



**The 90 Day Walk with GOD**  
**Sunday, August 15, - Friday, November 19, 2021**

**3- 30 Day Stages**

**Stage 1: Aug. 15 (through) Sept. 14, 2021**

**PASTOR'S GOALS**

- |   |  |
|---|--|
| ✓ Improve care of the Temple of GOD           | I Corinthians 6:15, 19                       |
| ✓ Reduce A1C level below 6.5                  | (Currently 7.1) est.                         |
| ✓ Lower bad cholesterol                       | ?????  |
| ✓ Lose 12 lbs. (4 lbs. every 30 days)         | (Currently 157 lb.)                          |
| ✓ Reduce Chest size to 39"                    | (40 ½")                                      |
| ✓ Reduce Upper Stomach size to 36"            | (Currently 38")                              |
| ✓ Reduce waist size to 34"                    | (Currently 35 ¾ ")                           |
| ✓ Reduce neck size to 15 1/2"                 | (Currently 16")                              |
| ✓ Get 6 hrs. sleep per night w/o interruption | (Currently 3 - 4 with interruption)          |
| ✓ Walk 9 miles per wk.                        | (Currently 0 per)                            |
| ✓ Drink 16 oz. Water per day                  | (Currently 2 oz. per)                        |
| ✓ Complete 200 Sit-ups per day*               | (Currently 20 per day)* [½ sit-ups on bench] |

**THE OBJECTIVE:**

**EAT BETTER at RIGHT TIMES, EXERCISE REGULARLY, PRAYER & DEVOTION MORE OFTEN**



## *Here's How He Will Do It*

### DAILY/WEEKLY DEVOTION

BREAK YOUR DAY INTO 3 PARTS\* **EXAMPLE**

DEVOTION ACTIVITY	SCHEDULE: Daily Bible vs., Song, etc.	TIME
Prayer, Scripture Reading	Psalm 23:1-6	7:00 AM -7:15 AM
Servicing with/to others	Hospital visitation, personal visits	2:00 PM -2:30 PM
Worship, Study, Meditate	Bible Study- other evening devotion	7:30 PM – 8:30 PM [1 hr.]

### DAILY/WEEKLY FOOD CHOICES

BREAK YOUR DAY INTO 3 PARTS\* **EXAMPLE** (record meals each day)

MEAL	FOOD CHOICE	% of DAILY CALORIES (guess)	TIME
BREAKFAST	Toast, egg, juice, Greek yogurt		8:00
LUNCH	Turkey Burger, soup, or salad		1:00
DINNER	Salad, lean steak, or chicken w/veg.		6:00
SNACK*	Nuts, fruit		8:00

**EXERCISE CHART \* EXAMPLE** (record activity each day, increase ea. Wk.)


DAY	ACTIVITY	RANGE	TIME
MONDAY	WALKING	1.5 mile	3:00 PM
TUESDAY	SIT UPS/STRECH/ SQUAT	50 count	7:30 AM
WEDNESDAY	WALKING	1.5 mile	7:00 PM
THURSDAY	SIT UPS/STRECH/PUSH-UPS	50 count	7:30 AM
FRIDAY	WALKING	1.5 mile	7:00 PM
SATURDAY	SIT UPS/STRECH/	50 count	9:00 AM

**NOTICE:** Before you begin this wellness program we recommend that you consult your physician. We do not make any claims to your readiness to participate. Further, we do not make any claims to any result from the program. Your participation is voluntary as is any information that you may disclose publicly as a result of your participation. Any risk and or benefits you may have/receive will be the result of your own decisions.



