIFESTYLE CHANGES**  
**(Continuation from Week 2)**

Continue discussion of “Why is the Church So Fat?”

**Group Activity I: Take Back Your Temple, Become an Ex-Grave Digger**

Each of you was asked to bring an item from home that represents something you are willing to give up or cut down on as part your commitment to taking back your temple. Each person in the group will have a chance to put their item in the “coffin” and explain the significance of the long-term lifestyle change that they are making.

**Group Activity II: Long Term Priorities - Putting Food Where It Belongs**

Think about six activities that you must perform each day in order to be *Fine, Fit and Fabulous*. Each group member will have the opportunity to share their list with the group and talk about the physical and spiritual consequences they will face if they do not perform these activities.

**Homework for Week 4:**

1. The next spiritual theme is **Purpose Driven Reasons for Wanting To Be *Fine, Fit and Fabulous***. Please read the following scripture passages to prepare for this session:  
Proverb 31:30  
Esther 2:12  
Proverb 16-18
2. Today some of you will be assigned a script for next week’s role-play activity. Please review your lines before the next session.

## Weekly Food Diary

Name \_\_\_\_\_

Week of \_\_\_\_\_ Church \_\_\_\_\_

Nutrition Goal for the week \_\_\_\_\_

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							

**Weekly Exercise Log**

Name \_\_\_\_\_

Week of \_\_\_\_\_ Church \_\_\_\_\_

Fitness Goal for the week \_\_\_\_\_

Date	Day	Type of exercise	Total minutes	Total steps	Comments
	<b>M</b>				
	<b>T</b>				
	<b>W</b>				
	<b>Th</b>				
	<b>F</b>				
	<b>S</b>				
	<b>Su</b>				

## *Fine, Fit and Fabulous*

Week 4 Participant Handout

### **PURPOSE DRIVEN REASONS FOR WANTING TO BE *FINE, FIT AND FABULOUS***

*“Charm is deceptive and beauty is fleeting”* (Proverb 31:30)

- 1) Do you think God created us to be purpose driven, to operate with intent – a motive, so to speak?
- 2) The bible gives us a number of examples of men and women who did extraordinary things (whether for good or evil) in order to fulfill a purpose or reach a goal.  
Example: Genesis 29

Think about other biblical characters that operated with a purpose in mind.

- What did they do?
- What is the driving force in your life?

- 3) Do you need a motive to want to be *Fine, Fit and Fabulous*?
- 4) Most people who set out to be *Fine, Fit and Fabulous* have a specific motive for doing so.  
Maybe the class reunion is fast approaching and you’re determined to be only 10 pounds heavier than when you graduated, not fifty. Or you may have booked a Caribbean cruise and simply refuse to slip on a bathing suit without first firming up and slimming down. Is there a wedding coming up? How about a family portrait? Did you buy a new Easter outfit?

What motivates you?

- 5) Is the motive to change your outward appearance the right reason for wanting to be *Fine, Fit and Fabulous*?

There is nothing wrong with wanting to look good. After all, Queen Esther received a year’s worth of beauty treatments before going into the royal chambers to visit the king (Esth 2:12), but appearance should not be the sole motivator for weight loss.

- 6) Becoming *Fine, Fit and Fabulous* for cosmetic reasons is an entirely goal-oriented approach.  
What does that mean?

Once the goal is reached (or once the vacation or class reunion is over), we find ourselves without a motive. What happens then?

- 7) It is not about achieving the temporary goal of squeezing into that dress you bought for Easter that's two sizes too small to begin with. What should be your focus?
- 8) Ironically, another reason why appearance alone should not be the primary motivator is that many people are quite satisfied with their appearance. Because they are content with being "pleasingly plump," they have no real desire to be *Fine, Fit and Fabulous*, even when shedding a few pounds would improve their health. Why would we be content with a body weight that will cause excess illness?
- 9) Do you know anyone with serious medical problems related to improper diet, inadequate exercise and excessive body weight whom, despite being diagnosed with potential life threatening illnesses such as type 2 diabetes, high blood pressure and heart disease, still feel satisfied with their appearance (vanity)?
- 10) If you want to be *Fine, Fit and Fabulous*, do not allow yourself to be driven by vanity. Vanity is not a virtue; it is the cousin of pride and "pride goes before destruction" (Prov. 16-18)
- 11) Your motives should be twofold:
  - To improve your health if you already have weight-related illnesses
  - To maintain your health (through disease prevention) if you do not have weight-related illnesses.
- 12) Losing weight as an effort to maintain the temple of God is an honorable endeavor; any other reason borders on self-centeredness and vanity.

### **Group Activity**

Three women experiencing different motives for and barriers to becoming *Fine, Fit and Fabulous* are all waiting for choir rehearsal to start. A conversation takes place about eating better and losing weight.

1. Ms. Content & Complacent is resisting the truth about the need to live a healthy lifestyle. The underlying reasons are fear, denial and ignorance.
2. Ms. Discontent is genuinely interested in losing weight, but is ashamed of her appearance. She doesn't exercise, avoids health clubs, parks, jogging suits, leotards and swimwear.
3. Ms. Vanity is getting married in 3 months. She needs to lose 25 pounds in order to fit into her size 14 wedding dress. She has decided that she will begin her weight loss program tomorrow. After all, what difference will it make to wait just one more day – she only has to wear the dress once!

How should each of these women address their problems? What should each woman do in order to become *Fine, Fit and Fabulous*?



## **Homework for Week 5**

Next week we will discuss the Dietary Guidelines for Americans. Before we go over the “official” recommendations we would like to find out what, if any, unofficial guidelines you follow on your own. Please write a short summary or list of any “food rules” you try to follow. Remember, there is no right or wrong answer. Here are some examples from previous participants:

“I try not to eat fast food more than three times per week.”

“I only eat food that I know tastes good.”

“I try to eat five to nine servings of fruits and vegetables per week.”

***Fine, Fit and Fabulous***  
**Week 4 Role Plays**

Ms. Content & Complacent is resisting the truth about the need to live a healthy lifestyle. The underlying reasons are fear, denial and ignorance.

“I don’t know why everyone is making such a big fuss about my weight and how I eat. What’s it to them? So what if I went up for a third helping of fried chicken and mashed potatoes at last Sunday’s fellowship brunch? It’s no one’s business but my own. I eat what I like, when I like and how much I like – that’s the way it’s always been and that’s the way it’ll always be. My mother and my aunt got ‘the sugar’ because they ate too many sweets. I don’t like candy and stuff like that so I don’t have to worry about getting sick like they did. Good thing because they had a horrible time before they died. They both went blind and the doctor had to cut part of my aunt’s leg off. There’s no way I want to go through that – that’s why I don’t like to eat candy and cookies. Why waste time eating those things when there are other options like pizza, my homemade sausage lasagna and don’t forget biscuits and gravy! All this talk about food has made me hungry! I’m going home to make myself some chicken fried steak for dinner! Umm ummm!”

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Ms. Discontent is genuinely interested in losing weight, but is ashamed of her appearance. She doesn’t exercise, avoids health clubs, parks, jogging suits, leotards and swimwear.

“Well, another fruitless trip to the YMCA. I just can’t work up the courage to go in to that step aerobics class. I would look so stupid next to all those young girls with their great figures – I’m sure they would laugh and talk about me when I’m not looking. I’d try swimming there if I could have my own private pool so no one could see me in my suit! I know I have to exercise if I expect to lose weight in time for my sister’s wedding. As her matron of honor, I certainly don’t want to embarrass her by looking like this! My doctor told me that healthy weight loss will happen with the right combination of healthy eating and regular exercise. I’m not so bad with my eating, but I hate the thought of exercising. It makes me feel clumsy and uncoordinated. I get so embarrassed because I can only do a little bit and then I have to rest. My face turns red and I get really sweaty – it’s gross. Why can’t I just take a magic pill that will make this extra weight disappear?”

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Ms. Vanity is getting married in 3 months. She needs to lose 25 pounds in order to fit into her size 14 wedding dress. She has decided that she will begin her weight loss program tomorrow. After all, what difference will it make to wait just one more day – she only has to wear the dress once!

“I am just so excited for my wedding day! I have the most beautiful dress – my friends are going to be so jealous when they see me walking down that aisle. I told the salon to order my dress two sizes smaller than what my measurements called for. Of course they tried to talk me out of it, but they don’t understand how determined I am to look good on my wedding day! My mom and sister are worried because I haven’t lost any weight yet, but I keep reminding them that I have three whole months left to get the pounds off. This is my plan – starting next month, I’ll just eat one meal per day and I’ll be set. If I slip up and eat more than that, I’ll just fast the day after to make up for it. I can’t wait -when my ex-boyfriend sees my wedding picture in the local paper, he’s going to eat his heart out!”

## Weekly Food Diary

Name \_\_\_\_\_

Week of \_\_\_\_\_ Church \_\_\_\_\_

Nutrition Goal for the week \_\_\_\_\_

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							

**Weekly Exercise Log**

Name \_\_\_\_\_

Week of \_\_\_\_\_ Church \_\_\_\_\_

Fitness Goal for the week \_\_\_\_\_

Date	Day	Type of exercise	Total minutes	Total steps	Comments
	<b>M</b>				
	<b>T</b>				
	<b>W</b>				
	<b>Th</b>				
	<b>F</b>				
	<b>S</b>				
	<b>Su</b>				

*Fine Fit and Fabulous*  
Week 5 Participant Handout

**DIETARY GUIDELINES FOR AMERICANS 2005**  
**Feeding God's flock**

The following lesson describes a few basic components of the USDA's Dietary Guidelines for Americans 2005. A complete set of guidelines can be found at:  
<http://www.healthierus.gov/dietaryguidelines/>

1) The Dietary Guidelines describe a **healthy diet** as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes a variety of lean meats, poultry, fish, beans, eggs, and nuts; and
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

The recommendations in the Dietary Guidelines are for the general public over 2 years of age and describe generalized overview of healthy eating. The guidelines are not to be used as or considered a therapeutic diet any specific health condition. Individuals with a chronic health condition should consult with a health care provider to determine what dietary pattern is appropriate for them.

2) Variety is another component of a healthy diet. Why do you think it is important to eat a variety of foods?

- Different foods have different combinations of nutrients.
- A healthy diet is one which includes all different types of nutrients.
- One easy way to maximize your intake of different nutrients is to choose different types of foods from each food group everyday.
- When you take in foods that give you a lot of different nutrients, you are less likely to be deficient in important vitamins and minerals that you need to stay healthy.

3) Another way to move toward a healthy diet is to focus on eating whole foods, rather than processed or pre-prepared foods. Try to emphasize the following types of food in each food group:

- Fruits – All fresh varieties, canned varieties packaged in natural juices, frozen varieties without special sauces or syrups. Go easy on fruit juices – even 100% fruit juice has a lot of calories per serving.
- Vegetables – All fresh varieties, reduced-sodium or low sodium canned varieties, frozen varieties without special sauces

- Grains – whole grains including products made with whole wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, brown rice
- Milk/Milk products - fat-free or low-fat milk, cheese, yogurt, and other milk products
- Meats/Beans – fish, poultry, lean meats, legumes and beans (preferably dried, not canned)
- Fats/oils – canola oil, olive oil, safflower oil (avoid solid fats such as lard, butter, shortening, saturated fats)

4) Why choose whole foods over processed/pre-prepared foods?

