

Faith Fitness Newsletter

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Living, managing and preventing Diabetes...with God!

It's really important to understand how to manage diabetes and learn to live a healthier lifestyle so you can live a lot longer! Thing is, with a few basic ABC's, you can greatly change your life and even decrease your risk of diabetes and get off diabetic medication.

Diabetes can definitely be managed and even prevented with healthier, smarter eating and at least 30 minutes of daily exercise. First, you just have to stop your excuses. We find excuses of everything these days, blame others, knowing that the culprit is...ourselves. The same excuse is even in our spiritual journey, "I'll begin reading the bible Monday," or "I'll go to church next Sunday." There is no better time to do these things than right now; even when it comes to your health. The more we procrastinate, the more time we have to get unhealthy and most importantly, the more time we are disconnected from God. There are ABC's to your spiritual journey and connection with God and also towards living a healthier life.

First, pray and confess your sins. Pray to be renewed, restored, and made new, made clean. When there is something in my life that I am praying for, I even write my prayer down, put it on my mirror and pray and meditate on it daily. You also have to understand that you can't do this without God. We tend to separate our health and God; but He is our Creator, our Maker and our doctor, our nutritionist, our EVERYTHING! Put God in the center of everything that you do!

Exercise at least 30 minutes a day. It's best to include stretching, strength training and cardiovascular. Remember to keep the body guessing! Workout at a variety of intensities, and pushing yourself beyond what you think. We always tend to say, we CAN'T do something without even trying it. You have to open up your mind. I always say, "Once you're comfortable, you stop changing."

Eat a high fiber diet! Fiber digests more slowly, keeps you fuller longer and raises insulin slower than foods made with refined sugars. Foods that are high in sugar (commercially prepared foods, fruit juices, candy {especially you peppermint and gum lovers}, cookies, cakes...you get the picture) raise insulin levels rapidly. High insulin levels also initiate fat storage.

Eat the actual fruit instead of drinking sugar filled fruit juice. You also get more nutrients and also raise the insulin levels slower than your juicy-sugary filled counterpart.

Combining carbohydrate with protein helps keeps you fuller longer and raises insulin levels slower.

Eat more often! That can mean adding snacks during the day, but snacking smart.

Start with at least 2 of the above and pray about it. Keep God in the CENTER of everything that you do!

Be blessed! Be Healthy! Be Smart!

Angela Davis

Faith Fitness Director

You have questions? Here are some answers!

Q: I just had a baby and I am ready to lose this extra pregnancy weight! Any advice?

A: Well there is more than one way to burn or lose this fat. Let's go over the cause of this excess fat. The gradual growth of a fetus can alter the posture of a pregnant woman. Therefore when the baby grows, the stomach "grows" right along with it. In return, it weakens the abdominal muscles and stretches the skin. There are numerous ways to get rid of this baby fat. First, is realizing that you cannot continue eating the way you were eating while you were pregnant. Your body gets accustomed to how you eat, how much you eat, and what times of the day you eat. You have to retrain the mind and the body. Start by cutting back on calories and counting them. Not only pregnant women need to do this but men and women need to do this in order to be success at losing weight- the healthy way. So say NO! to yourself when you want to eat the extra chicken leg, midnight cookie snack, one more scoop of ice cream. Knowing what goes on inside, will affect how much you need to do outside, which leads to the next way to burning fat. Ladies you "gotta move!" Try to make it a routine to exercise at least 30 minutes a day. The best activity would be low or high impact movements. Low impact such as walking, yoga, Pilates, and low impact aerobics. Understanding mode, frequency, intensity, duration will help you workout to your max. Mode; type of activity you are going to do, whether it's running, walking, and or aerobics. Frequency; how many times a week you plan on working out, whether it's 3-5 times a week, commit to something. Plan this in your daily schedule of things to do. Intensity; pushing yourself to increase the resistance each time you work out. Take your time, but push yourself to go up one more level every so often. Find out what your heart rate should be, so you can work out at YOUR max. Duration; how long you are going to work out. It may be 20 minutes or 1 hour. The main things is to commit to do something each day. Strength training and ab workouts will contribute to losing belly fat. Your body is going to need more core training! The muscles are so weak, you have to retrain the muscles. Crunches, ab machines, yoga and Pilates will help strengthen all these muscles. Don't forget to stretch; important after or before working out. Be consistent!!! Stay focused, and mindful of what you are eating. Make sure you rest and have fun! .

