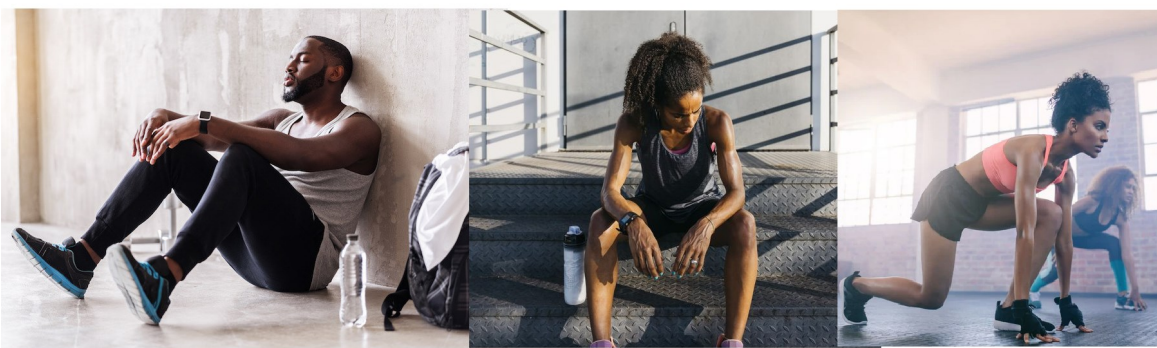


What's The Problem?

Sgt. Nate Griffin

So, you eat the right foods. You avoid processed foods and extra sugars. You drink plenty of water daily. You take vitamins and additional supplements daily. You get at least 7 to 8 hours of sleep each night. You make sure to get enough rest between workouts. You exercise 4 to 6 days per week. You perform cardio, strength, and mobility routines regularly. So, why are you so...?

Many people ask these and other puzzling questions often about their current programs. There are many answers to these questions. Hopefully, we can address the ones you may have. Let me start with quoting a line from my book, Soldier on, (forging ahead despite the odds) on EXLIBIS publication. "Without a standard, there can be no direction. Without direction, there can be no consistency. Without consistency, there can be no progress." Simply put, if you don't have a set goal, you will have no idea if your plan is working or not, because you have no idea where you're going. I've watched many people over the past 24 years of working in health and wellness, come into the gym or exercise class, not knowing what to do or what class to take. And wander around aimlessly, trying to figure out where to start.



What's your goal? So, let's start here. Set a goal, a realistic goal. Use the services of the fitness facility (trainers, coaches, group ex instructors, etc.) to see what services they have set up for new members, beginners, or those who have plateaued and need help pushing through to the next level. I encourage my clients to keep a journal to document their progress good or bad, their beginning numbers, workout programs, weight setting and so on. This way, they can see if what they are doing is working and make the necessary adjustments where needed. There are even convenient apps available to use to help you keep track of your work. It takes a lot of the guess work out of your program planning.



What about my meal plan? Sad to say, but even eating the proper foods is no guarantee you are giving your body what it needs to give you the results you want. This is primarily because of the how the food is processed. A lot of the food comes with additional sugars, dyes, artificial sweeteners and preservatives. Honestly, your body doesn't know what to do with them. What makes this worst. Is the fact that the cost of whole foods that are much better for you is much higher than the cheaper ultra processed brands. So, you end up buying foods that appear healthy, only to find out that they really aren't healthy as you thought. I recommend doing your best to buy non-processed, all natural, minimal sugar based, whole foods whenever possible.