- Foods that have been processed or pre-prepared (such as frozen meals, canned goods, boxed baked goods, fast food, dried flavor mixtures, etc) typically contain added colors, flavors, artificial preservatives, salt and added sugar. Some even contain trans fats.
- Additives in processed foods are used to:
  - Enhance flavor and texture
  - Keep the product looking fresh
  - Extend the shelf life
- Processed foods may look and taste good and may be perceived as convenient for people with busy schedules, but these foods are usually lacking in key health-promoting nutrients like fiber.
- Processed foods, when consumed regularly, can contribute to health problems such as excessive weight gain, heart disease, some cancers, diabetes, high blood pressure, etc.

### **Group Activity: Dump the Junk! Take Back Your Temple**

Each participant will receive a “Dump the Junk” magnet to take home and hang on the refrigerator and a garbage bag. These will serve as reminders for you to get rid of some or all of the unhealthy food in your kitchen today!

Each participant should name at least one food that they plan to get rid of by the next session. Is there any type of food common to the whole group or several people? Feel free to form small support groups (i.e. Dump the Cookies Group or Dump the Ice Cream Group) to help each other stay on track. Each participant will be asked to report on their progress during the next session.

## Homework for Week 6

- 1) The spiritual theme for next week is “Self Indulgence and Gluttony Are Sins.” Please read the following scripture passages in preparation for this session:
  - Deuteronomy 32:15
  - Titus 2:11-12
- 2) Dump some junk! Keep track of the food and/or behavior you get rid of this week as part of your commitment to making healthy lifestyle changes.
- 3) Some of you will be assigned character roles for one of next week’s group activities. Please review your script before the next session.
- 4) Please read the following questions and scripture passages for discussion next week (all participants).

### Food For Thought:

#### A. “Diet” doesn’t have to mean deprivation.

What are your thoughts on the following?

- Some trust in diets, some trust in calorie counting, but we trust in God’s plan!
- Scripture: Psalm 20:7  
Some trust in chariots and some in horses, but we trust in the name of the Lord our God.

#### B. I can begin again!

What are your thoughts on the following?

- The fact that you are beginning again is a validation of God’s presence and handiwork in your life. He knows you and loves you, and at this moment He is ready to begin again to create His own beauty in your life.
- Scripture: Isaiah 43:18-19  
Forget the former things; do not dwell on the past. See, I am doing a new thing!

#### C. Through Christ’s power in me I can conquer any problem!

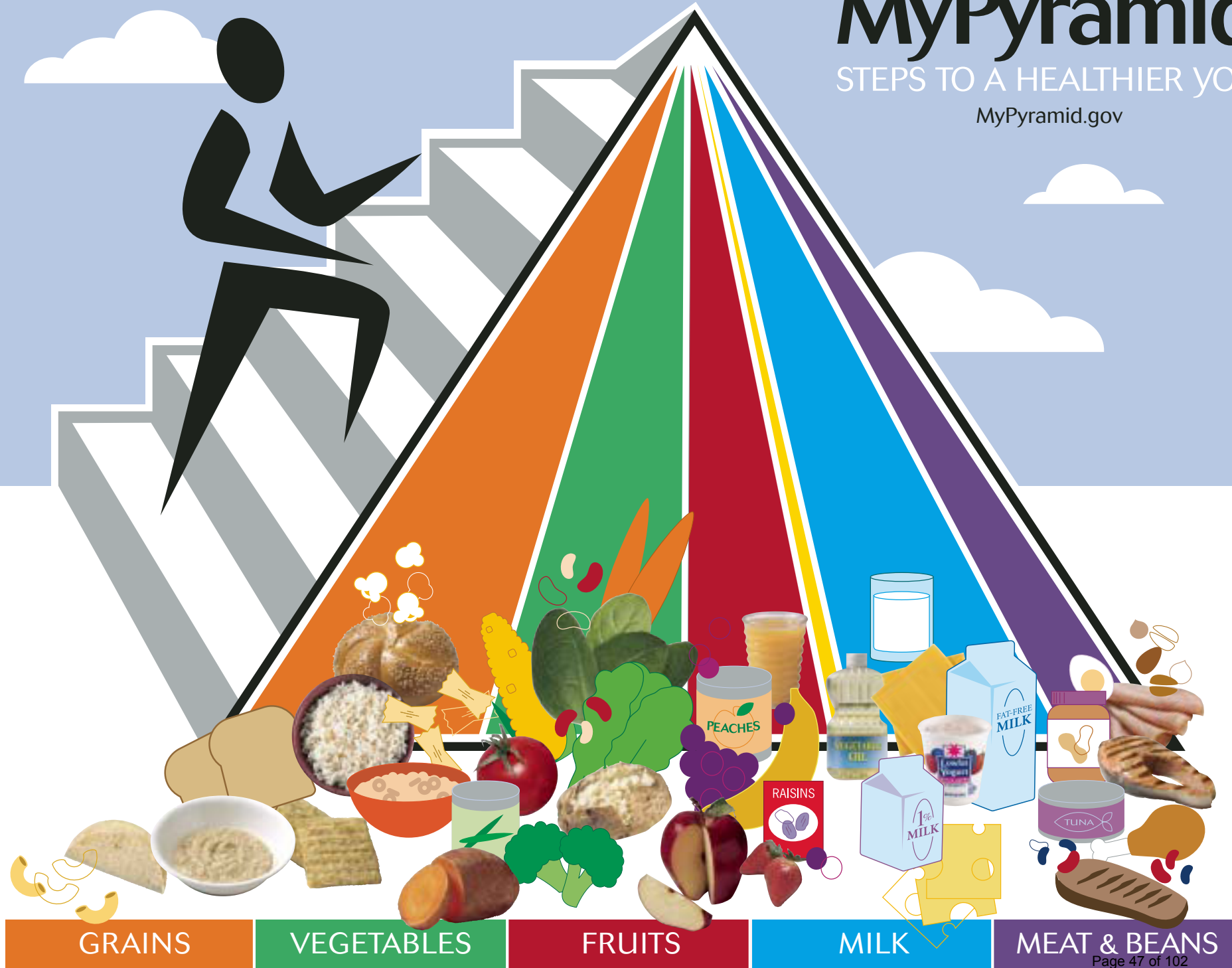
What are your thoughts on the following?

- Do you feel like a conqueror today? You are - even if you feel defeated and victory seems far away. If there’s one truth you cling to in the coming months, let it be this: Nothing – no amount of fat or failure can separate you from God’s love or rob you of the conquering power you inherited from HIM!
- Scripture: Roman 8:37  
No, in all these things we are more than conquerors through Him who loves us.

# MyPyramid

STEPS TO A HEALTHIER YOU

MyPyramid.gov





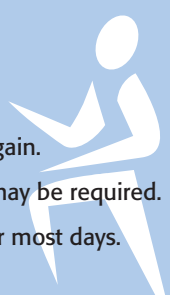
<b>GRAINS</b> Make half your grains whole	<b>VEGETABLES</b> Vary your veggies	<b>FRUITS</b> Focus on fruits	<b>MILK</b> Get your calcium-rich foods	<b>MEAT &amp; BEANS</b> Go lean with protein
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweetpotatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine – choose more fish, beans, peas, nuts, and seeds</p>

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to [MyPyramid.gov](http://MyPyramid.gov).

Eat 6 oz. every day	Eat 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day; for kids aged 2 to 8, it's 2	Eat 5 1/2 oz. every day
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### Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.



### Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, *trans* fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.




U.S. Department of Agriculture  
 Center for Nutrition Policy and Promotion  
 April 2005  
 CNPP-15



USDA is an equal opportunity provider and employer.



## Week 5 Nutrition Post Test

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Church: \_\_\_\_\_

3. It is good to eat a variety of foods from each food group because:
- A. You are less likely to consume the different nutrients needed for a healthy, balanced diet.
  - B. You are more likely to consume the different nutrients needed for a healthy, balanced diet.
4. A diet that is high in fat, cholesterol, salt and sugar may lead to health problems, including:  
(you may circle more than one answer)
- A. Heart disease
  - B. Diabetes
  - C. Excessive weight gain
  - D. Better muscle tone

## Weekly Food Diary

Name \_\_\_\_\_

Week of \_\_\_\_\_ Church \_\_\_\_\_

Nutrition Goal for the week \_\_\_\_\_

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
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Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							

## Weekly Exercise Log

Name \_\_\_\_\_

Week of \_\_\_\_\_ Church \_\_\_\_\_

Fitness Goal for the week \_\_\_\_\_

Date	Day	Type of exercise	Total minutes	Total steps	Comments
	M				
	T				
	W				
	Th				
	F				
	S				
	Su				

## *Fine, Fit and Fabulous*

Week 6 Participant Handout

### **SELF INDULGENCE AND GLUTTONY ARE SINS**

#### **Are you sinning?**

*“Jeshurun grew fat and kicked. Filled with food, he became heavy and sleek. He abandoned the God who made him and rejected the rock his savior” (Deut. 32:15)*

- 1) Do you think that self indulgence of food is viewed by church folks in the same way as other sins?
  - Giving into the craving of the flesh in any way, including indulging ourselves with food is a sin. The Bible links this form of sin to self-indulgence and gluttony.
  - According to scripture, gluttony is a sin. It is included, along with drunkenness, in passages from Deuteronomy, Proverb, Matthew and Luke.
  - “Jeshurun grew fat and kicked. Filled with food, he became heavy and sleek. He abandoned the God who made him and rejected the rock his savior” (Deut. 32:15).
- 2) Often, the issues that we believe which are self-indulgent, like the yielding of the flesh, are about sexual sin. But fleshly desires are more than just about fornication. They are about our lifestyle and our unwillingness to deny fleshly desires (unhealthy foods and over-eating).
- 3) Gluttony has become acceptable behavior because, unlike sex, which is not required to sustain our lives, eating is necessary for our survival.
- 4) Gluttony is like the sin of sexual immorality in that there is “comfort in numbers.” So many people fornicate and so many people overeat that we have become numb to the reality that these sinful behaviors grieve the Holy Spirit.
- 5) Do you know of anyone, or did you ever treat food as an idol to be worshipped? A friend to the lonely, a stress reducing agent or an antidepressant
  - Gluttony is closely related to the sin of idolatry. The sin of idolatry is committed when we worship the things that God has created and give them control and authority in our lives that is reserved for God alone.
  - Food fulfills this description
  - Addiction – whether to tobacco, alcohol, drugs or excessive consumption of salty foods, fatty foods, sweets or soda – is a sin. The addict yields allegiance to a substance, giving it authority to control her/his behavior. That authority belongs only to God. The substance then becomes the idol – something that is worshipped in the place of God. The Bible is clear that we should worship God alone.

- 6) Does anyone have a personal experience with addiction that they would like to share?
- 7) Most Christians have participated in services where a fellowship meal was served following the worship service. All too often, plates are piled high with enough food to feed several people. The guilty parties are not the poor or the homeless who may not know when they will have another decent meal, but Christians committing the crime of gluttony in the house of the Lord.
- 8) Why do you think God created food?
- 9) What do you think separates the normal act of “eating to live” from the gluttonous act of “living to eat”?

