



Fearfully and wonderfully made—that’s how God crafted you. He created you to glorify Him. Do so as you maintain your body, the temple of the Holy Spirit.

- I. From our birth, we learn that God created, and all that He created was “good!”
 - A. Unfortunately, all that was created was tainted, when man, God’s fellowship creation, sinned. (Sickness and abnormalities occur.)
 - B. God has given mankind the responsibility to care for both the spiritual and physical.
 - C. The emphasis today is on the created good of our body, the temple of God.
 1. God came in a human body, the God-man.
 2. Heb. 12:1...present your bodies as a living sacrifice.
 3. Glorify God while actively pursuing a healthy body.
 4. Modern society’s view of beauty is wrong...
 5. III John 2....you may be in good health...
- II. God intends for us to do all things heartily to Him.
 - A. Seek God heartily, seek fitness heartily.
 1. God desires for us to “rejoice always.”
 2. Released endorphins through exercise helps.
 - B. Help the fallen world by being an example in word and deed.
 1. Be salt and light through exercise in the community.
 2. Be salt and light in the Christian community.
- III. Understanding the value of exercise
 - A. God created us telic beings.
 - B. Benefits of exercise:
 1. Relieves stress and anxiety.
 2. Alleviates depression.
 3. Improves our mood.
 4. Sharpens our brain power.
 5. Improves our view of our personal value.
 6. Assists in energy gain.



7. Reduces our need for sleep.
8. Increases the processing of our food.
9. Increases our stamina.

C. Myths of exercise

1. Working out once a week won't help.
2. No pain, no gain.
3. Exercise tires you out.
4. Exercise is not going to stop the aging process.

D. Considerations in exercise

1. Frequency—how often
 2. Intensity—how hard
 3. Time—how long
 4. Type—how specifically
 - a. Walking
 - b. Running
 - c. Cycling
 - d. Elliptical
 - e. Rowing
 - f. Weightlifting
 - i. Intensity
 - ii. Frequency
 - iii. repetitious
 - g. Yoga
 - h. Cross-fit
 - i. Swimming
 5. Consider doubling your heart rate, and maintaining that 20 minutes 3 times a week.
 6. Benefits of “heart” exercise
 - a. Fights heart disease.
 - b. Cholesterol, or other “issues” are controlled.
 - c. Promotes good health.
 7. How to begin an exercise program
 - a. Start slowly.
 - b. Schedule your exercise time.
 - c. Be realistic.
 - d. Have medical clearance.
 - e. Stretch.
 - f. Hydrate.
 - g. Implement overload—weight/intensity
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- h. Implement progression--time
- 8. Divisions of exercise
 - a. Aerobic
 - b. Muscle strengthening
 - c. Bone strengthening
- 9. “You can make time for exercise now, or you can make time for sickness later.” (Thomas Jefferson)

IV. Understanding the value of nutrition

A. Food groups

1. Carbohydrates
2. Fiber
3. Fats
4. Proteins
5. Minerals
6. Vitamins
7. Water

B. Diet plan

1. Eat plenty of fiber.
 - a. Whole grains
 - b. Fruits
 - c. Vegetables
 2. Eat plenty of fresh fruits and vegetables.
 3. Cut down on fat intake.
 4. Cut down on sugar intake.
 5. Cut down on salt intake.
 6. Avoid high-fat processed foods.
 7. Consume vitamin laden foods.
 - a. Whole grains
 - b. Yellow, green, and orange fruits and vegetables
 - c. Green leafy vegetables
 - d. Peas and beans
 - e. Nuts and seeds
 - f. Fatty fish
 - g. Limited amounts of dairy and eggs
 8. Eat 3 vegetables and 5 fruits per day.
 9. Cut down fat intake
 10. Eat fish or poultry instead of red meat.
 11. Cut down on added sugar and salt.
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12. Reduce intake of refined foods.
13. Drink half as many ounces of water as you weigh.

C. Energy nutrients

1. Carbohydrates—fuel for the body and brain
2. Protein—needed for physical growth and repair
3. Fat—transports vitamins, conduct impulses and cushions vital organs
4. Vitamins—production of energy, hormones, enzymes, and antibodies
5. Minerals—needed for good health
6. Water—excretion of vitamins, energy production, temperature regulation, and waste elimination

V. Understanding the value of rest, relaxation, and sleep

A. The body rests while the brain does not.

1. You can teach yourself to sleep less, but not to need less sleep.
2. Sleepiness is caused by sleep deprivation.
3. Sleep is as important to your health as food and water.

B. Make sleep a priority

1. Establish a consistent sleep schedule.
2. Seek enough sleep you don't waken to an alarm clock.
3. Consider a bed time ritual.
4. Create a quality sleeping environment.
5. Invest in a quality bed and sleeping accessories.

VI. “Just do it!”

A. “After all is said and done, more is said, than done!”

B. “Plan your work, work your plan.”

C. “I can do all things through Christ which strengthens me!”

D. “Be careful about what you eat between Christmas and Thanksgiving, and you won't have to be careful about what you eat from Thanksgiving to Christmas.”