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"I'm responsible for my body, so its up to me to treat it the best that I can." - Passion, Fine, Fit and Fabulous Participant, King of Glory Tabernacle

"The only person who benefits from a lifestyle change is the person who makes the change." - Loyce Godfrey, Believers Christian Fellowship Church.

"I never ate fruits before joining the Fine, Fit and Fabulous Program. But I didn't think my eating was as unhealthy as it is. After the program I have kept eating fruits and vegetables and I exercise because I know that it's good for me. What I learned in the program about setting goals and sticking to them has stuck with me and I am so thankful to all the people involved in the program." - Thelma Smith, Thessalonia Baptist Church.

"You can mess up, but don't give up! If we have the knowledge, we are in control of how we use it. You can eat a piece of pie as a controlled decision, just don't let the pie control you and eat the whole thing!" - Loyce Godfrey, Believers Christian Fellowship Church.

Bronx Health REACH works with the Bronx faith-based community to improve health and get access to better health care. For more info, please contact Yvette Holland at 212-633-0800 ext. 1232.



# Have a Happy and Healthy Holiday Season!





The holidays can be a hard time to start or maintain a healthy lifestyle. With so many gatherings that involve foods high in fat, sugar and calories, it can be difficult to stay on track. This is why many Americans gain weight around this time of year and have a hard time losing it. This holiday season, instead of pledging to lose weight in the new year, start today and pledge not to gain any in the first place!

Here is some inspiration and guiding tips to help you plan for a healthy holiday season!

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

# Spiritual Insight for Making Healthy Lifestyle Changes

from Loyce Godfrey

Cultivating love for yourself is the first Spiritual secret to becoming successful in the healthy lifestyle, weight loss process.

Lifestyle change does not come easy. So how do we become motivated and where do we find the power to implement such significant changes? If the Spirit of God is in us, we have the motivating force, the power source, with us all the time. Scripture teaches us that "God has poured out his love into our hearts by the Holy Spirit." (Romans 5:5) The fruit of the Spirit of love—agape—will help us, first by adjusting our attitude about our bodies. We are not merely bones and flesh, but are the living temples of God.

Once we embrace the wonderful truth that we are God's living temple, the fruit of the Spirit of Love empowers us to make whatever sacrifices are required to keep our temples healthy. We have to be willing to forgo something we might indulge in (whether meat, sweets or soda) for a higher purpose of good health. We will find the strength we need as we open our hearts to this spiritual secret—the power of love. As we grow in the fruit of the spirit of love, sacrifices become easier because our deepest desire will be to love and please God.

## **Create an Action Plan**

The first step to a healthy holiday season is coming up with a plan. When faced with endless amounts of goodies at every party or celebration, it is easy to indulge and forget about your health. Prevent this by following the guidelines below and develop your own personal action plan!

#### **Step 1: Clarify your Goals:**

- Set specific and realistic goals so you can achieve them.
- Keep track of your goals by writing them down.
- For example: I will not gain weight this Christmas!

## **Step 2: Claim your Commitments:**

- Plan out how you will go about reaching your goals.
- Try small steps like choosing water instead of soda, or eating at least one piece of fruit or some vegetables each day, or adding exercise once a week.
- For example: *I will not eat more than <u>one</u> small dessert at Christmas dinner*.

#### **Step 3: Understand your Challenges:**

- Resisting temptation is not easy. Prepare for challenges and how you can overcome them.
- For example: *I will recruit a partner to help me stay committed to my goal.*

## **Step 4: Celebrate your Accomplishments:**

 Reward yourself for achieving your goal, but don't go off track! A healthy lifestyle is a lifelong commitment, so after achieving your first goal, push yourself to aim higher!