God gave us human desires and appetites as a blessing; without them, we would not survive but He does not intend for us to be governed by them. Instead of being in control of our desires, our desires sometimes control us.

- 10) What can we do to keep the gift of food and the Giver separate and distinct?

Learn to give thanks to God for providing us with food to enjoy, never permitting food to fulfill any need beyond that which it was intended.

- 11) As Christians, we often succumb to the doctrine of indulgence that says, “If it feels good, do it.” Any personal experiences?

As Christians, we must remember that God calls us to subject our flesh for our protection, not as a punishment. His grace gives us everything we need to say no to our cravings, our laziness and our negative emotions. We have to be serious about denying the flesh.

For the grace of God has appeared, bringing salvation to all people. It trains us to reject godless ways and worldly desires and to live self-controlled, upright, and godly lives in the present age. (Tit. 2: 11-12)

- 12) John tells us that our purification comes from confession of sin. But it is rare to hear someone confess, “I eat too much.” More commonly, there is defensiveness and denial of any wrongdoing.
- 13) Unfortunately, when sin goes unconfessed, the behavior continues, and so do the consequences.
  - In the case of gluttony and lack of physical activity, the consequences are severe: weight-related illnesses and premature death.
  - Forgiveness for the sins of gluttony and idolatry require confession and repentance, just like any other.

- As we humble ourselves to ask God for forgiveness, He will, and we can begin to experience freedom from the bondage of sin. The Holy Spirit longs to cleanse our temple and fill it with the glory of God, manifested in the fruit of the Spirit.

## **Group Activity I**

Sister Santiago is a member of Shady Grove Baptist Church. She leads the “Single Sisters in Crisis Ministry.” Sister Santiago meets Deacon Santos at the annual church picnic. They are both single and in their early 40s. They recently started a Wednesday night bible study at Sister Santiago’s house and ended up spending the night together.

Brother Jones attends church regularly. He acknowledges that he has an addiction to alcohol and needs help from the Lord to overcome his addiction. He has also confessed that he was yielding to the desires of the flesh and has allowed himself to be controlled by a substance rather than by God. Many addicts refuse to acknowledge that they have a problem, or are too proud to admit that they are powerless to overcome their addiction. Instead, Brother Jones continued to attend Wednesday night monthly deliverance services and abstain from drugs and alcohol. He has perfect attendance. He is thankful that God has delivered him; he has been alcohol-free for three years. As a matter of fact, he is feeling so good, he is thinking of asking Sister Sara if she would like to commit to fasting and praying with him. Fasting and praying keeps him connected to God, the source of his strength in staying sober.

(One participant should now read “Brother Jones speaks” and “Brother Jones prays.”)

Sister Sara is on the culinary committee at her church. She loves the Lord, loves to cook, and loves to eat. Sister Sara is a diabetic, suffers from high blood pressure, and is obese. Since she has been a member of this church, she has gained forty pounds. Every Sunday during the fellowship meal following the worship service, Sister Sara piles her plate with enough food to feed several people. Her favorite meal is fried chicken, baked macaroni and cheese, rice and peas, candied yams, string beans, cornbread and peach cobbler. Sister Sara likes her food well seasoned and always adds a little extra salt and butter. She knows that she is pleasingly plump but doesn’t know why, because she believes that she doesn’t eat much.

(One participant should read “Brother Jones speaks to Sister Sara.”)

Sister Carrie and Sister Liz always eat with Sister Sara. Sister Sara’s conversation is always about what she is planning to cook and eat for her dinner meal. Sister Carrie and Sister Liz are more interested in discussing what kind of action should be taken against Sister Santiago and Brother Santos. These sisters do not have a lot of tolerance for church folks that are addicted to mind altering drugs like Brother Jones, and fornicate like Sister Santiago and Brother Santos. The sisters think they both should be thrown out of church.

Discussion Questions:

- 1) What has most helped Brother Jones stay committed to his sobriety? Can this be used to help overcome other addictions? Name some other types of addictions?
- 2) Do the actions and behaviors that Sister Santiago and Brother Santos exhibit differ from Sister Sara? Why or why not?
- 3) Why does Brother Jones want to ask Sister Sara to join him in fasting and prayer? Why might Sister Sara resist?
- 4) How do you feel about Sister Carrie and Sister Liz? Are they exhibiting indulgent behaviors? How would you respond to their conversations about other church members?

(One participant should read “Encouragement for our Brothers and Sisters” and “A prayer for our Brothers and Sisters.”)

## Group Activity II

### Discussion - **Food For Thought:**

A. “Diet” doesn’t have to mean deprivation.

What are your thoughts on the following?

- Some trust in diets, some trust in calorie counting, but we trust in God’s plan!
- Scripture: Psalm 20:7  
Some trust in chariots and some in horses, but we trust in the name of the Lord our God.

B. I can begin again!

What are your thoughts on the following?

- The fact that you are beginning again is a validation of God’s presence and handiwork in your life. He knows you and loves you, and at this moment He is ready to begin again to create His own beauty in your life.
- Scripture: Isaiah 43:18-19  
Forget the former things; do not dwell on the past. See, I am doing a new thing!

C. Through Christ’s power in me I can conquer any problem!

What are your thoughts on the following?

- Do you feel like a conqueror today? You are - even if you feel defeated and victory seems far away. If there’s one truth you cling to in the coming months, let it be this: Nothing – no amount of fat or failure can separate you from God’s love or rob you of the conquering power you inherited from HIM!
- Scripture: Roman 8:37  
No, in all these things we are more than conquerors through Him who loves us.



## **Homework for Week 7**

Use the two “placemats” included in the guide with week 6 materials as follows: *One night this week before the next session, trace your actual dinner plate(s) on the placemat as best you can so it shows the actual size of your plate. You should draw all plates, including salad plates, dinner plates, soup bowls, bread plates, etc – anything from which you eat your dinner. Use two placemats if all the plates don’t fit on one. Then, draw the food that you ate for dinner. Try to draw the actual size/portion of the different foods so your placemats give an accurate representation of what you actually ate at that meal. Remember to bring your placemats to next week’s session.*

***Fine, Fit and Fabulous***  
**Week 6**  
**Group Activity Scripts**

**Brother Jones:**

We all need to be rescued sometimes, but the best emancipations in life come when we are rescued from a brutal and destructive slave master who lives inside us. Isn't it comforting to know that God sent His Son to earth to win for us just that kind of freedom! "So if the Son sets you free, you will be free indeed" (John 8:36).

The fact is we were created for freedom, not slavery. And prayer is one way we can tap into God's emancipation power. By His Spirit, alive in our hearts, He is able to break down spiritual and emotional strongholds that we don't even see – like bitterness, self-loathing, stubbornness, negative thinking, and fear. With His help, we never have to slide back into bondage.

**Brother Jones prays:**

Dear God,  
today I claim Your promise  
that You are able to free me from anything inside or outside myself  
that may be holding me captive.  
I know that You are stronger  
than any habit, dependency, or destructive pull in my life.  
When my enemies –  
temptation and old, bothersome habits of all kinds –  
attack, You are ready to save me if only I will call out for help.  
Save me today, I pray.  
Help me to do my part to stand firm and not slide back into slavery.  
I don't want to live there anymore.  
Awesome God, because You have called me to freedom,  
I am free indeed!  
Amen.



**Brother Jones speaks to Sister Sara:**

Anyone trying to overcome addiction or to change habits needs four essential things: encouragement, accountability, spiritual power and prayer.

The apostle James tells us to pray for each other "so that you may be healed." And isn't healing what we're really after? Healing of compulsions, healing of old hurts, healing of our own self-indulgent spirit?

Find a friend of faith who will partner with you on your dieting journey. Hold each other accountable, and hold one another up in prayer to the God who has all power. Friends hold each other up – and let divine power in.

### **Encouragement For All Our Brothers and Sisters:**

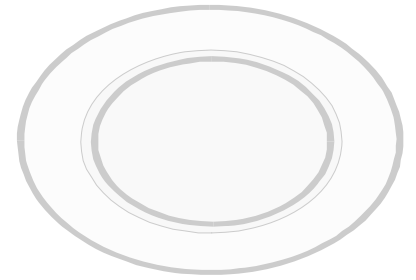
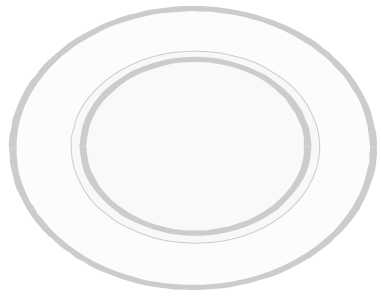
Not only did God think up the whole idea of food, He actually intended that it be a good thing! He wanted food not just to keep us alive, but also to “gladden” us and to “sustain” us. God never intended for food to become your best friend or your path to fulfillment. But He also never intended for food to become your enemy.

Ultimately every source of food is a gift, a provision, from God’s hand. And when we adopt this attitude of gratitude, we actually defuse food’s power over us. Think of it this way – we don’t abuse what we’re thankful for, we abuse what we’re angry at ourselves for wanting in the first place.

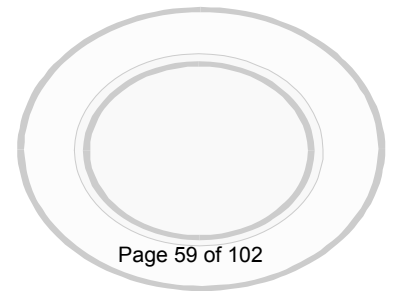
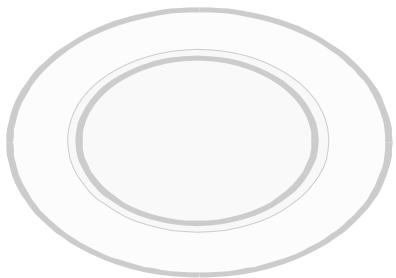
Today take each bite with gladness and with the knowledge that God is the source of all life and the giver of every good gift. Food is a gift to receive with gratefulness, not greed.

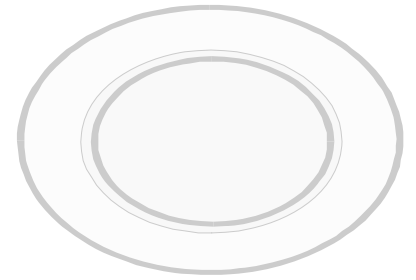
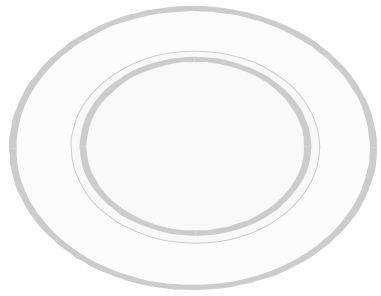
### **A Prayer For All Our Brothers and Sisters:**

Thank You, God,  
For giving us food of all kinds,  
shapes, colors, aromas, textures, and flavors.  
We praise You for strawberries!  
And we delight in crisp yellow peppers and juicy oranges!  
We praise You for giving us taste buds –  
You didn’t have to do that!  
We praise You also for those edible pleasures  
That we sometimes abuse.  
Today we ask for the grace  
to appreciate the daily sustenance You give us  
and to appreciate it so much that we don’t feel the need to be greedy.  
Maker of everything delicious,  
all day long we will notice Your genius and generosity,  
and we will honor You with our appetites and our attitude.  
Amen.