By Shantosh Layfayette (Faith Fitness Instructor)

Do you have a question? Submit your question to

faith_fitness@yahoo.com

Your question may just bless someone else!

MOVE OF THE MONTH

Its summer time! Are you ready to step it up and kick it up a notch to reach those goals in which you have been procrastinating? Try this total body workout!

You can do this at home!!!!

- 1. Jump rope for 5 minutes**
- 2. 15 push ups**
- 3. 50 crunches**
- 4. 50 jumping jacks**
- 5. 50 squats**

NO BREAKS!!! DON'T CHEAT YOUR SELF!!

Repeat this 6 times for a full body workout!!!

Enjoy!!!

Keep building a strong temple for Christ!

Check out these links!

Faith and Fitness Magazine
www.faithandfitnessmagazine.net

Faith & Fitness
M a g a z i n e
FOR BUILDING PHYSICAL & SPIRITUAL STRENGTH

www.nubella.com

www.eatright.org

TEMPLE BUILDING RECIPE!

Chicken Gumbo

Servings: 12

Preparation Time: 15 min.

Cooking Time: 55 min.

Ingredients:

2 Lbs. chicken pieces

3 cup water

3 cup chicken stock

2 Tbs. vegetable oil

2 Tbs. all purpose flour

1 cup onions\cooked, finely chopped

1 green bell pepper\cooked, seeded and finely chopped

8 tomato\cooked, peeled and chopped

1 Lbs. okra, cut into 0-1/4 inch pieces

1/2 cup long grain white rice, uncooked

2 celery rib, chopped

1/4 tsp. thyme

1 bay leaf

Cooking Directions:

Bring chicken, water and stock to a boil in a heavy pot over medium high heat. Reduce heat to medium low, cover and simmer 30 minutes. Using a slotted spoon, transfer chicken to another bowl and set aside. Heat oil in large Dutch oven over low heat. Add flour and cook about 10 minutes, stirring frequently until roux is golden in color. Add onions and bell pepper and cook about 5 minutes, stirring frequently until onion is translucent. Slowly stir in warm stock. Increase heat to high, stirring until mixtures boils. Add chicken, remaining ingredients and salt and pepper to taste. Return to a boil. Reduce heat to low and simmer about 40 minutes, until mixture is thickened and chicken is cooked through.

Per Serving: calories 231, fat 5.2g, calories from fat 20%, protein 30.0g, cholesterol 65.8mg, dietary fiber 3.2g (FROM WWW.NUBELLA.COM)

The Faith and Fitness Connection Center

Don't Let Your Hope be Stolen

Today's Scripture

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full." (John 10:10)

Today's Word

The enemy has a goal for your life. He wants to steal your hope and joy, he wants to make you so discouraged that you just quit and give it all up. He knows that if you get discouraged and down, you will eventually settle for less than the best, and less than what God wants from you. The right attitude and mindset will prepare you for your miracle, but that can't happen if you're down and discouraged. God may take His time to accomplish what He wants to do in your life, but you can't lose heart and allow the enemy to claim victory. God will allow everything to pass as He sees fit. Your job is to have an attitude of expectancy. The rest is up to God!

A Prayer for Today

God, I know that Your timing is not always my timing. With Your help, I want to hold on to my hope and joy today as I wait for Your answer. In Jesus' Name. Amen.

Make someone smile today; tell them the good news about your FATHER above. 😊

Contributed by Lyndell McFann (Faith Fitness Instructor)

Feel free to contact Lyndell @ [http://lyndellmcfann@hotmail.com](mailto:lyndellmcfann@hotmail.com)

The Faith Fitness Group Exercise Schedule

ALL CLASSES HELD AT FRIENDSHIP WEST BAPTIST CHURCH

Tuesdays:

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

Thursdays:

- **Butts, Guts and Glory (F111-F112) 6:30pm-7:15pm**
- **Power Boxing (F111-F112) 7:30pm-8:15pm**

Saturdays:

- **Strictly Dance...For Christ (D201) 9:30am-10:30a.m.**
- **Faith Fusion (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>

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Dr. Frederick D. Haynes, III - Senior Pastor

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