

## Church Leader's Fitness Fact Sheet and Plan:

God has invested much in you over the years. To let your health go is to despise the work he has done in your life and to have an ownership, not stewardship mentality.

1Co 6:19-20 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? 20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

Psa 90:10 The days of our years are threescore years and ten; and if by reason of strength they be fourscore years, yet is their strength labour and sorrow; for it is soon cut off, and we fly away.

### Data:

1. If obese at age 40, you lose 7.1 (female) and 5.8 (male) years of life. Obese smokers lost 13.3/13.7 years off their life expectancy! And, 30lbs/inch.
2. Those with hypertension (HTN) at 50 y/o died 5.1 (men) and 4.9 (women) years earlier. Those without HTN not only lived longer—they also lived more disease-free. CVD risk doubles for each increment of 20/10 mm Hg increase in blood pressure.
3. Endurance sports increased life expectancy 4.3-8 years. Nothing else comes close to doing what exercise does. Exercise decreases: Depression, anxiety, insomnia, all-cause mortality 33%, premature death, falls/injury, disability from arthritis, osteoporosis, cancers including bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach; diabetes, high cholesterol, cardiovascular disease, high blood pressure.

### Plan:

1. Focus on health (not disease diagnosis and management). 8% of Olympians have asthma. They are diseased, but extremely healthy.
2. Focus on lifestyle
  - A. Supplements are fine. But they are not the solution.
  - B. Essential oils are fine, but they are not the solution.
  - C. Weight loss plans are fine (some of them), but they are not the solution.
  - D. An unbiblical lifestyle is the problem, a biblical lifestyle is the solution.
3. Elements of a Lifestyle:
  - A. Healthy Diet: The Mediterranean diet is the gold standard!
  - B. Exercise: Work up to one hour 6 days/week.
  - C. Normal Body Weight (submit to the BMI chart).
  - D. Healthy Habits/Other

**Strength/Exercise:**

Gen 3:19 In the sweat of thy face shalt thou eat bread, till thou return unto the ground...

Pro 11:16 ...and strong men retain riches.

**General Fitness:**

1. Endurance 3x/week: Swim, walk/jog/run, cycle, elliptical or similar. Start 20 minutes build up.
2. Strength 3 x/week: HIT training is most effective and takes less time. Caution re injuries.
3. Balance/R.O.M.: 2x/week as warm up (dynamic) cool down (static).
4. Include your wife and make it an unconditionally positive experience for her. **DO NOT COACH HER!**

**Diet: Mediterranean (M.I.N.D if HTN):**



Pro 23:1 When thou sittest to eat with a ruler, consider diligently what is before thee: 2 And put a knife to thy throat, if thou be a man given to appetite. 3 Be not desirous of his dainties: for they are deceitful meat.

Quiet Time: Temperance, not will power empowers us.  
 Pro 25:28 He that hath no rule over his own spirit is like a city that is broken down, and without walls.

Gal 5:22 But the fruit of the Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith,

**Body Weight:**

1Co 6:20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

Normal Body Weight: \_\_\_\_\_. Weight Loss:

1. Temperance gives you freedom to change your lifestyle to include healthy diet and exercise. Do this first!
2. Avoid fads/quick fixes.
3. Prov 23: When, what, & how much to eat and fasting (put knife to your throat).
  - Eat for strength!
  - Intermittent fasting—only with strength training.
  - Count calories (my fitness pal)

**Habits/Other:**

1Co 10:23 All things are lawful for me, but all things are not expedient: all things are lawful for me, but all things edify not.

1. Coffee, Yes. Tea: Yes. Tobacco, No. Marijuana, No. Alcohol, 1 drink for women and 2 drinks/day for men have health benefits that outweigh risks. But.....
2. Seat Belts, yes. Texting while driving, No.
3. Regular check ups, yes. Dr. appt for signs or symptoms, yes.
4. Sunscreen, yes. Sleep, 7 hrs
5. Supplements: Some help. Not the answer though.
6. Treat high cholesterol and HTN. 25% chance that heart disease will kill you.