

Fun facts about our bodies:

- 1.** Understand food is the most common drug (yes, a drug) that we have to manage in our bodies.
- 2.** Eating proteins and fats alone break down your hormones too fast.
- 3.** Eating carbohydrates alone builds them up too fast.
- 4.** Fat doesn't make you fat; sugar and anything in excess does.
- 5.** In reference to weight lifting; eating too much makes you "bulky", not lifting heavy weights. Lifting weights is the only way to "reform" your body. For instance; if you are a pear shape, losing weight will only make you a smaller pear. If you don't want to look like a pear, "reform" your body. 😊
- 6.** "The more cardio you do, the more cardio you will have to keep doing to lose weight." Translation: start slow. Maintain what you are doing to lose the weight you want. When you stop losing, increase slightly until you start losing again. When you have reached your goal; VERY gradually cut back while still maintaining your goal until you've reached a reasonable and attainable level.
- 7.** A pound of muscle sustains 50 calories and a pound of fat sustains 2 calories. Translation: gaining muscle (which is not easy to do) stokes the metabolic engine.
- 8.** Our bodies were not meant to breakdown preservatives and chemicals. It operates much better when foods are eaten in their purest forms.
- 9.** Lack of sleep and stress contributes to weight gain. Most of us need minimum of 8-9 hours of sleep to maintain a healthy weight.
- 10.** Skinny doesn't mean healthy. We all have different genetics and a different metabolism and shouldn't necessarily be associated with how "healthy or unhealthy" we are.
- 11.** Our bodies like variety. It gets bored too and will adapt quite quickly, so mix it up!
- 12.** We typically need ½ of our body weight in ounces of water.

The Biggest Loser

Matt 16:26 NLT

And what do you benefit if you gain the whole world but lose your own soul? Is anything worth more than your soul?

What would life look like for the man or woman who was obsessed with his/ her appearance if the approach was to set their minds on Christ; make a plan to improve their health that included attention to physical, emotional, mental and spiritual health; and then trust God with the outcome?

My own 12 step battle looked something like this:

1. PRAY and listen. Spend more time than you already do with your Lord. If this is a weakness in your life, specifically ask God to protect you from Satan.
2. Spend time meditating on scriptures that apply to your obsession with weight/ appearance. Your worth has nothing to do with your size!
3. Make your (mentally healthy) plan for exercise that may look something like this (remember not to get extreme):
Weight train 3 times a week paying attention to progressive overload. (increase your progress)
Cardio 3 times a week: i.e: 30 minutes of something fun that gets your heart rate up.
4. Make a healthy eating plan that may look something like this:
Eat small meals/ snacks 5-6 times a day that consist of the correct portion sizes for your size. (Mine are approximately 21 grams of protein and carbs and 9 grams of fat per meal which is 3 times a day; and 14 grams of protein and carbs and 5 grams of fat per snack which is 2 times a day)
5. Have the integrity to follow through with your plan. Have the wisdom and discernment to alter a plan that is not

working for you. If you don't know, seek advice from someone who does.

6. Pray as if God will do everything; work as if He will do nothing. Take responsibility for your situation and then trust God with the outcome.
7. Determine to abandon all "diets" and "fat-burning" supplements/medications.
8. Stop asking God to make you skinny or to have a "lightning fast metabolism". Ask for a loving spirit instead!
9. Remember: IT'S NOT ABOUT THE FOOD, if eating too much and the wrong things happen to be your issue. It's a problem rooted in some other area of your life. Find it and find that you can step away from the plate! Consider asking God (BEFORE you eat) if the food you are about to eat will honor Him and your body.
10. Without being legalistic, attempt to eat healthier foods in their original form instead of processed foods and don't forget to teach your kids to be healthy!
11. Learn some fun facts about your body that may help you navigate your way back to health. (List attached)
12. Most important of all, remember at the end of the day, while our loving God cares about even the tiniest of details in our lives, His biggest concern is for the state our souls, not the size of our butts!

Here are some scriptures that helped me.

Exodus 20:3 **(the first commandment)** You shall have no other gods before me.

Exodus 20:4 **(the second commandment)** You shall not make for yourself an idol in the form of anything in heaven above or on earth beneath or in the waters below.

Exodus 20:17 **(the tenth commandment)** You shall not covet... *(In this case that would be someone's appearance/body)*

Col 2:20-23

Col 3:1-2

Col 3:5

Matt 6:25-27

He is no fool who gives what he cannot keep to gain what he cannot lose. Jim Elliot

