

- 1  **Move Your Meat**
The Basics of Nutrition and Exercise
- 2  **Serving God by being healthy**
1 Corinthians 6:19 – *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.*
- 3  **Our human body: A perfect machine**
 - We do not understand it.
 - The human genome has been “mapped” 100%, but only understood 5%.
- 4  **Critical points regarding the human body**
 - Adapts to prolonged conditions
 - Heals under the right conditions
 - Will be just strong enough to maintain what is regularly required of it
- 5  **Why diet and exercise are required**
 - Diet – any modification of eating patterns.
 - Diet and exercise work together to address the true source of bad health.
 - Using either diet or exercise alone will be much less effective than using them both together.
- 6  **The calorie restriction trap**
- 7  **Guidelines for exercise**
 - The goal of each work out is to set a record.
 - Find something that you enjoy doing.
 - You must sweat.
- 8  **Guidelines for exercise (2)**
 - 120 minutes of cumulative exercise weekly (3x40, 4x30).
 - Exercise must be challenging enough to elicit adaptation from your body.
 - Achieve Minimum Effective Dose (MED).
- 9  **Convincing your body to change**
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 - In order to lose weight, increase strength, become more healthy, you must give your body a reason to change.
 - Achieve the minimum effective dose (MED).
- 10  **First step**
 - Commit to doing 120 minutes (cumulative) exercise weekly.
 - Start out walking.
 - Once you can easily walk 30 minutes continuously, introduce brisk walking intervals.
- 11  **Second step**
 - Continue to walk 120 minutes per week and seek out other physical activities that you enjoy (especially if you don't particularly enjoy walking).
 - Swimming, biking, elliptical trainer, resistance training, weight lifting, etc.
- 12  **Importance of proper nutrition when exercising**
- 13  **How to feed yourself properly**
 - The foundation of every meal should be vegetables (preferably green ones).

- Lettuce doesn't count.
- Corn, carrots, and cauliflower are to be considered starches, like all potatoes.

14  **The problem with SAD**

- Standard American Diet (SAD) meals are usually carbohydrate based.
- This would be awesome if we were building the pyramids, or the great wall of China, but we sit most of the day normally.
- The human body prefers to use carbohydrates as fuel before fats.

15  **The problem with SAD (2)**

- Everything that goes into your body must have a purpose.
- Eat carbohydrates for energy to do physical work.
- Do not eat carbohydrates if you are not about to do work.

16  **The importance of protein**

- Protein is the primary building block of all life
- In order for your body to change in a positive way, enough protein must be present in the diet
- You can have a stellar exercise program and a spotless diet, but if you don't have enough protein, you will not change

17  **With added protein, hydrate!**

- Any diet that is high in protein needs a pronounced emphasis on hydration.
- 1 ounce of water per pound of lean mass per day.
- Women average about 100 pounds of lean mass.
- Men average about 140 pounds lean mass.

18  **Things not to count as protein**

- Yogurt
- Nuts
- Cheese
- These are all very commonly mistaken as protein, when they should be counted as carbs or fats

19  **What about fats?**

- Fat doesn't make you fat.
- Don't worry about buying fat-free items at the store.
- If something is advertised as low fat or fat free, it's a marketing gimmick.
- Enough fat will come with your increased protein intake.
- Supplement with fish oil.

20  **More guidelines**

- Don't drink juice, or sweet tea.
- On the level of macronutrients, there is no difference between refined flour and whole grain wheat, they are all carbohydrates.
- The words "whole grain" on anything does not imbue it with magically healthy properties.

21  **Juice / soda label comparison**

22  **Steps to employ today**

- Eat more vegetables (the less cooked, the better).
- Get 120 minutes of exercise per week.
- Don't drink juice, soda, or sweet tea.