

Vacation and Exercise

When you think of “vacation,” would the word “exercise” come to mind? Well, don’t blow all your hard work just for a few relaxing days. Vacation is meant for resting and taking a breather from the hustle and bustle of life. That doesn’t mean a grueling workout every single day; just a little activity to keep your mind, body and soul active. There many opportunities for some fun activity while still enjoying and getting the most out of your vacation!

1. Most vacations will include a lot of walking, especially if you are visiting a new place and place to do some touring.
2. Take advantage of the pool! The water in the pool is always relaxing. Go for a nice long swim! About 1 hour of swimming burns 550 calories.
3. Try a run on a new trail...and get in some free sightseeing!
4. Most hotels have a gym...so you can at least get in a few good workouts!
5. Pack a resist-a-band, jump rope, and tennis to be able to work out in your room
6. Try some of the local activities! Try salsa, do dancing, or a new recreational activity.
7. Focus on enjoying the fellowship and not the food!
8. Eat reasonably!
9. Get enough rest!

And come back rejuvenated, re-energized and motivated to keep pushing forward!

By Angela Davis

You have questions? Here are some answers!

Q: I heard bananas are good for you, but aren't they high in sugar?"

A: Thanks for such a great question! Bananas are really good for you. If you eat a well balanced healthy diet; in addition to keeping an active lifestyle, you really do not have to worry about bananas being high in sugar. In fact, they are all not that bad. Most large bananas contain 140 calories, 602 mg of potassium; contain 4 grams of fiber, 2 grams of protein, and 36 grams of carbohydrate.

I personally include a banana somewhere in my breakfast every day and usually have another before my workouts for a great supply of sustain energy. I also freeze my bananas because they last longer in the freezer (without the peel on) and I also eat them as a frozen treat.

Another great alternative to bananas are cooked plantain!

Thanks for your question!
Keep them coming!!

By Angela Davis (Fitness Specialist)

Do you have a question? Submit your question to faith_fitness@yahoo.com

Your question may just bless someone else!

MOVE OF THE MONTH

TRY THIS GREAT ABDOMINAL STRENGTHENING WORKOUT!

- Crunches with Knees bent or straight 16 times
- Regular crunches 16 times
- Side crunches 16 on each side
- Bicycle crunches 16 times
- Reverse crunches (knees toward chest)
- Alternating Toe touches (legs up, 16 times)

Repeat all exercises!

Super Man – This exercise is great to strengthen the lower back. Flip onto your stomach, arms in front of you. Raise your arms and chest slightly off the ground. Then slowly lift your feet, knees and top of your thighs off the ground. Hold of 15 seconds, continue to breath normally (do not hold your breath). Repeat 3 times.

Check out these links!

Faith and Fitness Magazine

www.faithandfitnessmagazine.net



www.nubella.com

www.eatright.org

TEMPLE BUILDING RECIPE!

Pineapple, Strawberries and Bananas

Servings: 4

Preparation Time: 5 min.

Cooking Time: 0 min.

Ingredients:

1 cup pineapple chunks

2 banana, sliced

1-1/2 cups strawberries, sliced

This Recipe is considered:

Low Fat

Low Calorie

Low Cholesterol

Low Sodium

Cooking Directions:

Combine all ingredients in a bowl and set aside 15 minutes for flavors to meld.

Per Serving: calories 117, fat 2.2g, calories from fat 17%, protein 1.4g, cholesterol 0.0mg, dietary fiber 3.9g

Resource: www.Nubella.com

The Faith and Fitness Connection Center

Spiritual Strength

**It is always possible to pray no matter
what you are
doing.**

**Lord, You are with me, guiding and caring
for me. It
takes but a brief moment to turn my
thoughts to You.**

*Don't Forget Faith Fitness is on a summer break. Classes will resume ON September 11.
We apologize for the inconvenience.*

The Faith Fitness Group Exercise Schedule

ALL CLASSES HELD AT FRIENDSHIP WEST BAPTIST CHURCH

Tuesdays:

- Strictly Dance...for Christ (RM A209) – 5:45pm-6:30pm
 - Faithful Fusion (RM A209) –7:00pm-7:40pm
 - Mind, Body Soul (RM A209) 7:40pm-8:25pm

Thursdays:

- Butts, Guts and Glory and Boxing (RM F111-F112) 6:30pm-7:30pm

Saturdays:

- Strictly Dance...For Christ (RM D201) 9:00 am-10:00a.m.
- Kick Your "BUT!" (RM D201) 10:30 a.m.-11:30a.m.

Classes END for 2007 – December 8, 2007. We will resume classes for 2008, January 8.

Free Health Screening! Every 3rd Sunday, Faith Fitness teams up with the Friendship West HealthCare Ministry. LOCATION RM B123

- Cholesterol Screening
- Blood Sugar Screening
 - Blood Pressure
 - BMI
- Body Fat Percentage
- Waist to Hip Ratio - find out if you are at risk for cardiovascular disease or type two diabetes.

Check out our website!

<http://www.friendshipwest.org/faithfitness.html>

****At times we will have to cancel class. We will send you notices on when that will be. I encourage CHECK THE FAITH FITNESS WEBSITE OR contact 972-693-5832 for updates or cancellations! ****

Questions? Contact Faith Fitness at faith_fitness@yahoo.com (faith underscore fitness @ yahoo.com) or call 972-693-5832