

National Nutrition Month®

It's National Nutrition Month! This immense educational and informational promotion of healthy eating and exercise was initiated in March of 1973, and became a national observance in 1980 due to the growing public interest in nutrition. How nutrition savvy are you? Take this quiz to find out!

- 1. What is a fad?**
 - A. Bellbottoms and polyester
 - B. Pet rocks
 - C. Low carb/high protein diets
 - D. All of the above
- 2. Following a diet fad is bad for your health...**
 - A. Always
 - B. Sometimes
 - C. Never
- 3. Which fad diet was originally published in 1825 but is still popular today?**
 - A. Cabbage Soup Diet
 - B. Grapefruit Diet
 - C. Low-Carbohydrate Diet
 - D. Banana and Skim Milk Diet
- 4. A diet that recommends the following should raise a red flag:**
 - A. Special food or drink to detoxify the body
 - B. Eating a specific food with all meals
 - C. Eating protein and carbohydrates at separate meals
 - D. All of the above
- 5. It's not a diet fad if it's endorsed by a celebrity.**

True / False
- 6. Some diet fads work.**

True / False
- 7. What popular cracker was originally created as part of a health-food diet?**
 - A. Cheese crackers
 - B. Saltine crackers
 - C. Graham crackers
 - D. Animal crackers
- 8. Adding physical activity to your day can help give you:**
 - A. A healthy heart
 - B. Stronger bones
 - C. Less emotional stress
 - D. All of the above
- 9. If you eat 100 more food calories a day than you burn, you will gain how many pounds in a month?**
 - A. 1/2 pound
 - B. 1 pound
 - C. 2 pounds
 - D. 10 pounds
- 10. For the most reliable, fad-free, science-based nutrition information, consulting a registered dietitian is the best approach.**

True / False

ANSWERS AVAILABLE ON THE LAST PAGE OF
NEWSLETTER!

You have questions? Here are some answers!

Q: What can I eat before my workout?

A: Thank you for your question and its a great question! You definitely don't want to come to class on an empty stomach, but you definitely don't want to come after a large meal. Both instances will have you not feeling too good!

Here's a quick nutrition lesson...

You need fuel to provide the body with energy for activity. When ever you begin any exercise your body goes through a process where it uses your glycogen stores. For activity, the body uses glycogen stores from the muscle. So you need some form of carbohydrate stores (in the body this is broken down into glucose, which is stored as glycogen).

In stance 1...Eat something. Exercising on an empty stomach causes dizziness, nausea, irritability, lightheadedness and unclear thinking. You need to have some form of fuel in your body before exercise. If you come to class, and it's been a few hours since you ate, then I recommend you eat or even drink a little carbohydrate. This should be a simple sugar like, fruit juice, fruit, sports drink, yogurt, or banana. A cereal bar would even be ok.

Instance 2...Don't eat a big meal before activity. This causes cramping, and irritated bowel, gas, etc. If you eat a big meal, wait 2-4 hours before activity.

Also, just make sure you are drinking adequate water. I'm sure have heard of the 64 ounces water per day. If you exercise, drink more than the 64 ounces!

I always try to make sure I do these things to! I usually carry food with me all the time. Such as little fruit, Kashi cereal bars, water, trail mix, vegetable juice...bananas, apples are, I think among my favs!

Do you have a question? Submit your question to
faith_fitness@yahoo.com
Your question may just bless someone else!

MOVE OF THE MONTH

Workout/Move: Quick 30 minute workout!

Intensity: Moderate

Body Parts Worked: Total body

Description: Run for 10 minutes for your warm up then do 2 conditioning sets: 50 jumps on rope, 50 jumping jacks, 25 walking lunges, 15 push-ups and 15 dips.

Complete this entire set then repeat.

Finally, do 2 sets of 25 abdominal crunches and stretch for 5 minutes.

Simple but effective!

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!

Recipe: Crawfish Casserole

Servings: 6

Preparation Time: 20 min.

Cooking Time: 30 min.

