

FITNESS WORKSHOP

What does the Bible say about taking care of our bodies?

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought with a price. Therefore glorify God with your body. (1 Corinthians 6: 19-20)

“Don’t think that you are wise enough, but respect the Lord and stay away from evil. This will make you healthy, and you will feel strong.” (Proverbs 3: 7-8)

Five components to proper health and fitness:

1. nutrition
2. hydration
3. aerobic exercise
4. strength/anaerobic exercise
5. proper rest

The muscle on our body performs the following functions:

1. muscles moves our joints.
2. muscles stabilize the joint above and below the moving joint.
3. muscles are the engines of our body to burn energy.

Resistance training is the KEY!

1. When we do not do any resistance training, our bodies lose about $\frac{1}{2}$ of a pound of muscle per year.
2. Each pound of muscle on our body burns 50 calories per day while we rest.
3. If you have not done any resistance training in 20 years you have lost approximately 10 pounds of muscle.
4. By losing 10 pounds of muscle, you now have lost the ability to burn 500 calories. This unused energy turns to fat.

Adding muscle to your body benefits you in the following ways:

1. Increases your body’s ability to burn fat during aerobic exercise.

2. Protects your joints from added mechanical wear, leading to arthritis.
3. Dramatically reduces the risk of osteoporosis in both men and especially women.
4. Allows your body to do more physical activity more efficiently and with less risk of injury.
5. Makes it easier on the body to maintain good posture, dramatically reducing back pain.
6. Provides aerobic benefit to the heart and lungs.

“But I walk everyday at the mall or the hiking trails!” you say?

If you are losing muscle everyday, through the aging process of the body, you will have to do twice the amount of walking today to burn the same number of calories you did 1-3+ years ago.

By doing only aerobic exercise (walking, biking, or swimming) eventually will lead to joint pain and discomfort and minimal results in body fat loss.

When doing aerobic exercise it is important to:

1. Exercise in your aerobic heart rate zone. Use the talk test. $(220 - \text{your age}) \times .65$ and $.85$.
2. Gradually work your way up in time, frequency, and intensity.
3. Change from doing the same aerobic activity monthly.

Energy in, Energy out.

<u>If you eat</u>	<u>and you burn</u>	<u>you will</u>
2000 calories	2000 calories	maintain
2000 calories	1500 calories	gain fat
2000 calories	2001 calories	lose fat

Unused energy, or calories, whether they come from fats, carbs, or proteins, will turn into body fat.

Don't get sucked in to eating non-fat foods and think you're not going to gain body fat.

Everyone is different, so find out what carbohydrate, protein and fat combination works for you.

Work your way up to drinking 1-1.5 gallons of water per day.

SUMMARY

strength training 2-3 days per week.

aerobic training 2-4 days per week.

Watch your calorie intake, and drink lots of water.