



women  
devoted to God  
Lesson 15

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*Health and Fitness*  
*A Matter of Stewardship*  
Panel

*Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.*  
I Corinthians 6:19-20

*Introduction*

1. How do I glorify God in my body?
  - a. Good stewardship
  - b. Self-denial
  - c. Motivation
2. Biblical principles to consider:
  - a. Wise decision-making
  - b. Balance/moderation
  - c. Right Priorities
  - d. Motivation
  - e. Christlikeness/spiritual growth

## *Physical Challenges*

- Hormonal changes
  - What to expect and when
  - Dealing with hormonal changes
- When to see healthcare provider
- Meds and other treatments
- Discernment between physical and spiritual problem

## *Nutrition*

- How do you decide what to eat, what not to eat, and how to make it happen?
- What does good nutrition look like?
- What are specific challenges for singles?

## *Exercise*

- Benefits/Importance of exercise
- Ways to fit it into schedule
- How to increase regularity and success

## *Dental Health*

- Two parts of regular dental visits
- Reasons why people avoid dentist
- What to do between visits (home care kit)

## *General Health Care*

## *Conclusion*

# Resources

## 1. Nutrition tips:

- Healthy fast food options: <http://myplate.gov/healthy-eating-tips/tips-for-eating-out.html>
  - Check out the restaurant website before eating out!
  - Split the plate with a friend (or take half the entrée home for a later meal)
  
- Taste of Home Cooking for Two magazine
  - Paid subscription available
  - Online information and many free recipes: <http://www.tasteofhome.com/recipes/publication/cooking-for-two-magazine>
  
- Books:
  - Eat This, Not That: David Zinczenko
    - Filled with comparisons of common foods and recommended substitutions
    - Practical and straight-forward
  - Love to Eat, Hate to Eat: Elyse Fitzpatrick
    - Written to help women with eating disorders
    - First half of the book is a thoughtful discussion of motivation for eating and how to make decisions that glorify God

## 2. Exercise tips:

- Resources
  - Book: Run Less, Run Faster (Bill Pierce, Scott Murr, Ray Moss)
  - Class: Full Circuit Aerobics
    - Contact for Linda Haught: [lindahaught1@gmail.com](mailto:lindahaught1@gmail.com)
    - Times and locations of current class: <https://www.facebook.com/lindahaughtexercise>

### 3. Medical tips:

- General
  - Get established with primary care provider
  - Schedule regular medical check-ups (monitoring for chronic illness such as high blood pressure and diabetes; cancer screening); generally every 1-2 years if no medical problems
  
- Sleep:
  - Commit to getting enough sleep
    - Good time management is essential
    - Sleep is a gift from God
    - Our bodies are made to need regular sleep (i.e. 7-8 hours per night)
  - Sleep-deprived people:
    - Have difficulty making good decisions
    - Tend to overeat, gain weight, and have increased health problemsWebMD: <http://www.webmd.com/sleep-disorders/features/healing-power-sleep>
  - When sleep is difficult:
    - Identify worry and other thoughts that may be interfering with sleep
    - Fill mind with Scripture and prayer during sleepless times
    - Reevaluate sleep routines; make necessary changes
    - Seek God's grace and strength in weakness
    - Seek godly counsel
    - Schedule medical exam --- could have a physical reason for not sleeping well; sleep may improve with better diet and exercise
  - Book: The Healing Power of Sleep (Mary O'Brien, M.D.)

- Sun:
  - Protection: sunglasses, sunscreen, protective clothing
  - Stay in shade whenever feasible
  - Tans and burns both increase risk of skin cancer
- Cancer screening

<i>Skin exam</i>	<i>Should regularly check skin and report any changes in moles or skin patches</i> <b>Age 20-39:</b> at least every 3 years <b>Age 40 and up:</b> annually
<i>Breast exam</i>	<b>Age 20-40:</b> every 3 years <b>Age 40 and up:</b> annually (prior to annual mammogram)
<i>Mammogram</i>	<b>Age 40 and up:</b> annually
<i>Pap smear</i>	<b>Age 21-65:</b> Every 3 years <b>Age 65 and up:</b> no cytology screening (unless significantly positive in the past) <ul style="list-style-type: none"> <li>● After hysterectomy: no screening if no cervix AND no history of cervical cancer</li> </ul>
<i>Colonoscopy</i>	<b>Age 50 and up:</b> (unless family history of early colon cancer): Every 10 years <ul style="list-style-type: none"> <li>● Other tests may be done for colon cancer, depending on physician preference</li> </ul>

- Dental: Soda pop and teeth
  - Normal salivary pH is 6.3
  - Danger level of pH is 5.5 and below
  - Acidity of specific types/brands:
    - Ginger Ale                    2.4
    - Coca-Cola                    2.7
    - Root Beer                    3.0
    - Orange Crush                3.1
    - Pepsi Cola                    3.3
    - 7-Up                            3.5

## *Online resources*

- Emeals: [www.emeals.com](http://www.emeals.com)
  - Subscription: \$5-\$10/month
  - Personalized recipes and grocery lists every week
- Fitness Pal: [www.myfitnesspal.com](http://www.myfitnesspal.com)
  - Available online, as well as an iPhone app
  - Comprehensive nutrition, exercise, and weight tracker
- My Plate: <http://www.choosemyplate.gov>
  - Healthy eating on a budget:  
<http://www.choosemyplate.gov/healthy-eating-on-budget.html>
  - Ten Tips: Nutrition Education series -  
<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>
- American Cancer Society: <http://www.cancer.org>
  - Many resources on diet and exercise:  
<http://www.cancer.org/healthy/eathealthygetactive/index>
- American Dental Association: <http://www.ada.org>
  - “Are oral bacteria serious?”  
<http://www.perioprotect.com/serious.asp>
  - Healthy mouth for all ages by ADA  
<http://www.mouthhealthy.org/en/>
  - Dental Hygiene topics <http://www.crest.com/dental-hygiene-topics/>