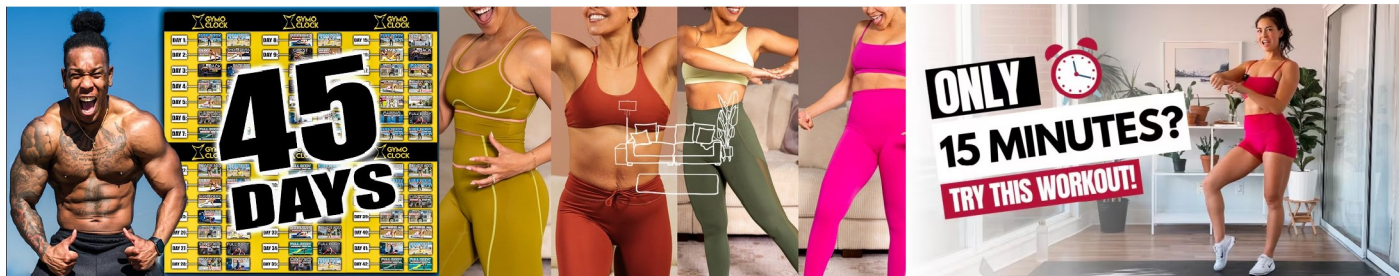


What about vitamins and supplement? So many times, I've seen people come in to the gym telling everyone how many supplements they're on, how much water they drink, what type of pre-workout powder they had, how many grams of creatine they take, and so on. Although these are nutritional supplements. It is very important to inform your primary what you taking. This way, they can let you know if there is any cause for concern in reference to your current health status. Since it can be difficult to get everything you need from whole foods due to the preparation process, you may need to resort to nutritional supplements to ensure you are getting everything you need from your diet program.



What about my workout program? This goes back to my first point. Based on your goal, you will select the best program to help get you there. If you wish to look like a sumo wrestler. You don't train like a ballerina. If you wish to look like a gymnast. You

don't train like a power lifter. In other words, how you train, is how you'll look. There all kinds of workout programs on Youtube, Instagram, online training sights, and so on. All you need to do is decide what you want to look like. And select the best plan for that.



Nutrition, keep it simple. You can consult the services of a certified trainer. Or, work with a Registered Dietician. A trainer can give you advice on basic nutrition. But a Registered Dietician can assess your nutritional needs and eating habits from a more scholarly fashion. They and help you make better meal choices and work through any eating issues you may have dormant within.



What's the problem? Nothing really. You just need to use the service made available to you at your local gym or personal trainer. Both can provide you with the best route to success available. Once you start on this journey, you must stay consistent, committed, and dedicated if you wish to make it to the end.

Soldier on! Keep this quote also from my book, **Soldier On (forging ahead despite the odds)** on EXLIBIS, in mind. "The choices you make today will either bring you closer to or further from your goals...Choose wisely."



