



Happy, Healthy and Free

Fitness for Mind, Body and Soul

Fitness for Mind, Body and Soul

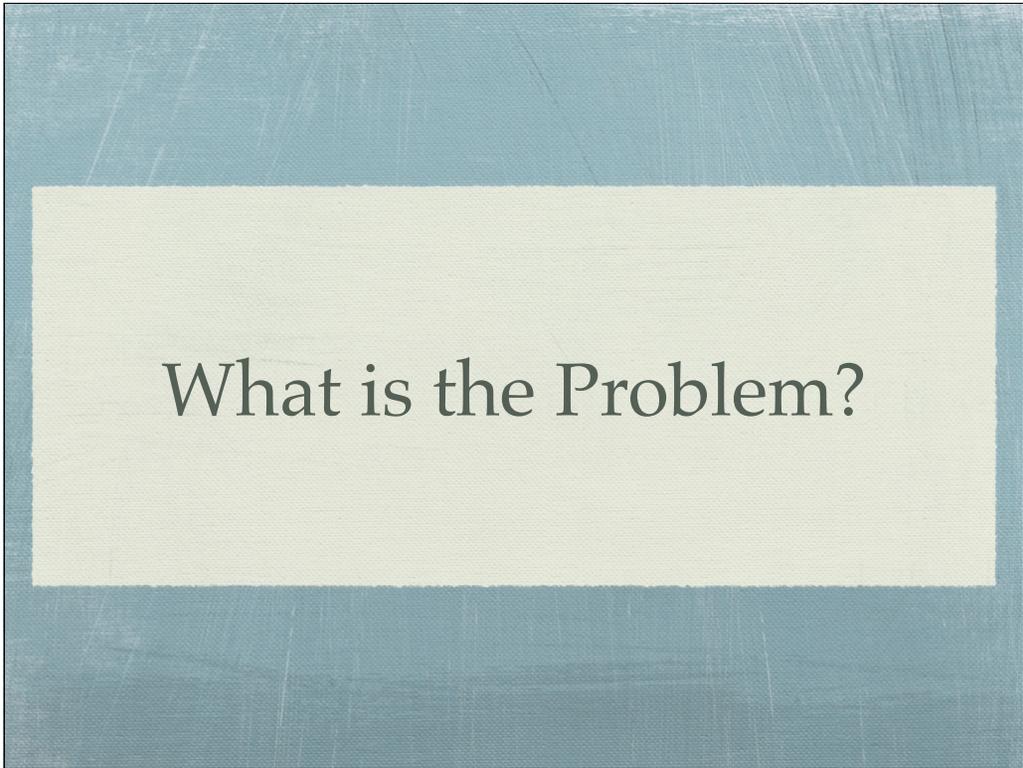
Jesus grew in wisdom, and in stature, and in favor with God and Man.

~Luke 2:52

Introduction

- ◆ What is the Problem?
- ◆ My Personal Journey
- ◆ Mind-Body Connection
- ◆ 10 Healthy Habits
- ◆ Conclusion





What is the Problem?

We have a problem. We are very blessed by God in many, many ways. And yet there seem to be a few things that are holding us back and keeping us from being as Happy, Healthy and Free as we might be otherwise.

Sick, Stressed & Depressed!

- ◆ Rampant “diseases of civilization”*
- ◆ Stressful, busy lives
- ◆ Increased rates of depression
- ◆ Over-reliance on medications
- ◆ Negative impact on our productivity in God’s service

* obesity, type II diabetes, heart disease, hypertension, epithelial cell cancers, auto-immune disease and osteoporosis

Healthy, Not Unholy

- ◆ The gift of this body came from God
- ◆ We must take care of ourselves physically, emotionally, and spiritually
- ◆ Focusing on our health is not self-indulgent; it is self-preservation
- ◆ Staying healthy makes us more pleasing and useful to God

My Personal Journey

Physical

- ◆ Years of chronic respiratory infections, fatigue, migraines
- ◆ More debilitating symptoms appeared in 2003
- ◆ Numerous tests by specialists
- ◆ No definitive diagnosis for years
- ◆ Ultimately diagnosed with Celiac Disease

Emotional

- ◆ Extreme stress
- ◆ Very difficult and destructive people
- ◆ Trauma
- ◆ PTSD

Mind-Body Connection

- ◆ Strong connection between our mind and body
- ◆ Measurable physiological effects on our health
- ◆ When we bring our minds under control, our body responds

Causes of Stress

- ◆ Poor diet
- ◆ Too much exercise (too intense for too long)
- ◆ Too little sleep
- ◆ Difficult people
- ◆ Jobs
- ◆ Injuries/trauma
- ◆ Overstimulation

What Stress Does to the Body

- ◆ Adrenal Glands release
 - ◆ Adrenaline
 - ◆ Cortisol
- ◆ Constant overstimulation (STRESS) leads to
 - ◆ chronic or acute anxiety
 - ◆ damage to the body

Too Much Cortisol

- ◆ Weight gain - especially around the middle
- ◆ Sleep Problems
- ◆ Decreased production of key hormones
- ◆ Fatigue/Burnout
- ◆ Immune suppression
- ◆ Loss of bone density
- ◆ Inflammation
- ◆ Acceleration of the aging process

My Solution

Physical & Emotional Detox

- ◆ 30-Day elimination diet (Paleo Diet)
- ◆ Exercise according to the “Primal Blueprint”
- ◆ Yoga and meditation
- ◆ Appreciation and enjoyment of nature, art, music
- ◆ Decrease exposure to violent or stressful media
- ◆ Cut ties with destructive/toxic people
- ◆ Bible reading and study
- ◆ Focus on prayer life

Develop Good Habits

We are what we repeatedly do.
Excellence, therefore, is not an act
but a habit.