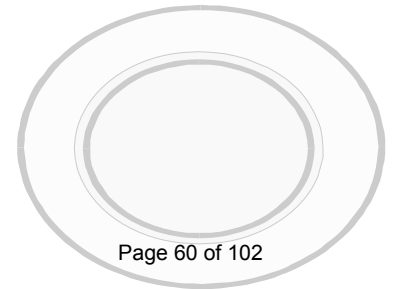
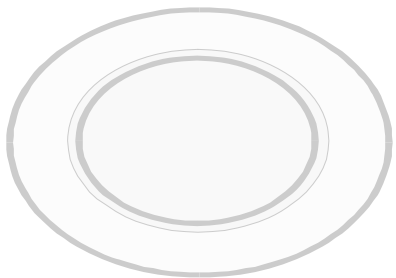


*fine*  
+ *fit*  
*Fabulous*





*fine*  
+ *fit*  
*Fabulous*



## Weekly Food Diary

Name \_\_\_\_\_

Week of \_\_\_\_\_ Church \_\_\_\_\_

Nutrition Goal for the week \_\_\_\_\_

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							

## Weekly Exercise Log

Name \_\_\_\_\_

Week of \_\_\_\_\_ Church \_\_\_\_\_

Fitness Goal for the week \_\_\_\_\_

Date	Day	Type of exercise	Total minutes	Total steps	Comments
	M				
	T				
	W				
	Th				
	F				
	S				
	Su				

*Fine Fit and Fabulous*  
Week 7 Participant Handout

**FAST FOOD AND OVEREATING**  
**Forget McDonald's, make God's presence your comfort food!**

*Fast Food*

- 1) Why are many fast food items unhealthy?
  - High fat content (including the “bad” fats = saturated and trans fats)
  - High cholesterol content
  - High sodium content (salt)
  - High in calories
- 2) The most ideal, healthy option is to cook a low-fat, low-sodium, high fiber meal at home. But, we don't live in an ideal world. So, when you decide to grab a quick meal at a fast food restaurant try to choose the healthier options that are available.

Here are some ideas:

- Ask for nutritional information so you can make a sensible choice.
- Drink water, plain soda water, or skim milk instead of soft drinks. This will save you a lot of calories.
- Hold the cheese, bacon, and mayo. These items add extra saturated fat and a lot of calories.
- Choose “grilled” instead of “crispy.” Crispy = fried = lots of fat and calories.
- Ask for pizza with half the regular amount of cheese and add veggie toppings like peppers, onions, mushrooms, tomatoes, broccoli, and spinach.
- Request all dressings, condiments, and sauces on the side so you can control how much you use. Many sauces and dressings add a great deal of fat, calories, and sodium to your meal. To cut back just use half the amount.
- If possible, substitute a side salad (with dressing on the side) for French fries or onion rings. If you don't want to give up your fries, order the smallest size and/or share with a friend.
- Don't “supersize”! Stick to small-sized sandwiches, drinks, fries, and other sides. Remember, the “large” or “supersized” items are typically 2-3x the size of an appropriate serving.



***Portion Sizes:***

- 1) Healthy eating includes making healthful food choices and understanding serving sizes.
- 2) Portions of food are a lot bigger than they used to be and so are people! Many of us, without realizing it, have become used to seeing more food on our plate at restaurants and at home.
- 3) Studies have shown that people are more likely to eat more if there is more food in front of them.
- 4) Portion size awareness is a crucial factor in trying to achieve or maintain a healthy weight because it helps you recognize an appropriate amount of food.
- 5) For most people, it can be difficult to visualize “½ cup of vegetables” or “3oz of meat” let alone “one serving” of something. Here are some everyday comparisons to help you figure out your serving sizes:
  - One teaspoon of margarine is the size of the tip of your thumb to the first joint.
  - Three ounces of meat is the size of a deck of cards.
  - One cup of pasta is the size of a tennis ball.
  - One half of a medium bagel is the size of a hockey puck.
  - An ounce and a half of cheese is the size of three dominoes stacked together.
  - Two tablespoons of peanut butter are the size of a ping pong ball.
  - One-half cup of vegetables is the size of a light bulb.

These comparisons will help them get a good sense of serving sizes so they can compare them to amounts they normally eat and make any necessary changes.

- 6) Make sure to carry the Serving Size Card with you wherever you go. Here are some examples of how it can help you:
  - You are at a restaurant and decide to order beans and rice.
  - Your plate comes and you pull out your “Serving Size Card” to get an idea of how much food is in front of you.
  - You see that the amount of rice on your plate looks similar to the size of 1 ½ baseballs.
  - Based on the information listed on the “Serving Size Card” you know that this is considered much more than one serving of rice (3x one serving).
  - Because you are trying to achieve a healthy weight and are concerned about over-eating, you decide to eat only ½ of the rice on your plate and to take the rest in a “to go” bag to eat at your next meal.
- 7) Another option to help you control portions is to use the “Plate Method.”

- Use a 9 ½ inch plate divided into three sections (you can purchase plastic plates that are sectioned at the dollar store or you can just visualize the sections).
- The 9 ½ inch plate is likely much smaller than your normal dinner plate. Ask participants if the sample plate looks different than the ones they use at home and if so, how?
- The object of the “Plate Method”:
  - Fill ½ of the plate with non-starchy vegetables such as mixed greens, spinach, broccoli, cauliflower, carrots, zucchini, celery, collards, etc. These non-starchy vegetables are high in nutrients (vitamins and minerals) but very low in fat and calories (as long as you don’t top them with butter, creamy sauces, cheese, etc.).
  - Starchy vegetables include potatoes (French fries, mashed potatoes, sweet potatoes, yams, yucca, and all other forms), beans (kidney, garbanzo, lentil, lima, black, red, white, etc), corn, peas, and winter squash.
  - Fill ¼ of the plate with lean meat, fish, or source of protein
  - Fill ¼ of the plate with a starch (a starchy vegetable, bread, rice, pasta, dinner roll, etc).
  - Wait 10 minutes before going back for second helpings to let your body realize how much you’ve eaten already.
  - Another suggestion – if you decide to take seconds, take only the non-starchy vegetables.
- Remember to focus on small changes. Perhaps you might want to try using the plate method twice/week or on a specific day when your family typically sits down for a big meal.

8) Other suggestions for avoiding fast food (or any type of food) binges:

- Plan ahead! If you plan meals in advance you are less likely to make last minute, unhealthy decisions based on hunger.
- Bring a snack with you during the day. This way if you get hungry you will already have something to nibble on and you won’t be tempted to stop in at a fast food restaurant, the local bakery, or the candy isle at the supermarket for a quick fix.

Examples of healthy snacks to carry with you:

- Single-serving boxes of cereal, trail mix, energy bars, granola bars, cereal bars
- Raw fruit and vegetables including carrot and celery sticks, grapes, single-serve applesauce, whole fruit (apples, peaches or bananas) or dried fruit mix.
- Bottled water, plain or flavored seltzer water, and juice boxes (100% juice only)

## **Group Activity:**

Last week you were asked to draw your dinner plate(s) on a Fine, Fit and Fabulous placemat. Now that you are familiar with the “plate method” and appropriate portion sizes of different kinds of food,” take turns discussing your placemats.

- Explain what is on your placemat (what foods did you draw)?
- Does your plate look like the one used in the “plate method”? Why or why not?
- Estimate how many servings of each food are on your plate.
- What changes, if any, can be made to make your plate healthier?

## **Homework for Week 8**

The next spiritual theme next week is **Self-Discipline, Moderation and Self-Control**. Please read the following scripture passages in preparation for this session:

Deuteronomy 32:15

Titus 2: 11-12

1 Corinthians 9:25

Proverbs 25:28

John 10:10

Luke 4:3

Matthew 4:4

Matt 6:13

James 1:14

Phillipians 4:8

Heb. 2:18

Heb. 7:25

1 Corinthians 10:12-13



## Week 7 Nutrition Post Test

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Church: \_\_\_\_\_

5. In general, fast food contains a lot of:  
(you may choose more than one answer)

- A. Fiber
- B. Fat and cholesterol
- C. Sodium
- D. Calories

6. One serving of meat (3 ounces) is similar to the size of:

- A. Your entire dinner plate
- B. A deck of cards
- C. A computer keyboard
- D. A football

7. Two servings of cooked pasta (1 cup) is similar to the size of:

- A. The bowl you want to put it in
- B. Four stacked dice
- C. Your fist
- D. The tip of your thumb

8. According to the "Plate Method" a healthy plate might consist of:

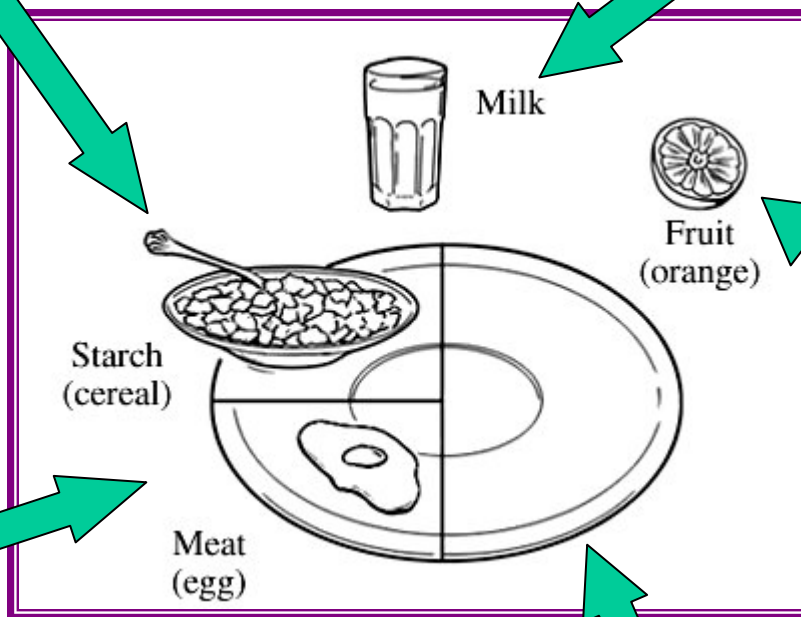
- A. Mostly meat and pasta with a small amount of vegetables
- B. Whatever is leftover from the night before
- C. Four servings of one type of food
- D. Mostly vegetables with sensible portions of meat and pasta

# Breakfast

## Sample Plate

Use  $\frac{1}{4}$  of your plate for a bread, grain, or other starchy food, including:

- bread
- potatoes
- rolls
- corn
- rice
- peas
- crackers
- winter squash
- cereal
- lentils
- tortillas
- dried beans or peas



Choose one serving of milk or milk product such as:

- 8oz glass of low fat milk
- 1 cup of low fat yogurt
- 8oz glass of unsweetened soy milk
- 1oz cheese

Choose one serving of fruit, such as:

- 1 medium size piece of fresh fruit
- $\frac{1}{2}$  cup cooked or canned fruit
- 4oz 100% fruit juice
- $\frac{1}{4}$  cup dried fruit

Optional – Use  $\frac{1}{4}$  of your plate for one serving of a protein or meat, such as:

- egg or 2 egg whites
- lean beef, pork, fish, or chicken

This  $\frac{1}{2}$  of your plate can remain empty at breakfast, since it is otherwise reserved for non-starchy vegetables.

