

Healthy By Design



Weight Release,
GOD'S WAY

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Please consult your doctor before participating in this or any other exercise program. Certain elements of this program can be physically demanding may involve the risk of injury. All readers are voluntarily participating in these activities and using equipment with the knowledge of the potential dangers involved. All readers hereby agree to expressly assume and accept any and all risks of injury.

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Foreword

Weight releasing is a trillion dollar industry. So is this just another diet, exercise program, or hyped-up system destined to make you feel like a failure again? Absolutely not!

Cathy Morenzie has dared to do something extraordinary. She has dared to bring God into this most personal aspect of your life. Realizing what a monumental task releasing weight is for most people, Cathy took the challenge to the most Supreme Power in the Universe, God.

Is it really necessary to bring God into your diet? Obviously, yes! Look at all the weight releasing products, systems, websites, programs and the plethora of books, DVDs and CDs on the subject just to get an idea of the enormity of this problem. Most people today want to lose weight. Many people pay good money to lose weight. Yet most people are still struggling with a weight issue. North America has become a continent of overweight, unhealthy and even obese adults and children! Something is obviously wrong!

Could it really be that God is missing in the weight loss industry? It certainly is worth an examination of this fact, as Cathy has so beautifully illustrated in her book. Written with a deep spiritual connection, a passion for being in service to her fellow Christians, and making a difference in the world, Cathy has provided an amazing guide and resource for people to release weight, God's way.

Cathy brings decades of experience in the health industry to this book. She brings her personal experience working with hundreds of clients over the years in their personal fitness regimens. She combines this with a wonderful faith, an excellent grasp of scripture and a deep understanding of spiritual principles.

This is truly a one-of-a-kind guide to weight releasing. Bask in the deep connection Cathy is encouraging you to have with God, treasure its wisdom as she conveys God's word to you in this most practical format, and most importantly, do it! As James wrote, "faith without works is dead," so action is required of you!

Apply your faith, develop your self-control and exercise patience, all fruitages of God's Spirit, as you go through the 21-day program. You will be a better servant of God at the end of it, you will have learned vital health principles, and you will have a greater understanding of scripture as it applies to your weight.

May you find peace, joy, love and a healthier, more vibrant, lighter body as you join Cathy and God on this most sacred journey.

Best wishes,

Rev. Jan Janzen

www.janjanzen.com

Introduction

The Problem

Do you have any idea how powerful you are? Have you ever thought about it? In Luke 10:19 Jesus says, “I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.” And that’s just one of many scriptures that talks about the power we have in Christ.

So if we have all of this power and authority, why do we feel so powerless? How is it that we have been given the power and authority to cast out demons, yet we can’t stop ourselves from eating a piece of chocolate? Why do we struggle with so many issues around our weight such as emotional eating, physical inactivity, self-control, guilt and feelings and low-self esteem?

A 1998 Purdue University study discovered that religious Americans were more likely to be overweight than their nonreligious peers. How can this be? Shouldn’t we be the healthiest people on the planet because of the promises that God has given us? Where is the disconnect? The Purdue study indicated that many of the factors related to being overweight were associated with the increased social activities churchgoers participated in, such as after-church brunches and get-togethers. The fellowshiping with our fellow brothers and sisters is nice, but we need solutions to this health crisis. We don’t need another church dinner, bake sale or barbeque.

The problem is analogous to having an electric fan on a scorching hot day. We have been given an indispensable tool to help us but until we plug in the fan, we will never receive the benefit and the power that exists at our disposal. Until we call on the Holy Spirit to be our help, as our instruction book tells us, we will never walk in the authority we have been given.

So far, we see that a major problem is our inability to fully utilize our power. Now, add to the mix some lack of education on nutrition and healthy eating; a diet industry that wants us to believe in magic bullets, difficulty in following through on our commitments, and hectic schedules, and we have a global epidemic of more than 1 billion overweight adults, of whom at least 300 million are obese. (1)

You may identify with one or all of these issues – but don’t feel discouraged. At the end of the program you will have a strategy to move you forward in any and all of these areas which have been keeping you stuck.

In the next 21 days you will learn how to utilize the power God has given you to move the mountains out of your path. In a unique and powerful way, you will gently uncover many of the issues around your weight and understand how God wants to heal you and transform you in this area of your life.

The Program

Healthy by Design is a 21 day e-workbook that will guide you through a step-by-step formula for successful weight release, from a biblical perspective. Here is a preview of the five main areas around which the program is built:

Sensible eating -- understanding God's view of healthy eating.