Ingredients:

- 3 cup crawfish meat, cooked
- 2 cup cooked white rice
- 1/2 cup sliced olives
- 1 medium onion\raw, chopped
- 1 green bell pepper\raw, chopped
- 1/2 cup grated Parmesan or cheddar cheese
- 1/4 cup flour
- 2 cup milk
- 3 Tbs. butter or margarine, melted
- 1/8 tsp. salt
- 1/8 tsp. ground black pepper

Cooking Directions:

Combine first 6 ingredients and place in a well-greased 9 x 13 inches casserole pan. In a bowl, mix remaining

Ingredients. Pour over casserole. Bake at 350° F until top is brown, about 25 to 30 minutes.

Per Serving: calories 316, fat 13.5g, calories from fat 38%, protein 21.1g, cholesterol 76.2mg, dietary fiber 1.4g

The Faith and Fitness Connection Center

Faith and Health Connection - An Introduction to Spiritual Exercises... for a Healthier Life

By Dale Fletcher, M.S. (excerpt from Faith and Fitness Magazine)

Spiritual exercise might be defined as any intentional behavior that helps one become more like God, draw closer to Him, know Him better or that follows the principles or commandments of God. In most translations of the Bible, the word godliness is used in 1st Timothy 4:8 instead of spiritual exercise. The more we become like God, the more spiritually fit we will be and the more we will experience a full life. That's what God wants for each of us, to live a life full of joy, peace, kindness and love. This is what Jesus had in mind when he told us in John 10:10 that he came to give us a full and abundant life. In addition to having an eternal life, which we can have if we believe in Jesus, we can have a truly wonderful life on earth before we die if we live according to the principles that God lays out for us in the Bible. Part of having a full life is being healthy. When we enjoy good physical, emotional, mental and spiritual health we are better able to do the type of things that we want to do and enjoy doing. We are better able to use the gifts and talents that God has given us. Our life is more meaningful.

Much has been written over the years about spiritual exercises. Saint Ignatius of Loyola, who lived in the 15th century, wrote an influential book titled Spiritual Exercises where he wrote about his struggles to grow closer to God and of the benefit of certain behaviors. When practiced, these activities would help him grow in his faith. Scientific research is showing that when people practice certain spiritual behaviors that are associated with their faith, their health is positively impacted. Many of the behaviors that have been identified in this research can be considered spiritual exercise. Activities like praying, believing in God, attending church, socializing or fellowshiping with others of a like faith and serving others in need have all been shown to have a positive impact on health. The medical community recognizes the significance of the faith and health connection. According to a poll of doctors by the American Academy of Family Physicians, 99% of physicians say that religious beliefs can make a positive contribution to the healing process. This is, perhaps, the tip of the iceberg.

God inspired the writers of the Bible to write about his principles. God loves us and his principles were intended for our good. They were intended as a guide to help us make decisions and to know his will for our life. Read a contemporary version of Psalms 119 and you'll understand the benefits of following the guidelines set out for us by God. The writer says in verse 93 that his joy and health was restored because he followed God's principles. Verse two tells us that when we obey his principles we are happy! Throughout the bible God reveals his principles which are a form of spiritual exercises. When we incorporate well defined principles of physical fitness into our exercise routines, we become more physically fit and healthier. A regular exercise program that includes cardiovascular activity, resistance training and flexibility exercises will help us to be more fit. When we eat a variety of foods in moderation and accompany that with physical activity, we are better able to control our weight. When we incorporate God's principles into our life, we can become more spiritually healthy, and this improved spiritual health can impact on our physical and emotional health.

There are numerous spiritual exercises that, if practiced, will improve one's spiritual health. Perhaps the best way to understand what exercises are best for you would be to get to know God better by reading and studying his operation manual for your life, the Bible. That is a form of spiritual exercise. Just as it is important to eat foods that provide physical nourishment, it is important to nourish yourself spiritually. As you read the Bible, you will get to know God better. You will understand how he wants you to live so that you can have the terrific life he intends for you to have. As you combine this with praying, another form of spiritual exercise, you will begin to draw even closer to God. Spending quiet time alone with God will also help you grow in your faith. Some would call this exercise solitude. As you get to know God better you have the opportunity to love him more deeply. When your love grows you'll want to yield to God more frequently. This yielding, or surrendering, will draw you even closer to him. This is what happens in your relationships that are important to you. You begin to make sacrifices for the other person, out of your caring for them. As you love God more and more, you'll want to be less selfish. You'll also begin to realize and believe that submitting to his principles is in your best interest. Serving others is another form of spiritual exercise. Study after study in the research has shown that when we volunteer and give our time to others, it has a positive impact on our health.