Choose one serving of milk or milk product such as:

- 8oz glass of low fat milk
- 1 cup of low fat yogurt
- 8oz glass of unsweetened soy milk
- 1oz cheese

Use ¼ of your plate for a bread, grain, or other starchy food, including:

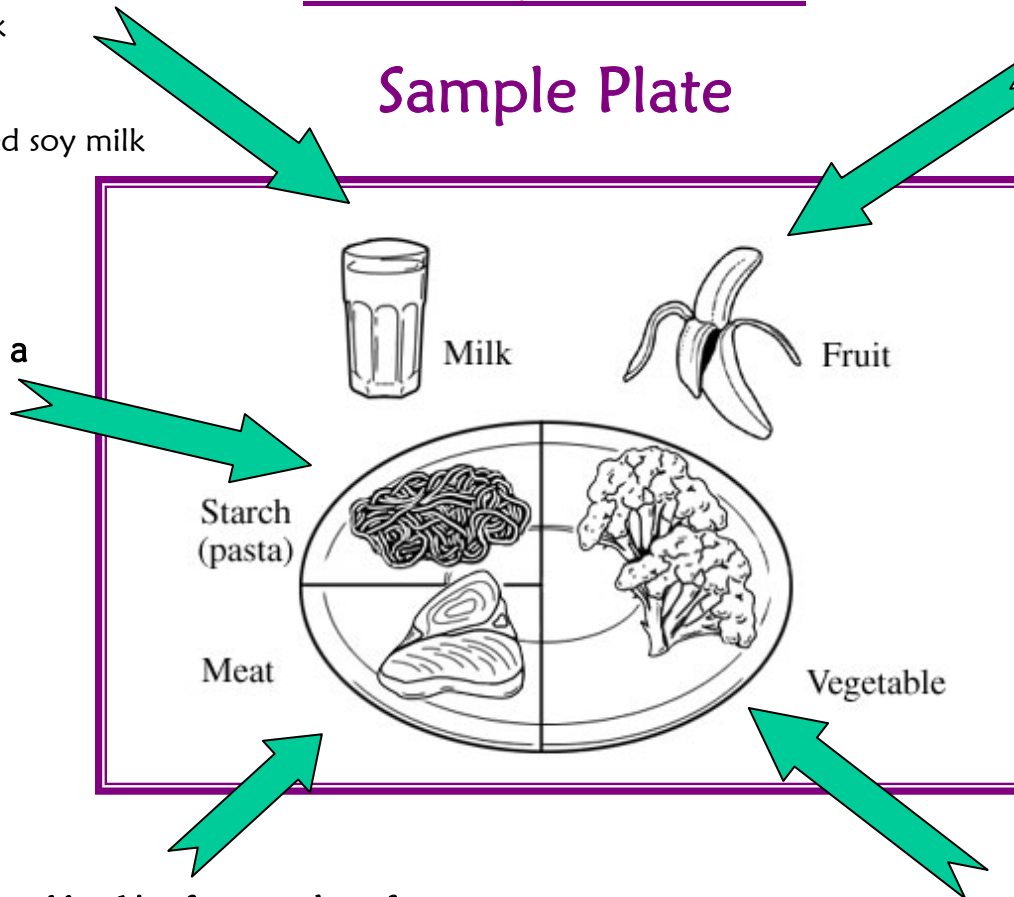
- bread
- potatoes
- rolls
- corn
- rice
- peas
- crackers
- winter squash
- cereal
- lentils
- tortillas
- dried beans or peas

Use ¼ of your plate for a protein or meat, such as:

- beef
- fish
- pork
- tofu
- chicken

## Lunch/Dinner

### Sample Plate



Choose one serving of fruit, such as:

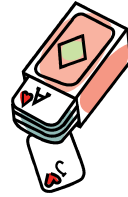
- 1 medium size piece of fresh fruit
- ½ cup cooked or canned fruit
- 4oz 100% fruit juice
- ¼ cup dried fruit

Use ½ your plate for non-starchy vegetables, including:

- broccoli
- peppers
- cauliflower
- spinach
- carrots
- salad greens
- collard greens
- tomatoes
- green beans
- mushrooms

# Quick and easy household measurements to use as portion control guides

- 3 ounces of meat is about the size and thickness of a deck of playing cards.



- 3 ounces of grilled or baked fish is about the size of a checkbook.



- A medium sized piece of fruit is the size of a tennis ball.



- 1 ounce of cheese is about the size of four stacked dice.



- 1 cup of cereal is the size of your fist (depending on your size; commonly the size of a female fist).



- 1 ounce of nuts should fit into the small of your hand.



- 1 teaspoon of margarine or butter is about the size of the tip of your thumb.



- 2 tablespoons of peanut butter is about the size of a ping pong ball



## “Fine, Fit & Fabulous”

### Serving Sizes

Even if you eat healthy foods each day, you may not be eating as well as you think — because of the amount of food on your plate!

The amount of food you eat can be as important to your good health as what you eat.

This booklet lists serving sizes of foods from the different food groups. Use this guide to help you control your portions!

For more information please contact:



The Institute for Urban Family Health  
Bronx Health REACH  
16 East 16th Street  
New York, NY 10003  
Phone: 212-633-0800 x 1232



## Breads, Grains, Cereals

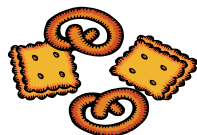
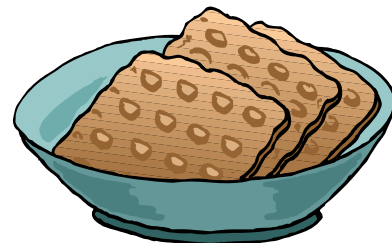
### Breads:

- 1 slice whole wheat, rye, white, pumpernickel bread
- 2 slices reduced calorie bread
- ½ hot dog or hamburger bun
- ½ English muffin
- ½ bagel (1 ounce)
- 1 small roll (1 ounce)
- ½ 6" diameter pita bread or lawash bread
- 1 6" diameter corn or flour



### Cereals and Grains:

- 1 oz most cold cereals (1/4 – 1 cup)
- 1 ½ cup puffed cereals (e.g. puffed rice)
- ½ cup cooked cereal (e.g. oatmeal, oat bran, cream of wheat)
- 1/3 – 1/2 cup cooked brown or white rice
- ½ cup cooked enriched or whole-wheat pasta or soba noodles



### Snack Foods:

- 8 animal crackers (unfrosted)
- 2 graham crackers
- ¾ matzoh cracker
- 4 slices melba toast
- 3 cups popped light pop corn
- 2-6 baked whole-wheat crackers, 6 saltine crackers
- 2, 4" diameter rice or corn cakes
- ¾ oz pretzels

## Starchy Vegetables, Dried Beans, and Peas

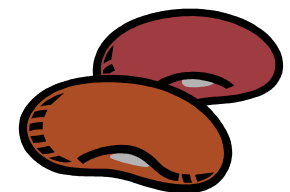
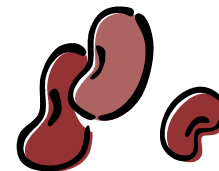
### Starchy Vegetables:

- ½ cup cooked corn or 1 medium ear of corn
- ½ cup cooked peas
- ½ cup cooked mixed vegetables
- 1 small, 3-oz baked potato
- ½ cup cooked mashed potatoes
- 1 cup winter, acorn or butternut squash
- ½ cup yam or sweet potato



### Beans, Lentils, Split Peas:

- ½ cup cooked/canned beans such as lima, kidney, black, soya
- ½ cup cooked split peas
- ½ cup cooked lentils





## Vegetables

### Vegetables

- 1 cup raw vegetables OR
- ½ cup cooked vegetables:
  - carrots
  - broccoli,
  - asparagus,
  - leeks,
  - onions
  - beets
  - green beans
  - cauliflower
  - peppers
  - celery
  - cucumber
  - water chestnuts
  - zucchini



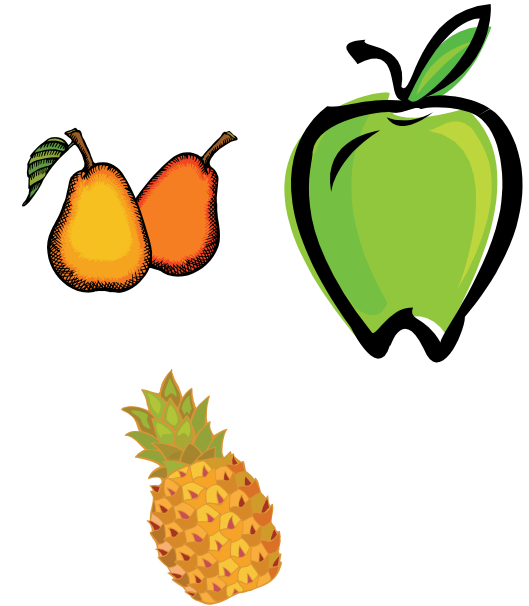
### Vegetables

- 1 cup raw leafy vegetables:
  - kale
  - spinach
  - Romaine lettuce,
  - arugula
  - bibb lettuce
  - watercress
  - iceburg lettuce
- 6 ounces most vegetable juices

## Fruits

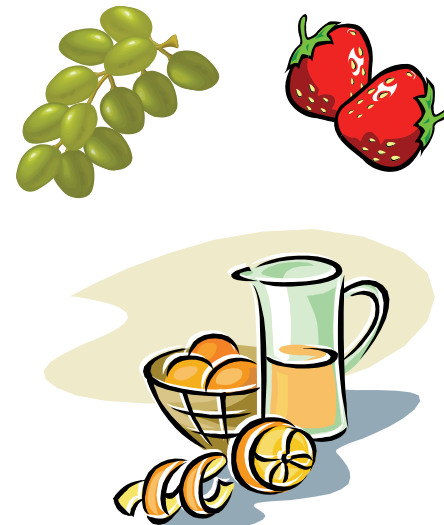
### Fruits

- 1 small apple (4 oz)
- ½ cup applesauce, unsweetened
- 1 medium (4") banana, or 1/2 large banana
- ¾ cup blueberries
- 1 ¼ cup whole strawberries
- 1 cup raspberries or boysenberries
- 1 cup cubed cantaloupe or honeydew melon
- ¼ cup cubed watermelon
- 1 medium peach
- ½ medium grapefruit



### Fruits

- 1 kiwifruit (3 ½ oz)
- ½ cup fruit cocktail, extra light syrup or own juice
- 12-15 grapes
- 12 cherries
- 2 small plums
- 3 dried prunes (also called "dried plums")
- 2 Tbsp raisins or other dried fruit
- 1 medium orange
- 4oz most 100% fruit juices



## Milk and Dairy

### Milk and Milk Substitutes

- 8 ounces (1 cup) nonfat or 1% milk
- 8 ounces (1 cup) nonfat or low fat buttermilk
- 8 ounces (1 cup) calcium-fortified light or reduced fat soymilk



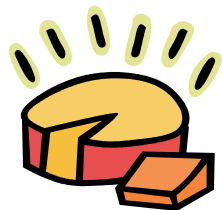
### Yogurt

- 8 ounces (1 cup) nonfat or 1% plain or fruited yogurt made with sugar substitute
- ½ cup nonfat frozen yogurt



### Cheese

- 1 oz most cheeses, including:  
cheddar  
muenster  
monterey jack  
swiss  
cottage cheese  
grated parmesan



## Meat, Fish, Poultry, Nuts, Meat Substitutes

### Meat, Poultry, Fish

- 3 oz steak, ground beef, lean pork, or ham
- 3 oz chicken, turkey or cornish hen
- 3 oz flounder, cod, haddock, halibut, trout, salmon, tuna steak, or canned tuna
- 3 oz shellfish, including clams, crabs, lobster, scallops, shrimp, imitation crabmeat
- 3 oz of luncheon meats or other processed deli meats



### Eggs, Meat Substitutes, Nuts, Seeds

- 1 egg
- 2 egg whites or 1/4 cup egg substitute
- 1 oz nuts, such as:  
almonds  
pistachios  
walnuts  
pecans
- 1 oz seeds, such as:  
pumpkin  
sunflower  
Squash
- 2 Tbsps peanut butter

## Fats and Oils

### Fats and Oils

- 1 tsp stick butter
- 1 tsp stick or tub margarine
- 1 Tbsp reduced fat, light or nonfat margarine
- 1 tsp mayonnaise
- 1 Tbsp reduced fat mayonnaise
- 1 Tbsp salad dressing
- 2 Tbsp reduced fat salad dressing

### Fats and Oils

- 1 tsp corn, soybean, safflower, sunflower oil
- 1 tsp olive, canola, peanut oils

Choose these oils instead of other fats whenever possible!