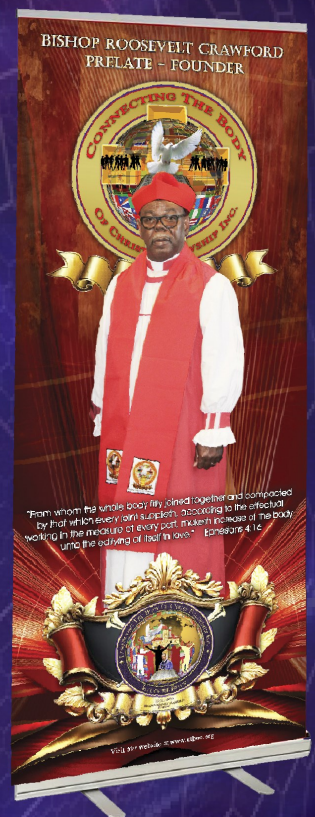
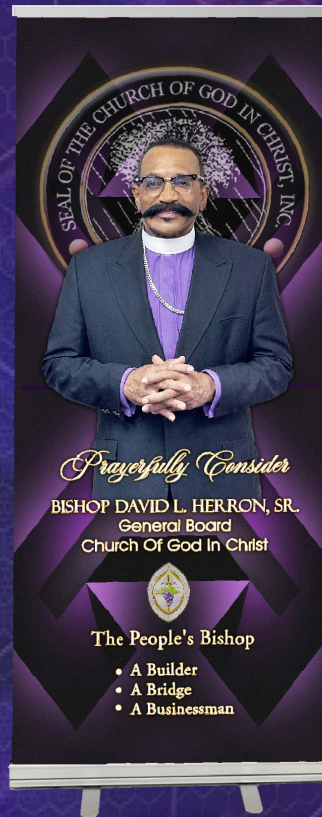
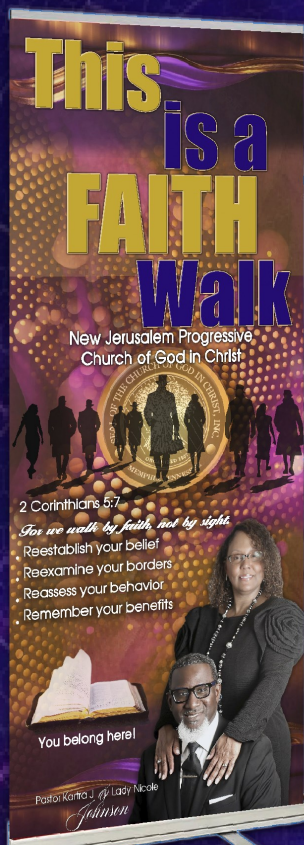
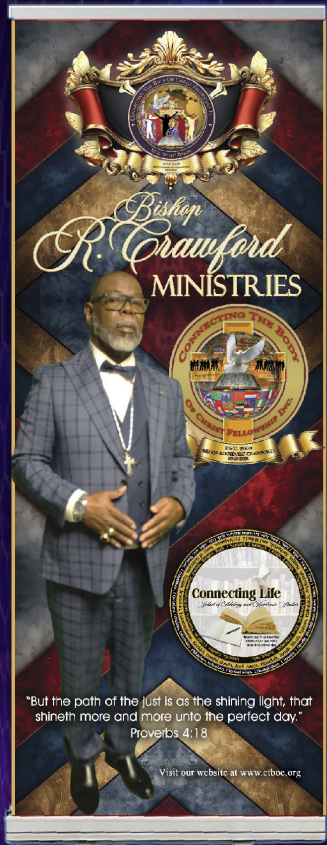
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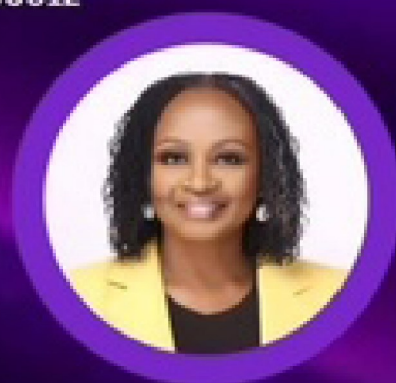
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Pastor Lizzie Toomer
New Covenant Ministries
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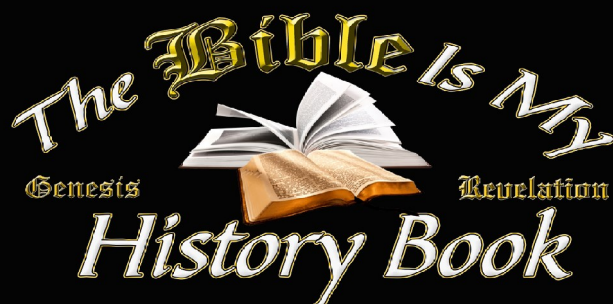


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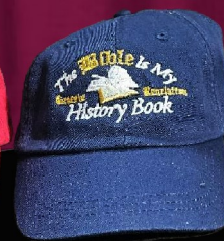
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Your Actions Speak Louder Than Your Words

Dr. C. A. Dangerfield II

It is apparent day by day as we watch the principles of God being dismantled by those who lack compassion, knowledge and understanding. When you sit in an ivory tower without understanding of the conditions occurring at the base of the structure that allows the top of the structure to exist. We make uneducated decisions without inspecting the actual conditions firsthand. Eventually we demonstrate to all that we are not as intelligent or well versed as perceived and we lose credibility. Just because you have money doesn't indicate wisdom, what is the true history on how it was actually obtained. Just because you are successful in one area doesn't mean that holds true to all especially when you have no experience.

Within man's actions it is clear when they allow their arrogance and entitlement to override the principles of God as though there are no repercussions because they lack knowledge and understanding. So, it's the blind leading the blind. There are scriptures defining how our behaviors should be. We must also remember that God principles are His Word. And His Word will not return unto Him void. So, we need to remain obedient and within our proper lane otherwise there are consequences. Many think they are untouchable due to their status and have a false sense of security when it comes to things of God.