The secret to living a full life is to have a life of love, gentleness, kindness, peace, joy, helping others and other "fruits" including good health. The more we remain close to God, and live out of his power and direction, the more fruit we will bear. The secret to staying connected to God is to follow his principles, to obey him. The more we love God, the more we will desire to obey him. And the secret to loving God is to know him better. The disciplines and behaviors mentioned in the Bible that help us to be more God-like are forms of spiritual exercises. Practicing these spiritual exercises can help us move along this process and enable us to enjoy a more full life. When we incorporate these type exercises into our spiritual fitness program we are more likely to experience better emotional and physical health.

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) –6:30pm-7:15pm
 - Mind, Body Soul (RM A209) 7:30pm-8:15pm

Thursdays:

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

Saturdays:

- Strictly Dance...For Christ (RM D201) 9:00 am-10:00a.m.
- Kick Your "BUT!" (RM D201) 10:00 a.m.-11:00a.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 RMcontact 972-693-5832 for updates or cancellations! **

Friendship West Baptist Church
Worship & Conference Center
Dr. Frederick D. Haynes, III - Senior Pastor

2020 W. Wheatland Road
Dallas, Texas 75232
972-228-5200
972-228-5201 Fax



ANSWERS TO QUIZ:

- 1. Answer: D.** We all make mistakes. And if you've followed any of the fads —A, B or C — you've had lots of company. Fads are trends that seem like a good idea at the time, but often in hindsight are just the opposite. The most important lesson about fads is to avoid repeating them!
- 2. Answer: A.** While you may lose weight with fad diets, they are potentially harmful to your health. A diet fad that excludes many foods or an entire food group eliminates key nutrients that are essential for health. Learn how to spot a fad diet. Don't get caught in a diet plan that doesn't allow foods you enjoy, promises fast weight loss or sounds too good to be true.
- 3. Answer: C.** The low-carbohydrate diet has been around since 1825 when Jean Brillat-Savarin introduced it as the key to weight loss in his book *The Physiology of Taste*. Many decades and several variations later, low-carb diets are still among the most popular fad diets. Giving this diet another chance has never been shown to improve long-term health.
- 4. Answer: D.** Requiring a specific food or beverage to be included with each meal or eating certain types of foods separately are clues to spotting a fad diet. There are no miracle foods or beverages that can lead to quick weight loss or stop you from aging.
- 5. Answer: False.** Celebrity endorsements shouldn't replace sound science. Make sure your weight-loss plan is based on research studies that support effectiveness and safety. And be sure to talk with your physician and a registered dietitian about your weight-loss goals, especially if you have a health problem.
- 6. Answer: True.** But only for the short-term. You may lose some pounds quickly; however, long-term maintenance of that loss is unlikely. Dieters often return to old eating habits and regain the weight they lost. Developing an eating plan for lifelong health, combined with regular physical activity, is the best way to reach and maintain a healthy weight.
- 7. Answer: C.** Sylvester Graham may be the originator of food fads in the U.S. Beginning in 1830, he promoted a bland, meat-free diet and avoidance of rich pastries, alcohol, coffee and tea. Eating his whole wheat Graham bread was best. Graham crackers are his contribution to healthy eating.
- 8. Answer: D.** Regular physical activity is important for your overall health and fitness — plus it helps control body weight, promotes a feeling of well-being and reduces your risk of chronic diseases.
- 9. Answer: B.** You will gain about 1 pound in a month. That's about 10 pounds in a year. The bottom line is that to lose weight, it's important to reduce calories and increase physical activity. Find your balance between food and physical activity.
- 10. Answer: True.** Registered dietitians are your most valuable and credible source of timely, science-based food and nutrition information. RDs specialize in taking a personalized approach to weight management because one size does not fit all. RDs help individuals understand how healthy eating and physical activity are important in maintaining a healthy lifestyle.