

Nutrition and Fitness

“The Lord is my strength and my song; He has become my victory. He is my God, and I will praise Him; He is my father’s God, and I will exalt Him” Exodus 15:2

Before you start your day, you should always begin with prayer. It is the most important part of your day, for it is God who gives you the strength to work out, and do all the other things that you each day.

Nutrition

Take time to answer the following questions and see where you stand when it comes to nutrition and exercise.

1. Would you say that you eat right most of the time or do you splurge on the wrong kinds of foods?

2. How much junk food would you say you consume a day?

3. Do you take vitamins on a daily basis to supplement your food intake, if so, which ones?

Yes No

Nutrition is very important and includes making sure you get the proper dosage of vitamins everyday. Provided is a list of foods rich in the various vitamins.

Vitamins & Nutrition	Some of the Benefits	Natural Food Sources
Calcium	Helps fight osteoporosis, treats calcium depletion. Maintains bone density and strength. Helps regulate heartbeat, blood clotting	Almonds, kelp, kale, spinach brazil nuts, skim milk, yogurt, cheese, cottage cheese
Fiber	Helps with the prevention and treatment of chronic diseases. Lowers the risk of coronary heart disease. It reduces the risk of certain kinds of cancer.	Apples, oranges, hot cereals, whole wheat products, broccoli, peas, bran
Vitamin C	Reduces free-radical production, may reduce cholesterol and potential protection against heath disease	Orange juice, lemons, tangerines, strawberries, kale, and green peppers
Vitamin E	Protects fats, cell membranes, DNA, and enzymes against damage. Acts as an antioxidant to protect against heart disease and cancer.	Spinach, sunflower seeds, walnuts, asparagus, avocados
Potassium	Promotes regular heartbeat, promotes normal muscle	Fruits, vegetables, whole grains, asparagus, molasses, bananas, beans, potatoes, carrot, raisins, grilled snapper
Flavonoids	Studies indicate that tea consumption helps to prevent cardiovascular disease. The antioxidant effects of flavonoids in tea (includes preventing oxidative damage to LDL).	Green teas, apples, broccoli, cranberries, grapes, celery, onions
Vitamin B6	Promotes healthy skin, hair, and normal red blood cell formation, healthy cardiovascular, nervous and immune systems.	Potatoes, salmon, lentils, salmon, tuna, fortified cereals.
Vitamin B12	Promotes growth and cell development; skin, hair and blood cells. Help treat Alzheimer’s.	Dairy products, eggs, milk, flounder, sardines, snapper
Omega-3 Fatty Acids	Protects against coronary heart disease.	Mackerel, herring, halibut, cod, shark, salmon, tuna, flaxseed oil

Which of these foods are included in your everyday diet?

How can you change your diet to make sure that you include the daily amount required for a healthy diet?

What unhealthy foods are you struggling with? What would it take for you to give them up?

Read the labels. Check out your packaged food goods for the following unhealthy items. Do you consume the following?

- Enriched Flour
- Hydrogenated Oil
- Sugar
- High Fructose Corn Syrup
- Saturated Fats

Look for more healthy items. Are you eating the following?

- Healthy Oils (Olive, Sesame seed, Flaxseed, Grape seed and Canola)
- Garlic
- Tomatoes
- Spinach
- Nuts (Almond, Hazel, Walnut)
- Pomegranates

Do you drink 6 to 8 glasses of water a day, if not, why not? Yes No

Fitness

Everyone needs to include exercise into their daily schedule. If you haven't done so, make it a point to start now. Begin slowly as you gradually work up to where you want to be.

Do you have a workout schedule, if not, why not? Yes No

How often do you work out? It should be at least 4 times a week.

What time of day do you work out, morning, noon or evening?

How long would you say you work out during your exercise routine?

How many minutes of cardio do you do per session?

Does your workout include weight training? How often? Do you alternate between the upper and lower part of your body? Yes No

Studies indicate that an inverse association of tea consumption with cardiovascular disease. The antioxidant effects of flavonoids in tea (including preventing oxidative damage to LDL) are among the potential mechanisms that could underlie the protective effects.