~Aristotle~

EAT

Every moving thing that is alive shall be food for you; I give all to you, as I gave the green plant. ~Genesis 9:3~

- ◆ Eat only when hungry
- ◆ Eat what nourishes the body
- ◆ You ARE what you eat



Eat Only When Hungry

- ◆ Eat to fill your stomach not your heart
- ◆ Do not eat to please someone else
- ◆ **HALT** before eating and ask yourself if you are:

Hungry
Angry
Lonely
Tired

Eat What Nourishes

◆ Whole Foods

- ◆ Meat, Seafood & Eggs
- ◆ Vegetables & Fruits
- ◆ Nuts & Seeds
- ◆ Spices & Herbs

- ◆ Low carb
- ◆ Moderate protein
- ◆ Higher fat

◆ Healthy Fats & Oils

- ◆ Avocado
- ◆ Coconut
- ◆ Olives/Olive Oil
- ◆ Ghee (clarified butter)

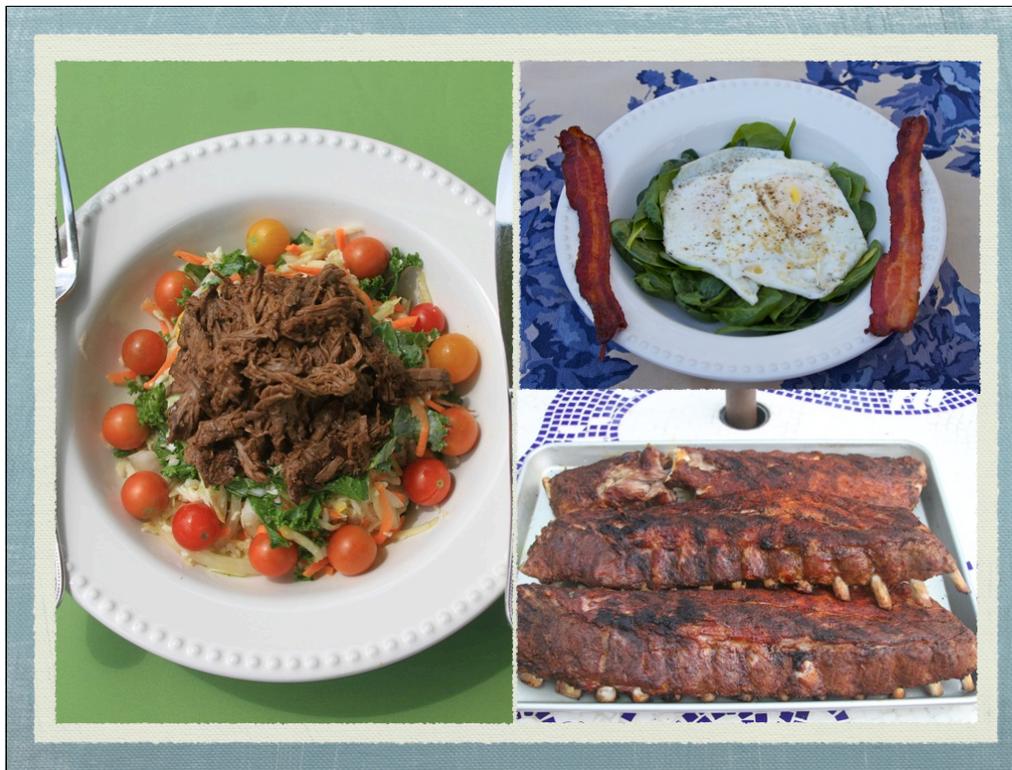
Quality Matters!

When available and affordable buy:

- ◆ Pasture-raised local meats, wild-caught seafood
- ◆ Organic veggies and fruits, in season
- ◆ Raw Nuts & Seeds
- ◆ Extra-virgin, cold-pressed oils

These foods provide:

- ◆ More Omega-3 fatty acids
- ◆ More vitamins/minerals and less pesticides
- ◆ Less oxidized, damaging fats



Some examples of foods I eat.

What Not to Eat

- ◆ “Frankenfoods”*
- ◆ Foods **High in Sugar**
- ◆ Allergenic Foods
- ◆ Artificial Sweeteners, Colors and Preservatives
- ◆ Highly refined industrial seed oils and trans fats

*Processed and Refined “Food-like Substances”



You Cannot Out-Exercise a Bad Diet

80% of your body-composition is the result of what you eat.
Focus on eating what nourishes your body, keeps your blood-sugar levels steady and trains your body to burn fat not sugar.

MOVE - The Good News!

- ◆ Physical exercise impacts how we look, feel and function.
- ◆ But....
- ◆ You do not have to go to extremes to be physically fit.





Move often at
a slow pace



Lift heavy
objects



Sprint

The “Less is More” Approach

- ◆ **Low-Level Cardio** (3-5 hours per week)
 - ◆ 55-75% of max heart rate
 - ◆ Walking, hiking, easy cycling, yoga, etc...
- ◆ **Lift Heavy Objects** (20 minutes, twice per week)
 - ◆ Weights or functional body-weight movements
- ◆ **All-Out Efforts** (once per week)
 - ◆ Wind sprints, kettle-bell swings, box jumps, intervals

The “Less is More” Approach:

Do not overtax your body with lengthy, overly intense cardio sessions. This leaves more time to develop other aspects of fitness like strength, functional movements and flexibility.

- ◆ Helps balance blood sugar levels
- ◆ Regulates appetite
- ◆ Trains your body to burn fat more efficiently
- ◆ Strengthens the heart, bones, joints, connective tissue
- ◆ Improves recovery
- ◆ Balances hormones
- ◆ Increases energy levels