

Health Seminar **Slide Notations**

After watching the DVD from LeanSource...

It's important for us to remember:

Must have fair expectations of a new diet/exercise regimen

- Expect to "feel better" in first 2 months of application/change
- "Reshape" during next 3-6 mos.
- Weight loss comes as the result of rebuilding and balancing cells and reconfiguring our diet –
- *All adds up to a lifestyle change!*

It's important for us to remember:

"We define health as a body under control, useful to God, not needing intensive repairs."

- Not a grab for longer life, but stronger life!
- We are doing this as a long term care plan for ministry/service!

Reasons to care about our health/bodies...

- Body designed by God! And He said it was, *"very good!"*
- Jesus lived in one!
- Holy Spirit lives in ours!
- Offering of worship!
- Vehicle of ministry!
- Fitness-focus of the Gospel!

Fueling-up! We want the best quality fuel we can get!

Game: "eat meals that control the release of insulin & elevates blood sugar." Do this and win!

No Game: Fried food (transfats), added sugar/salt, sodas, junk food

- Want engine to run clean/strong
- Going to require changes to optimize our metabolism

Turning the key! Burn fuel all day long!

- *Balanced* breakfast turns on your fat burning engines
- Mid morning snack (balance bar?) keeps them running
- *Balanced* fuel up lunch (not fill up)
- After noon snack
- *Balanced* Dinner (last rev's?)

Finding the Mix

- Include protein every time you open your mouth!
- Stimulates hormone glucagon
- Keeps blood balanced/fat burning
- Use fruit/veggies for carbs!
- Low/med glycemics keep your blood in balance – controls insulin

Finding the Mix

- High fiber/low glycemic grains!
- Most nutritious/control blood sugar/balanced blood/fat burning
- Use a shopping list/control foods in your cupboard
- Lose 50% more weight if you know what's good, leave out what's not!

Finding the Mix

- Don't be afraid of good fats!
- Every meal/good fat
- Hormones balanced
- Keeps blood balanced/burning fat

- Learn portion control!
- Meals w/excessive calories increase insulin/fat storage!
- "Double meat" avg. American diet

Finding the Mix

- Drink water!
- Divide weight by 2/that many oz.
- Helps to balance blood/burn fat
- Supplement, don't skip, fuel stops
- Eating something small/balanced every 2-3 hours keeps your metabolism fired/blood balanced/ burning fat!

Burning Out Exercise!

- 3-5x per week! 30-40 minutes
- Aerobic: 20 minutes *at target*
- 5min up/20@/5min out
- Good warm up for strength training
- Anaerobic: to muscle failure
- 8-15 rep's/set
- 2-3 sets

Burning Out

- Eat a *balanced* snack 30 minutes prior to any workout!
- Hi-carbs will spike blood sugar, releasing insulin, preventing fat burn
- If your blood sugar is balanced it releases glucagon which releases stored body fat...
- The preferred energy source...
- Twice as much octane

Exhausting

- To have a shot at real health you must have a healthy colon!
- *"Motor can't keep running if the tailpipe is clogged up!"*
- New exercise regimen can upset hydration/give you constipation
- Be alert for changes in frequency (normal/soft: 2-3x day)

Exhausting

- Healthy colon essential for the absorption of nutrients/vitamins...
- Elimination of waste/toxins
- Toxins from food additives/chemicals, pollutants, residues of pharmaceutical drugs, harmful bacteria build up in bloodstream, lymph glands and intestines

Exhausting

- New diet w/40-50gm fiber @ day /water for *peristaltic* health
- 10-20# of fecal solids *moving* or *pushing* thru colon...
- After 18-24 hrs fetid bacteria resulting in systemic intoxication/cell destruction...
- Headaches, joint pain, allergies, insomnia, HBP, diverticulitis, cancer...

Logging It/On

- Visit your results/*periodically*
 - Watch for changes in activity
 - Watch for changes in ability
 - Running rough
- Recalibrate: step up/down!
- Continuing research/your health!