## Weekly Food Diary

Name \_\_\_\_\_

Week of \_\_\_\_\_ Church \_\_\_\_\_

Nutrition Goal for the week \_\_\_\_\_

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							

## Weekly Exercise Log

Name \_\_\_\_\_

Week of \_\_\_\_\_ Church \_\_\_\_\_

Fitness Goal for the week \_\_\_\_\_

Date	Day	Type of exercise	Total minutes	Total steps	Comments
	M				
	T				
	W				
	Th				
	F				
	S				
	Su				

## *Fine, Fit and Fabulous*

Week 8 Participant Handout

# **SELF DISCIPLINE, MODERATION AND SELF-CONTROL**

## **Is that your stomach growling, or your soul?**

*“Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever” (1 Corinthians 9:25)*

- 1) Do you think you can be a Christian and do everything you want to do, living a life without discipline, moderation and self control?
  - Like a city whose walls are broken down is a man who lacks self-control (Proverbs 25:28).
  - Without self-control we become vulnerable to our enemy Satan, whose purpose is to steal, kill and destroy (John 10:10).
  - Self-control is the only fruit of the spirit with a bad reputation. Too often we have a tendency to focus on all the things we are missing when we practice self-control, rather than all the benefits of being protected from the things that will harm us.
  - Once we yield to lack of restraint in any area, the wall of self-control crumbles even more, opening us to even greater temptation. The end result is a complete lack of self-control.
  - In the case of obesity, losing control might sound like, “well, as heavy as I am, what difference will one more piece of sweet potato pie make?”
- 2) What do you think it takes to stop at one scoop of ice cream or one small piece of sweet potato pie?
- 3) Whatever the root of the problem that has caused you to become overweight or obese, your role now is to become accountable and accept responsibility to develop the fruit of your self- control.

As you allow the Holy Spirit to work in your life, you will find strength to make the right choices and become responsible for your actions. We are victims of obesity and diet-related deaths because of our lifestyles.

- 4) Have you ever been tempted to do something that you know was wrong and chose not to do it? How did you resist? Can you use the same approach for resisting the temptation to overeat?

We will not live victoriously in the area of our health until we choose to take control of our lifestyles – control over what we eat, how much we eat, and how we exercise.

- 5) What are you going to say to yourself or to your buddy when it's time to engage in a physical exercise and you just don't feel like getting started?
- 6) The question to ask yourself is this: "Am I powerless in this situation?" If you believe that you are completely powerless, that your condition and circumstances are beyond your control, then the first step for you to take is to overcome the victim mentality.

We are fully capable of taking control of our lives. God, in His infinite wisdom, knew that we would have the tendency to give in to our flesh, so He gave us the fruit of the spirit of self-control.

- 7) Temptation is the number one enemy for anyone trying to mature in the area of self-control. Our short and long-term goal in making healthier lifestyle choices is to become consistent resisters of temptation.

To accomplish our goals, however, we must first understand what the Bible says about temptation and how God expects us to respond to it. The Bible makes it clear that God will often test us, but He will not entice us to commit a sin.

He will allow us to experience temptation from several sources: Satan, other people, and even ourselves.

- 8) **WE ARE TEMPTED BY SATAN.**
  - The Gospels record the account of how Satan, as the tempter, confronted Jesus in the wilderness and tried to entice Him to eat: "The devil said to him, 'if you are the Son of God, tell this stone to become bread'" (Luke 4:3).
  - In His response to Satan, Jesus does not deny the truth in Satan's statement. Jesus does not tell Satan, "You are wrong; I am not really that hungry at all." This would have been a lie, given the circumstances. Instead, He answers him with a higher truth: "It is written. Man does not live on bread alone." (Matthew 4:4)
  - Jesus was in the wilderness, enduring hunger and denying His physical needs in order to accomplish His greater mission.
    - i) When it comes to obesity, weight loss, and implementing a "heart healthy" lifestyle, you also have a greater mission that is more important than the mild discomfort of hunger. That mission is one of honoring our physical bodies – God's temple – by treating them in a way that promotes health, strength and longevity. Feelings of hunger should be expected with any attempt to lose weight.

- ii) It is not possible to lose weight and keep it off without ever once experiencing hunger. And when hunger hits us, we can expect Satan, the tempter, to entice us to yield. But thank God for the wonderful power of the Holy Spirit who dwells within us. When Satan comes to tempt us, we can learn the secret of yielding to the fruit of the Spirit of self-control that empowers us to resist temptation.

#### 9) **WE ARE TEMPTED BY OTHER PEOPLE.**

- The second source of temptation is from other people (intentional or unintentional).
  - i) Some people may not know that you are trying to lose weight and will offer you things to eat in an effort to be polite. This is unintentional temptation and should be addressed by simply telling the person that you are trying to control your eating habits.
  - ii) A person whose motives are pure will understand and stop offering you food.
- The bigger problem comes in dealing with temptation from people who are intentionally tempting you.
  - i) These people either want you to fail, or they want you to succeed but are under the impression that enticing you with food is beneficial, that it will serve to “make you strong.”
  - ii) Constant exposure to whatever you find tempting will not build up your immunity to desiring these foods in the same way our bodies do when they are exposed to germs.
  - iii) We cannot “fight off” temptation the way we fight off the common cold.
- According to Scripture, rather than expose ourselves to temptation, we should turn the other way, asking the Holy Spirit for the fruit of self-control to help us avoid those things that tempt us.
  - i) Asking God in prayer to shield us from temptation not only makes common sense, it is also the way Jesus instructed us to pray.
  - ii) “And lead us not into temptation, but deliver us from the evil one.” (Matt 6:13)
  - iii) What should you do with people who insist on tempting you?
  - iv) Learn from the experience – use wisdom and discretion the next time before you speak. Everyone does not need to know your weight loss goals.

#### 10) **WE ARE TEMPTED BY OURSELVES**

- Finally, we are often the source of our own temptations.
  - i) James 1:14 tells us that, “Temptation comes from the lure of our own evil desires.”
  - ii) When we allow our minds to be preoccupied with thoughts about those foods that tempt us, we are setting ourselves up to be “enticed.”
- The Holy Spirit gives us power to control all of our thoughts – even those thoughts that we find irresistible.

- i) Many overweight and obese individuals spend too much time thinking about food. We should not let ourselves become preoccupied with what we will eat, when we will eat it, how we will prepare it and what we will serve with it.
  - ii) Rather than dwell on things that ensnare us, the Bible tells us what things our mind should feast upon: “brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable— if anything is excellent or praiseworthy—think about such things.” (Phillippians 4:8).
- 11) **Biblical truth regarding temptation:** “Because Jesus himself suffered when He was tempted, He is able to help those who are being tempted.” (Heb. 2:18)
- 12) **Jesus understands our pain.**
- It is important to note that Jesus was tempted with food at a time when He had not eaten for forty days. He was genuinely hungry and had a real physical need for food. A desire for the mere taste of the food (whether you are hungry or not) will cause many of us to yield to temptation.
  - Still, Jesus can relate to our struggle because He knows the pain of being seriously tempted with food. We should remind ourselves continuously that Christ is praying for us to be victorious in the face of temptation (Heb. 7:25).
- 13) **Use the word as your defense**
- Another thing worth mentioning about the manner in which Christ dealt with temptation is that He quoted the Word of God in His defense. One passage that will be helpful to memorize if you are trying to become *Fine, Fit and Fabulous* and honor God by taking care of your temple is: “If you think you are standing firm, be careful that you don't fall! No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it. (1 Corinthians 10:12-13)
- 14) **Temptation is common; it is universal.** Everyone is tempted. You are not alone. Sometimes just knowing this is sufficient to provide the extra surge of strength we need to overcome temptation. Most of us have no idea how much temptation we can bear because we yield long before we reach our limit. Apostle Paul wrote to Corinthian Church that our faithful Father, “will not let you be tempted beyond what you can bear.” (1 Corinthian 10:13)
- 15) Sometimes the means of escape is as simple as closing the refrigerator door and leaving the kitchen. It might require you to drive down a different street to avoid your favorite fast food restaurants or bakery. Whatever the case, instead of spending time struggling with the source of the temptation, immediately begin to look for what God has promised – a way out.



### 16) **Learn to watch and pray**

We should never lose sight of the fact that no matter how strong we think we are, we will always have the potential to fall. In order to exercise self-control and resist temptation, we need to heed the words of Christ – watch and pray. Keep alert and pray. Otherwise, temptation will overpower you. For though the spirit is willing enough, the body is weak!

## **Group Activity**

Sister Sherry has decided to be *Fine, Fit and Fabulous* for the right reasons. As a believer, she knows that her body is the living temple of the Holy Spirit and she wants to honor God by taking care of her body and improving her health. Sister Sherry understands that the best time to start changing bad habits is the present, and that caring for her body is not something to decide to do at a future date or for a limited amount of time. She has always honored God through her worship, her giving and her service. Today she is making the commitment to rely on the Holy Spirit – not her own abilities – to strengthen her resolve to break old habits and replace them with new, healthier practices that she will follow for the rest of her life.

Questions for discussion:

- 1) What are some of the right reasons for wanting to be *Fine, Fit and Fabulous*?
- 2) Why is it important to rely on the Holy Spirit when making lifestyle changes?
- 3) What obstacles might Sherry face as she tries to replace old habits with new, healthier practices? What obstacles have you faced when trying to make healthy lifestyle changes in the past?

## **Homework for Week 9**

Next week's topic is **5-A-Day the Color Way**. Please be sure to complete your food logs this week and bring them to the next session.

*Fine, Fit and Fabulous*  
Week 8

## Making Healthy Lifestyle Changes



### **Philippians 4:13**

“I can do all things through Christ, who strengthens me.”



