

## **300 Series: Fitness 2**

### **Slide Notations**

**"The life of the flesh is in the blood!"**

**The 300 Principle!** God has always had small groups of people rising from the masses, who keep, and inspire, the legend of heroes!

**The 300 Issue!** The core issue of these heroes is *fealty*: loyal, lifetime, allegiance, offered to God!

**The 300 Promises!** Thru God I will chase the enemy and they will fall before me... I will be fearless day and night! Thru God I will run thru a troop and leap over a wall! No weapon formed against me will *prosper!*

#### **The Fitness/300!**

We care about body fitness:  
Because my body is a "one off" Master-piece  
Jesus lived in one!  
Holy Spirit lives in mine!  
It's my vehicle of service  
It's an offering of worship  
Fitness is one half of the gospel message!

**God created our bodies and called them very good! We haven't always done a very good job caring for them! There's no time like now to turn things around!**

**Interesting that...** God has so much to say about the use and care of our bodies... Ignorance of His Word can cause us so much trouble... So many folks get worked up when it's talked about in church...

**What's best?** Healing when our bodies are sick? "By His stripes we are healed!" "I love seeing miracles!"  
Or, not needing healing because we stay fit/our bodies are well? Divine healing vs. Divine life!

**All of us are going to experience sickness sometime... Some things come on us from out of the darkness... But most of what comes and stays is because we're not fit! And we can't do a lot of heroic exploits with a sick body...**

**Our bodies...** Can go 90-100 years in good working order... Can defend against attacks of sickness/environmental factors  
Can even maintain healthy weight naturally... If we eat right, exercise smart, rest well!

#### **Eat Right!**

*Less:* 4,000 calories/avg. American diet (only need 1500-2000)  
30% are "empty"  
33% Americans considered "obese" (BMI >30) Texas 2<sup>nd</sup> largest region!  
2004 obesity became #1 health threat contributing to : II diabetes/ hypertension/polycystic ovary syndrome/lipids/cardiac/stroke  
Obsessed with diets/beauty/health and it's not working! WHY?

#### **All in a day... (included a demonstration with lard, sugar, salt...)**

*"You deserve a break today!"* **Breakfast:** Bacon, egg & cheese biscuit (reg), hash browns, sm OJ, hazelnut coffee. **Break:** Shipley's for shape! "Just 2" w/coffee. **Lunch:** Arby's grill, curly fries, sm shake  
**Mid-day pick up!** Snickers/coke. **Dinner?** "Too tired to cook... and "Domino's delivers!"

#### **All in a day... totals:**

4929 Calories... (2000 for men)  
222g of fat (RDA 65) (=1c)  
6995mgs of salt (2400)  
179g of sugar... (=38 tsp)

Metabolize 55g  
420g carbs... (RDA 300)  
151g protein... (RDA 50)  
500mg cholesterol... (RDA 300)

**This means we're:** Broken! Over-stored! Hardened! Amped! Reserved! Clogged! Plugged!

### **Eat Right!**

*Less:* 1500-2200

*Balanced:* 40/30/30 (baseline) 6 Essentials: carbs, proteins, right fats, minerals, vitamins, water!

*More often:* 4 sm meals/2 snacks. Consistent protein/amino/energy

*Better:* fruit/veggies/moderate meat intake... (portion controls!)

*Water:* flushing, cooling, delivery. Off soda/high caff/ aspartame...

**Proverbs 23.1,2** "If you have lost sight of the issues of life and are now mastered by your appetites it's time for drastic measures to take control!" We must go proactive on the issues of health/diet/function!  
Must rightly balance fuel!

**Leviticus 17.11-14** "For the life of the flesh is in the blood! That's why I commanded you, 'Not one of My people, or the people with them, will eat blood!' For the life of all flesh is in the blood..." Healthy/balanced blood means healthy bodies/minds!

### **Exercise Smart!**

**Aerobic!** *With oxygen!* 20-30 minutes per day/4x week sends important messages to body: "Burn fuel/improve performance"

**Anaerobic!** *Without oxygen!* 20-30 min/alt upper/lower body. Muscle tone/bone density/less pain. Cross train!  
Change routines! Lots of hard muscles in sick bodies! 80% aches/pains = weak muscles!

### **Rest well!**

The right amount of sleep! (daily) "Trust in the Lord... no anxious thots

One in seven, Sabbath! (weekly) "Made for man..."

Regularly planned periods of rest

Daily break aways: stretch/strolls

Quarterly: dinner/play/relaxation

Annually: vacation

Breaks for your spirit! (daily)

### **Reasons to Care...**

#### ***For Fealty!***

Imagine the inspection today... Good or bad?

For your family/friends... "If my lifeline is long I want to be a *blessing* for everyone else!"

For yourself... "I want to be numbered among the 300 and I'll need to be fit!"

**To be a member of the 300, ready to take part in miracles... ready to fight great battles for the souls of men... I can't have a heart and mind that says 'yes' and a body that says 'no!'**