However, if we were studying the Word of God with the same intent as we give everything else priority in our lives. We would be able to see and understand that which has started to take place and is on the horizon of our future due to our disobedience to God Will. Because the same consequences have been present each time throughout history when man challenges the principles of God. So, it is true that there is nothing new understand the sun and man's repeated ignorance experiences the same discipline. It has nothing to do with the blame game of races, cultures or gender, but individual choices.

Even the political arena has really mess-up the alignment with God and the principle of in Unity there is Strength has been trampled upon those who operation in chaos believing that when you divide and conquer it puts one at an advantage over another. But happens on Judgement Day when we stand individually before God for ourselves not as a collective group that we chose alliance to. We will not share in the accountability at this time we can only speak for ourselves. Will this be the time that we wake rather than now. how will we answer the question about the instruction provided to us throughout the scriptures. Galatians 6:9, 1 Corinthians 13:4-18, Matthew 25:34-45, Colossians 3:14, 1 John 3:18, Matthew 6:4, Acts 4:32 and there are so many others. These scriptures speak to the behaviors we should possess and are relevant to the will of God. When you study them, you should ask yourself

why men of stature are trying to turn their backs on them to be contrary to God's principle? Then ask yourself if you support this behavior what will God say unto you on your Judgement Day? Better yet how long will your so-called good fortune last? Are you aware that your life could flip its trajectory at moment or are you foolish enough to believe or say that would never happen to you?

It is not my aim to argue or debate, but to mainly stop consider, think and realizes exactly where I find myself. Staying humble before All Mighty God who supplies my everything.

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Cry Loud and Spare Not!

Dr. C. A. Dangerfield II

Oh, it is very apparent that those who proclaim to be Christians and follow the teaching of Jesus and run this nation are failing to follow the Word of God. But rather appease a man. Here is something that the remnant of God people will understand. We were provided instructions in the Word of God to "Study to show thyself approved unto God a workman that needeth not to be ashamed rightfully dividing the word of truth" (2 Tim 2:15) and easily led astray through disobedience but yet man forges ahead as though it doesn't apply to him.

Furthermore, simply reading is fundamental but without comprehension, however to study provides knowledge with an understanding and truth, that gains wisdom that aligns with God's principles. When we seek the Lord, He can be found, and His intentions be made know. Reading the same text from the Hebrew Bible provides even a clearer understanding. "2 Timothy (2 Ti) 2:15-19 CJB

[15] Do all you can to present yourself to God as someone worthy of his approval, as a worker with no need to be ashamed, because he deals straightforwardly with the Word of the Truth. [16] But keep away from godless babbling, for those who engage in it will only become more ungodly, [17] and their teaching will eat away at people like gangrene. Hymenaeus and Philetus are among these; [18] they have missed the mark, as far as the truth is concerned, by saying that our resurrection has already taken place; and they are overturning some people's faith. [19] Nevertheless, God's firm foundation stands, stamped with these words: "The Lord knows his own," and "Let everyone who claims he belongs to the Lord stand apart from wrongdoing."

So, we must further study the scriptures and not just read. It's the barometer for our behavior.

When we witness something that is wrong, we are to Cry loud and spare not.

I share Isaiah 58 from the Hebrew translation

Yesha 'Yahu (Isa) 58:1-14 CJB

[1] Shout out loud! Don't hold back! Raise your voice like a shofar! Proclaim to my people what rebels they are, to the house of (Jacob) Ya'akov their sins. [2] "Oh yes, they seek me day after day and [claim to] delight in knowing my ways. As if they were an upright nation that had not abandoned the rulings of their God, they ask me for just rulings and [claim] to take pleasure in closeness to God, [3] [asking,] 'Why should we fast, if you don't see? Why mortify ourselves, if you don't notice?' "Here is my answer: when you fast, you go about doing whatever you like, while keeping your laborers hard at work. [4] Your fasts lead to quarreling and fighting, to lashing out with violent blows. On a day like today, fasting like yours will not make your voice heard on high. [5] "Is this the sort of fast I want, a day when a person mortifies himself? Is the object