### **Luke 10:19**

“Behold, I give you authority to tread on serpents and scorpions, and over all the power of the enemy.”

Any one who has ever tried to break an old habit or develop a new one knows the task can be challenging. And implementing a “heart-healthy” lifestyle is no exception. You must change several things:

- ◆ What you eat
- ◆ How much you eat
- ◆ How often you eat
- ◆ The way you prepare your food
- ◆ Your level of physical activity

But even before you attempt to make changes, you must acknowledge the difficulty of the task.

A heart healthy diet is different from the typical American diet. It is high in fruits, vegetables, whole grains, beans and legumes. It requires that we cut back on food high in saturated fat and trans-fat and instead eat more foods containing monounsaturated fats and omega 3 fatty acids.

Living in a heart-healthy way also requires us to exercise regularly and strive to maintain a healthy weight. These dramatic changes cannot be realized if we are unwilling to deny the flesh.



### **2 Corinthians 12:9**

“He has said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’”



### **2 Peter 1:3**

“His divine power has given us everything we need for life and godliness through our knowledge of Him who called us by His own glory and goodness.”

## Weekly Food Diary

Name \_\_\_\_\_

Week of \_\_\_\_\_ Church \_\_\_\_\_

Nutrition Goal for the week \_\_\_\_\_

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							

## Weekly Exercise Log

Name \_\_\_\_\_

Week of \_\_\_\_\_ Church \_\_\_\_\_

Fitness Goal for the week \_\_\_\_\_

Date	Day	Type of exercise	Total minutes	Total steps	Comments
	M				
	T				
	W				
	Th				
	F				
	S				
	Su				

## ***Fine Fit and Fabulous***

### Week 9 Participant Handout

#### **5-A- DAY THE COLOR WAY!**

- 1) Why are fruits and vegetables an important part of a healthy diet and lifestyle?
  - They are generally low in fat and calories and fit well into a heart healthy diet.
  - They contain a variety of important nutrients such as fiber, vitamins and minerals.
  - The deeply colored varieties may provide specific health benefits through special substances called phytochemicals (pronounced fie – toe – chemicals).
- 2) What are these special substances called phytochemicals?
  - They are naturally occurring substances found only in plant foods, such as fruits, vegetables, legumes, grains, and seeds.
  - Plants produce these substances to protect themselves against viruses, bacteria, and fungi.
  - They have recently been found to provide health benefits in people, including protection against many diseases including heart disease and some cancers.
  - Different health benefits are associated with different phytochemicals.
  - Different phytochemicals are associated with the different colors of deeply colored plants (fruits and vegetables).

To get the maximum health benefits from fruits and vegetables, it is important to choose a variety of types and colors everyday.

- I. What are the different color groups and the health benefits associated with them?
  - a. Blue/purple
    - i. Examples: Eggplant, blueberries
    - ii. Include these foods in a low-fat diet to help lower your risk of some cancers\* and maintain urinary tract health, immune function, memory function, and healthy aging.
  - b. Green
    - i. Examples: Spinach, kale and other dark green leafy vegetables
    - ii. Include these foods in a low-fat diet to help lower your risk of some cancers\* and maintain vision health, strong bones and teeth.
  - c. White/Tan/Brown
    - i. Examples: Onion, garlic, mushrooms
    - ii. Include these foods in a low-fat diet to help lower your risk of some cancers\* and to maintain heart health, immune function and cholesterol levels that are already healthy.

- d. Yellow/Orange
  - i. Examples: Squash, cantaloupe, peppers, citrus fruits
  - ii. Include these foods in a low-fat diet to help lower your risk of some cancers\* and maintain heart health, vision health, and a healthy immune system
- e. Red
  - i. Examples: Tomatoes, peppers, red berries
  - ii. Include these foods in a low-fat diet to help lower your risk of some cancers\* and maintain a healthy heart, memory function, and urinary tract health.

NOTE: \*Low fat diets rich in fruits and vegetables and low in saturated fat and cholesterol may reduce the risk of some types of cancer, a disease associated with many factors. [Reference: [www.5aday.org](http://www.5aday.org)]

- II. Tips for including fruits and vegetables in your diet
  - a. Choose a piece of fruit for a snack instead of chips, candy, or crackers.
  - b. Chop nutrient rich vegetables and add to soups, spaghetti sauce, stews, and casseroles.
  - c. Keep cut-up fruits and vegetables in the refrigerator for easy snacking.

## Group Activity:

Refer to your completed food logs from last week. Using the 5-A-Day tally worksheet provided, tally the number of servings and note the color of all fruits and vegetables you ate each day.

Each participant should discuss her findings with the group. Some points to discuss:

- Are you surprised at the number of servings of fruits and vegetables you typically eat each day? Why or why not?
- Based on your results, do you eat more fruits or vegetables?
- Based on the color groups you checked for each day, do you think you eat a variety of fruits and vegetables?
- From which color group did you eat the least? Name some fruits or vegetables in that color group that you can incorporate into your diet.

## Homework for Week 10

- 1) The next spiritual theme is **Honor God by Taking Care of Your Temple**. Please read the following scripture passages to prepare for this session:
  - 1 Corinthians 6:19-20
  - Matt 19:18-19
- 2) Today some of you will be assigned a script for next week's role-play activity. Please review your lines before the next session.

***Fine, Fit Fabulous***  
5-A-Day Worksheet

Day	Servings of Fruits	Servings of Vegetables	Blue & Purple	Green	White, Tan & Brown	Yellow & Orange	Red
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							
<b>Totals</b>							
	(Add days 1 through 7)	(Add days 1 through 7)	(Add days 1 through 7)				
<b>Averages</b>							
	(Total ÷ 7)	(Total ÷ 7)	(Total ÷ 7)				



## Week 9 Nutrition Post Test

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Church: \_\_\_\_\_

9. Eating a variety of different fruits and vegetables every day is an important part of a healthy diet because:  
(you may choose more than one answer)
- A. They are generally low in fat and calories
  - B. They contain important nutrients such as fiber, vitamins and minerals
  - C. They are generally high in fat and calories and low in vitamins and minerals
  - D. They contain special substances that may help protect against many diseases including heart disease and some cancers
10. The recommended number of servings of fruits and vegetables per day for adults is:
- A. 1-3
  - B. 2-4
  - C. 5-9
  - D. 10-12



## Weekly Food Diary

Name \_\_\_\_\_

Week of \_\_\_\_\_ Church \_\_\_\_\_

Nutrition Goal for the week \_\_\_\_\_

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							

**Weekly Exercise Log**

Name \_\_\_\_\_

Week of \_\_\_\_\_ Church \_\_\_\_\_

Fitness Goal for the week \_\_\_\_\_

Date	Day	Type of exercise	Total minutes	Total steps	Comments
	<b>M</b>				
	<b>T</b>				
	<b>W</b>				
	<b>Th</b>				
	<b>F</b>				
	<b>S</b>				
	<b>Su</b>				

***Fine, Fit and Fabulous***  
Week 10 Participant Handout

**HONOR GOD BY TAKING CARE OF YOUR TEMPLE**  
**Is the Holy Spirit at home in your body?**

*“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.” (1 Corinthians 6:19-20)*

- 1) God has commanded us “do not murder, do not commit adultery, do not steal, do not give false testimony, honor your father and mother, and love your neighbor as yourself. (Matt 19:18-19).
- 2) What do you need in order to be successful in weight loss or any lifestyle change?
  - In order to be successful in making healthy lifestyle changes we need to embrace the powerful secret of loving ourselves.
  - As Christians it is impossible to fulfill Christ’s command to love our neighbor as ourselves in the absence of godly self love (self love is agape love – loving by choice – unconditional love).
- 3) What kind of lifestyle changes do you want to make in order to live a healthier life?
  - Success in weight loss requires lifestyle changes – changes that are always beneficial but quite often dramatic and difficult. Change is not easy – just thinking about breaking old habits, even bad habits, can generate anxiety.
  - The motivation that we need to implement these changes and the determination needed to stick with them will require an unconditional love for yourself, the one who stands to benefit from the change.
- 4) What role do you think self love plays in being healthy? What about your spirituality?
  - It is the work of the Holy Spirit to empower us to love ourselves properly and to do what is best for our body (eat right and exercise), contrary to what our feelings may dictate.
- 5) Do you have an obligation to God to maintain your temple?
  - In Christ, we are the living temples of God. Self-love requires that we honor and respect the living temple. Many Christians are falling short in the area of temple maintenance. As we grow in our love for God, we will desire to nurture His dwelling place, our bodies.
- 6) Not everything that is edible should find access to our living temples.

- 7) For those of us with type 2 diabetes, high cholesterol and hypertension, can we control our disease through diet modification?
  - There are certain diseases like type 2 diabetes, high cholesterol and hypertension, for which diet modification is the first line of therapy. Medications are considered second-line therapy – they don't replace the need to modify your diet, but are used when diet alone is ineffective. Many people with these conditions are able to control them without medication by simply adhering to the prescribed diet that is proper for maintaining health.
- 8) An alarming number of people choose to disregard these dietary recommendations. Foods that should be eaten on rare occasions become part of their regular eating habits. Because they fail to abide by the principle of restricting their temple, they suffer the consequences of their disease, consequences that are always serious and sometimes life-threatening.
- 9) One of the benefits of (agape) self love is that it motivates us to set restrictions on the types of foods we eat and learn to control the amount we consume. Food should edify and fortify our bodies, not destroy them.

## **Group Activity**

Sister Shirley has started a health ministry at her church. Her greatest challenge is getting her participants to practice honoring God by taking better care of their bodies. Sister Shirley decided to write a script and enlist the sisters in her ministry to act out Temple Maintenance.

Sister Jacqueline doesn't have time in her schedule to engage in any physical activity. She believes that she can't give up her favorite down home foods, if she exercises she'll sweat out her hair and her family would go crazy if she started cooking that "healthy" stuff.

Sister Louise has tried every diet in the supermarket tabloid and is recommending that the ministry members try some of the quick weight loss fad diets that are guaranteed to work without the "pain" of sacrifice.

Sister Dorothy has made several steps to honor God with her body. She started with discipline, moderation and self control around diet and exercise. Her main desire is to improve her health. She is definitely on the right track.

*Participants will take turns acting out the roles of each Sister as they engage in conversation about temple maintenance.*

## Homework for Week 11

The next spiritual theme is **Using God's Strength to Live a Healthier Life**. Please read the following scripture passages to prepare for this session:

Philippians 4:13

2 Pet. 1:3, NIV

Luke 10:19

2 Corinthians 12:9

John 15:1

John 14:9-11

Isaiah 23:3

***Fine, Fit and Fabulous***  
**Week 10 Scripts**

**Sister Jacqueline:**

Exercise? HA! If I find any free time in my crazy schedule, I do not plan on spending it in a gym. I don't get up at 5:00am every week day to do my hair and makeup just to go and mess it up a few hours later! Besides, I'd never see my kids if I took time to exercise after work. I'm already the last parent to pick up my kids from the after school program. They'd never let me forget it if I started showing up any later! Exercise on the weekends? No way! That is my time to relax - working up a sweat on a treadmill is NOT my idea of relaxation. My kids and I like to sit on the couch and watch DVDs all day. This is the only time we have to just hang out as a family. The kids are always stressed because they have to take all these tests at school. I'm stressed because my company is in the process of downsizing and I have to be on my toes 100% of the time. On the weekends we simply need a break. There is just no room in our schedule to exercise.