## Keys to Shaping Your Diet and Wellness Habits

### (Spiritual Wellness Key)

- Bible [Daily Reading]
- Knee pads/Pillow [Daily Prayer time]
- Journal  / Calendar (we've provided a spread sheet)

### (Physical Wellness Key)

- ✓ **Grocery Supplies**
  - Vegetables 
  - Lean meats 
  - Fruits 
  - Whole Grains 
  - Water 
- ✓ **A good pair of Sneakers for walking**

### (Mental Wellness Key)

#### Designated "ME" TIME

- Good Mattress for sleep/rest
- A good book
- A confidant to share with
- Meditation time (yoga, stretching)
- Word games, puzzles
- Computer skills upgrade, software training

### Guide 1: EATING WITH THE SUN

- Eat only during daytime or during a 12-hour window (or shorter) every day
- Eat the most when your body uses most of its energy
- Eat and burn most of your calories early

### Guide 2: DON'T SKIP BREAKFAST

- Eating breakfast can lower LDL (bad cholesterol) and Blood Sugar
- Eating more calories during breakfast can lower obesity
- Make breakfast or lunch your largest meal

### Guide 3: EAT CONSISTENTLY

- Teach the body to crave similar foods daily
- Eating consistently allows our body to balance energy

### Guide 4: DON'T STEREOTYPE FOOD

- Ideally, your breakfast or lunch should contain protein, fat, and whole grains.
- The ideal dinner includes a salad or other green leafy vegetables

### **WATCH YOUR CARBOHYDRATES**

**Carbohydrates are SUGARS and there are two types of sugars,**

- 1) Carbs that produce Simple Sugars
- 2) Carbs that produce Complex Sugars



**NOTE:**

**Simple carbohydrates** which have Simple sugars that are found in cornstarch, white flour, sugar. These types of sugars can cause problems to the inner systems.

**Complex carbohydrates** found in grains and fiber supply energy more efficiently and helps the body system to function better. Fruits, vegetables, beans, and whole grains are better than processed foods, baked goods, and other white carbohydrates.

## HELPFUL HINTS TO EATING BETTER FOODS

### MINIMIZE STARCHY VEGETABLES

- ✓ Avoid white flour
- ✓ Avoid processed foods
- ✓ Avoid fried foods
- ✓ Avoid Hot white potatoes
- ✓ Instead eat cooled sweet potatoes (they are less problematic to the blood sugar)
- ✓ Avoid Palm oil
- ✓ Minimize or eliminate fried foods
- ✓ limit peas, pumpkin, acorn squash, butternut
- ✓ Avoid alcohol
- ✓ Avoid/limit sugar, added syrups

### Eat more Whole Grains; Healthy fats; Proteins; Fruit

- ✓ Eat 100% whole grain bread, pasta
- ✓ Olives, avocados, nuts (especially walnuts), salmon (has omega-3 and omega 7 fats)
- ✓ Berries, (blue berries, raspberries, black berries) dark cherries and kiwi, bananas (not fully ripened)
- ✓ Nuts (particularly walnuts)

### COOKING: Baked, Steamed or Grilled Foods (not fried)

### EAT NON-STARCH VEGETABLES

- Broccoli, Onions, Asparagus, Beans, Beets, Brussels Sprouts, Cabbage, Celery, Cauliflower, Carrots, Celery, Cucumber, Eggplant, Artichoke(in limited quantities).
- Mushrooms, Radishes, Squash, Peas, Tomato, Lettuce, Spinach, Okra, Peppers,
- Greens, (Collard, Kale, Mustard, Turnip)
- Wild rice



### Whole Grains

Buckwheat, Buckwheat flour, Quinoa, Farro, Whole Grain Cornmeal

### MEATS

Eat skinless chicken and turkey, fish (seafood, shellfish) salmon and ocean trout are best  
Limit red meat, processed meat,  
limit pork  
limit egg yolks

### DRINK

Almond or Walnut Milk  
1% or 2% Milk

### BENEFITS

*"A merry heart doeth good like a medicine: but a broken spirit drieth the bones",* says Proverbs 17:22.

#### ***Food is medicine.***

Food helps to build the immune system, avoid chronic disease, and strengthens the muscles, bones, and organs, particularly the heart, liver, and kidneys. The right foods can also help to prevent brain dysfunction.

#### ***Timing Matters***

When you eat Matters. Studies suggests that mealtime has a big effect on what happens to your blood sugar levels. Your blood sugar will actually increase more in the evening than in the morning. We crave food at night, but **we function better when we eat earlier. The later we eat, the more likely we will raise our blood sugar levels, (and that is not good).**

The above information is taken in part from the National Geographic Wellness Issue: July 2021