to hang your head like a reed and spread sackcloth and ashes under yourself? Is this what you call a fast, a day that pleases Adonai (LORD)? [6] "Here is the sort of fast I want — releasing those unjustly bound, untying the thongs of the yoke, letting the oppressed go free, breaking every yoke, [7] sharing your food with the hungry, taking the homeless poor into your house, clothing the naked when you see them, fulfilling your duty to your kinsmen!" [8] Then your light will burst forth like the morning, your new skin will quickly grow over your wound; your righteousness will precede you, and Adonai's (LORD) glory will follow you. [9] Then you will call, and Adonai (LORD) will answer; you will cry, and he will say, "Here I am." If you will remove the yoke from among you, stop false accusation and slander, [10] generously offer food to the hungry and meet the needs of the person in trouble; then your light will rise in the darkness, and your gloom become like noon. [11] Adonai (LORD) will always guide you; he will satisfy your needs in the desert, he will renew the strength in your limbs; so that you will be like a watered garden, like a spring whose water never fails. [12] You will rebuild the ancient ruins, raise foundations from ages past, and be called "Repairer of broken walls, Restorer of streets to live in." [13] "If you hold back your foot on Shabbat (Sabbath) from pursuing your own interests on my holy day; if you call Shabbat (Sabbath) a delight, Adonai's (LORD) holy day, worth honoring; then honor it by not doing your usual things or pursuing your interests or speaking about them. [14] If you do, you will find delight in Adonai (LORD)— I will make you ride on the heights of the land and feed you with the heritage of your ancestor Ya'akov, (Jacob) for the mouth of Adonai (LORD) has spoken."

Let us remember that God's word will not return unto Him void. Isaiah 55:11

Isaiah 55:11 KJV

[11] so shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.

Isaiah 55:6-8 KJV

[6] Seek ye the LORD while he may be found, call ye upon him while he is near: [7] let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the LORD, and he will have mercy upon him; and to our God, for he will abundantly pardon. [8] For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD.

As we find ourselves in grips of confusion and we can see that our actions conflict with the Word of God. The statement and question arise, "Choose ye this day whom ye will serve. Will it be God or man?

Start paying attention to the direct effects of God's displeasure of our behavior. It's not surprising it's cause and effect. 2 Chronicles 7:14. Stop being led by the blind. Get back in the Word of God and delinquently study and realign yourself with the principles of God.

When You're Really Not Certain

Dr. C. A. Dangerfield II

In life we all have those moments when we feel overwhelmed and uneasy. Every time they weigh heavy on you sometimes causing you to react because you don't know how to respond. Sometimes fear, anger and even tears, other times you withdraw and shut everything out around depressed. Your there but something about your essence isn't and you're disconnected out of frustration. To others it's limited access an minimum participation. Most of your "gifts, talents and abilities go dormant and become the missing link

One of my favorite mentors and pastor Bishop Christopher Clark when I lived in Philadelphia at the Mount short for Mt. Moriah Pentacostal Church was preaching and teaching about life situations and how to maintain so you don't get completely consume and thrown off your intended path. He stated you have to gesture or practice from a military point of view. He said have you ever watched a military platoon in formation doing marching drills and your see several platoons within an area marching back and forth. Every time their paths are to cross so they don't run into each other. Squad leader projects a verbal order of Mark time March where an entire platoon or company stops forward motion, but the interesting thing here is that they or marching in place not losing their stride or step all while the platoon leader access the situation and shouts out the next direction which could be forward march, abound face, right side turn or left turn march.

Interesting enough the platoon or company response in one accord to the direction given as one unit at the same time. But another point he brought out within his illustration was when the order was given for Mark time March. There was no ground lose or gained. It was an opportunity for contemplating and access your next move and step. Not having to be hasty but precise.

In life within these windows of time that would overwhelm us we need to Mark time. Access our unique situation through guidance provide by the Word of God you know that important guidebook Basic Instructions Before Leaving Earth, or also while in the mode of Mark timing, you might have a talk with God/Jesus in that moment. Or find solitude as you become quiet and listen to the still soft voice of the Holy Spirit as He speaks to your heart giving you a word that will bring new light to your situation and you Trust God in spite of how it may look to you.

Then when you hear the next directive you can forward march, abound face completely turn around or right or left march. Mark time march allows you to eliminate the distractions placed on you by others who don't understand God's unique intent for your life. Learn how to Mark time it can eliminate moving in the wrong direction and can provide some clarity. This has been a nugget of wisdom and grace. I'm happy to share.

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