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**Sister Louise:**

Did you hear the latest? Some lady in Florida lost 15 pounds in 10 days on a diet coke, hot dog and lima bean diet. The best part is she didn't have to exercise at all and could eat dessert every night! I'm going to start this diet on Monday. I need to lose about 30 pounds, so if I can just follow this diet for twice as long as the lady in Florida, I should be able to lose twice as much weight, right? I'm going to convince a few other women in the choir to do go on the diet with me because misery sure does love company! I wonder if I could swap the diet coke for something with more caffeine. I always feel so tired when I try a new diet, so something with more caffeine would help me stay awake. I bet one of those triple strength caramel mocha latte frappaccinos from Starbucks would have more caffeine than a diet coke. I could buy one on my way to work and start the day off right! I can't wait to get this weight off. Then I can go back to living life the way I want and not have to worry about watching what I eat.



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**Sister Dorothy:**

I'm done making excuses. I'm done looking for quick fixes. I'm done putting my health low on my priority list. God gave me a glorious gift – my body – and I will honor him by taking good care of it. This may mean that I have to eat differently, that I have to move more, that I have to practice more self-discipline and that I have to accept a different way of living. I owe it to myself and, most importantly, I owe it to God to take care of my temple. From this moment on, I will do whatever it takes to live a healthier life. I'm finally ready.

## Weekly Food Diary

Name \_\_\_\_\_

Week of \_\_\_\_\_ Church \_\_\_\_\_

Nutrition Goal for the week \_\_\_\_\_

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							

## Weekly Exercise Log

Name \_\_\_\_\_

Week of \_\_\_\_\_ Church \_\_\_\_\_

Fitness Goal for the week \_\_\_\_\_

Date	Day	Type of exercise	Total minutes	Total steps	Comments
	M				
	T				
	W				
	Th				
	F				
	S				
	Su				



***Fine, Fit and Fabulous***  
Week 11 Participant Handout

**USING GOD’S STRENGTH TO LIVE A HEALTHIER LIFE**  
**Trading in “fat and happy” for “fit and healthy”**

*“I can do all things through Christ who strengthens me” (Philippians 4:13)*

- 1) What does it mean to rely on the power of God for victory in making lifestyle changes?

Permanent lifestyle changes only happen when there is a willingness to embrace sacrifice as a vital part of loving God and loving yourself.

- 2) Does repentance give us power to develop more self-control in making lifestyle changes?

- 3) Does tapping into the power of God and totally depending on Him mean that you can eliminate the need for discipline, perseverance, and hard work when making lifestyle changes?

- 4) Changing our behavior to improve our health is a positive choice, even though it involves sacrifice.

- We need to overcome the tendency to view sacrifice in a negative light. Sacrifice is a manifestation of love, and our attitude toward a healthful lifestyle should reflect that love.
- We must be willing to give up a few things we enjoy for the greater purpose of God’s health.

- 5) When a diet fails or you regain weight, how can your belief in God help you to deal with disappointment and discouragement and get back on track (Eph. 3:20)?

- Changing a behavior is not easy. Yes, we can do all things through Christ, but we must never forget it is the Lord who gives us strength. The likelihood for long term success through sheer determination alone is not very high, but we must humble ourselves and receive power through the Holy Spirit. Then we can walk in victory.
- The Bible tells us that the Holy Spirit has given us “everything we need for life and godliness” (2 Pet. 1:3, NIV). He has equipped us to live soberly and to practice self discipline and moderation in our lives.

- 6) What would you expect God to do if you were praying for Him to help you with a craving for sweets or difficulty engaging in regular physical activity?

- God did not give us the “authority to trample on snakes and scorpions” (Luke 10:19) only to render us powerless in resisting a second serving of sweet potato pie. If, however, we want access to this level of strength we must first recognize the source. Then we, like the apostle Paul, can experience God’s power “made perfect in

weakness” (2 Cor. 12:9) and receive the strength we need to change our lifestyles and improve our health.

7) Tips for using God’s strength to help you live a healthier life:

- a) Cultivating **love** for yourself is the first secret to becoming successful in the process of making healthy lifestyle changes. Self love requires that we honor and respect the living temple.
- b) Choose **joy**. True joy can lift us out of the depths of depression and give us the power and the inspiration we need to make healthier lifestyle choices. Choose joy, stay connected. (John 15:1, 14:9-11) As we realize who God is we will shout for joy. Exalt Him in praise and worship. The depth and magnitude of our appreciation of God depends on how fully we understand the wonder of who God is and His love toward us.
- c) Choose **peace**, not pseudopeace. Pseudopeace is a false sense of peace. It is derived through using substances that seem to help us to cope. Food oftentimes becomes psychologically addictive. We depend on food to help us to cope with the ups and downs of life. When we draw closer to God, he fills us with His peace. Scripture declares “you will keep in perfect peace him whose mind is steadfast, because he trusts in you” (Isa. 23:3). As we become filled with God’s peace, we will find that we do not need to resort to food to “help” our stress levels.
- d) Be **patient**. One of the most difficult things to accept when it comes to lifestyle changes is the need to wait patiently. We want to lose forty pounds in six weeks on a fad diet or liquid diet. It took over a decade to accumulate the weight, but you want it all gone in a month or two.

When we become impatient (as we are prone to do), we set ourselves up for failure and disappointment. Patience is required because lifestyle change is a slow process. It requires patience to continue with an exercise program and adhere to a healthy diet when the results we want will not be evident for weeks, maybe even months. And it takes patience to guard against the ever-present temptation of the fad diet or “quick fix” weight loss plan.

Patience is a process. God has a lesson for us to learn during this process while we struggle with deliverance. The lesson is simple: we can’t do it on our own. Just when we think we have a handle on those obsessive thoughts about food, something will predictably happen that causes us to slip right back into the pit. We find that after vowing to never again buy chocolate, we eat a whole box in one sitting or after swearing to eat fried chicken in moderation, we indulge three to four times per week. The lusts of the flesh will invariably prevail when we rely on our own strength.

God will not pull us out of the pit if we are convinced we can get out of our own mess on our own. But when we cry out to Him with a pure heart, when we come to Him

broke and contrite acknowledging our weakness and admitting that in and of ourselves we are powerless, then He will show Himself faithful; pull us out of the pit and set us on solid ground.

- e) The fruit of the spirit of **kindness** is that special fruit we demonstrate to others as “brotherly kindness.” Focusing on serving others gives us a wonderful perspective and helps us to handle our trials in a manner that is Christ-like. When kindness is richly manifested in us, it gives us the power to exchange our question of “why me, God?” for a humble “thank you, Lord.” The problem of being overweight or obese and not being able to stay with a fitness program gives us the propensity toward being self-centered. Showing kindness to others helps to protect us against this defeating self absorption.

You can spend your days being disappointed by your weight or you can grow in the knowledge of God’s grace, understanding that it is sufficient in any circumstance. The fruit of the spirit of kindness will help you make the right choice.

- f) When we discuss the spiritual fruit of **goodness**, we want to consider the goodness of God to provide for us all the nourishment we need for health and well-being of body, mind and spirit. If we were asked to list the many ways that God manifests His love and mercy toward us, meeting our nutritional needs would be placed near the top.

As we express the spiritual fruit of goodness, we celebrate food as a blessing from God – a gift to us from Jehovah. Food should never assume a more significant role than what God intended. It is not an idol to be worshipped, a friend to the lonely, a stress-reducing agent or antidepressant. We turn to God, the source and supplier of the gift of food, and we worship Him – not his provisions. We seek His face in times of trouble. And we look to Him – not the refrigerator – when we are depressed or lonely. We keep the gift and the Giver separate and distinct, learning to give thanks to God for providing us with food to enjoy, never permitting that food to fulfill any need beyond which it was intended.

Old habits – especially those related to food – are hard to die. Even though old habits tend to stick with us, as Christians, we are called to follow the leading of the Holy Spirit and not live by any hard-to-break regimen. Every aspect of our lives, including what we eat and how we eat it should be grounded in godly wisdom. Godly wisdom requires that we restrict our diets to foods that generate health.

- g) **Faith** (dealing with doubt) – “Now faith is the substance of things hoped for, the evidence of things not seen.” (Hebrews 11:1) Belief in God is only possible through faith. God is not someone we see with our natural eyes, but through faith we have solid evidence of His existence.

Many people believe that God exists, but they cannot be sure that He is able to help them make healthy life style changes. Instead of suppressing our doubt, we need to take it to the Lord. There we will be encouraged also that the Lord is able to get

involved in our situation. Our faith reflects our belief in God and our knowledge that He is able to do “immeasurably more than all we ask or imagine.” (Eph. 3:20) We aren’t governed by our emotions, but by our faith.

- h) **Gentleness** – The best approach to making lifestyle changes is the gentle approach. If you are consistent and patient with the gentle approach you can expect to see results. The first step in the “gentle” approach to weight loss is to set some reasonable goals and objectives. Your objectives should be twofold: to improve your health if you have weight related illnesses and to maintain your health (through disease prevention) if you do not have weight related illness. The gentle approach to weight loss is through diet and exercise, not magic pills or “quick fix” fad diets. The gentle approach is slow and steady – it will take a while but the results will be lasting, not fleeting. Your body and your health are worth the time it takes to do it right.
  
- i) **Self-control** – “Like a city whose walls are broken down is a man who lacks self-control.” (Proverbs 25:28) Self-control is one of the most profound secrets to walking in liberty from bondages of all kinds, especially the bondages of being overweight or obese. The first step in maturing in the fruit of self-control is to accept responsibility and become accountable for your choices and actions. Simply put, it will be impossible for you to take control of a situation (i.e. your weight) if you believe that the situation is totally beyond your control.

*Fine, Fit and Fabulous*

*My Covenant*

I know that changing old habits is hard and I accept that I cannot do it through my own efforts, will power or good intentions.

Now that I have decided to be *Fine, Fit and Fabulous*, with God's help I commit the rest of my life to breaking old unhealthy habits and implementing new permanent lifestyle changes.

I am not doing it because it is easy. I am doing it because the payoff is worth it.

I commit to changing what I eat, how much I eat, how often I eat, and the way I prepare my food. I commit to engaging in some level of physical activity at least three times per week.

Your Name \_\_\_\_\_

Name of Partner \_\_\_\_\_

Name of Leader \_\_\_\_\_

Date \_\_\_\_\_

*"Two are better than one, because they have a good reward for their toil For if they fall, one will lift up the other; but woe to one who is alone and falls and does not have another to help" (Ecclesiastes 4:9-10)*

## Weekly Food Diary

Name \_\_\_\_\_

Week of \_\_\_\_\_ Church \_\_\_\_\_

Nutrition Goal for the week \_\_\_\_\_

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							
Time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Type of food & drink? Amount?							

## Weekly Exercise Log

Name \_\_\_\_\_

Week of \_\_\_\_\_ Church \_\_\_\_\_

Fitness Goal for the week \_\_\_\_\_

Date	Day	Type of exercise	Total minutes	Total steps	Comments
	M				
	T				
	W				
	Th				
	F				
	S				
	Su				