Habits -- understanding the daily choices God wants us to make and how He wants us to live.

Attitudes -- understanding the outlook God wants us to have concerning how we think, act, behave and speak.

Partnerships -- understanding how God wants us to handle our problems, with His help, and the help of others.

Exercise -- understanding what we must do to reach the level and commitment of health that God wants us to enjoy.

These first letters of each of these five sections form the acronym **S.H.A.P.E.** -- God has blessed us with all different shapes and He wants us to understand that our unique shape is our gift the world. Your friends, your family and the world need your unique shape. Being all that God has called you to be will bring glory to God.

The Preparation

How are you feeling right now? You may be apprehensive, or excited, or perhaps having a fear of failing (again). In the course of this program you may go through a roller-coaster ride of emotions. I encourage you to keep a journal handy to write out the feelings that may come to the surface. Ask the Holy Spirit to reveal new truths and insights to you and to gently change you.

Throughout the program, avoid the tendency to judge yourself, your actions or your choices. There will be no right or wrong, no guilt or condemnation -- just notice what comes up for you and invite the Holy Spirit to show you these feelings, the root cause of them and finally you, yourself.

You may choose to add the discipline of fasting. It will not be a large part of this program but it is highly recommended when done in a healthy way. Remember it is not a weight loss tool but another tool to draw closer to God.

Avoid the urge to try to suddenly eat in a dramatically different way. Remember that there are no quick fixes to anything. Change is a process. You will learn that "trying" is rarely successful. Flesh can't change flesh. (I'll explain this later.)

Are you familiar with the expression, "sow where you want to go"?

Begin to pray for your fellow members as you know that they will be praying for you.

The Process

The goal of this program is to promote permanent change, through a series of small do-able incremental changes—baby steps.

Change in anything is a process. God wants to change us little by little from glory to glory (2 Cor. 3:18).

This program will run for 21 consecutive days, but remember that this is only the beginning. You are on a life-long journey.

Each day you will read the daily devotion, reflect on the daily thought and follow through on the daily action step.

Each week you will check in with your coach and the rest of your group. Be prepared to share your daily insights, breakthroughs, challenges and homework.

The Principles

The success of this program is based on a few biblical principles:

God wants you well! (*3 John 1:2*)

God wants to transform our lives little by little. (*2 Cor. 3:18*)

God wants us to partner with the Holy Spirit to live a victorious life. (*John 14:15-25*)

God has provided us with choices and he wants us to choose the best way. (*Deut. 30:19*)

God wants to use our good health to glorify him and be to be an example to others. (*1 Cor. 6:19*)

These principles will be reinforced throughout the entire program.

The Purpose

Americans spend \$40 billion a year on weight-loss programs and products. You probably have spent hundreds if not thousands yourself on products or programs promising you fast results.

You need a solution for how to release the weight without falling for sales gimmicks and unhealthy diets. What if I told you that you never had to spend another penny on a weight loss gimmick again? This book was written to help you achieve the best health of your life, as well as to draw closer to God. God does not want you going around the same mountain time and time again. He wants you free. 2 Cor. 3:17 says, “Where the spirit of the Lord is there is liberty,” and beloved, I want you to experience that liberty.

For more than half of my life, I tried to change just about everything about myself. I felt I was too fat, too hippy, too loud, too soft-spoken, too ugly, too conservative, too black, too easy, too afraid, too lazy, too worldly, too Godly, and most of all, too undisciplined to make any of these changes stick. Talk about bondage!

Not until I cried out like Paul in Romans 7:24 to be delivered from this body of death did I begin to receive God's healing, peace and rest from all my work. It's an incredible feeling of rest to be able to do less and receive more. My prayer is that you will receive the same.

The process of God gently changing me continues day by day, bit by bit. I want to share with you what God has taught me to so far. I pray that you receive it and allow it to SHAPE you into the precious miracle that God has created you to be.

I love you and pray for your victory.

Yours in Health and Service,

A handwritten signature in black ink that reads "Cathy Haenzle". The script is cursive and fluid, with the first name "Cathy" and last name "Haenzle" clearly legible.

SHAPE Program Overview

The next chapter is a brief summary of the SHAPE program's five key ingredients. Living a healthy life will require a harmonic blend of these five areas.

Sensible Eating

*"Let the land burst forth with every sort of grass and seed-bearing plant. And let there be trees that grow seed-bearing fruit. The seeds will then produce the kinds of plants and trees from which they came." And so it was.
Genesis 1:11*

In the biblical account of the fall of man, we learn that Satan used food (an apple) as a temptation that led to our downfall. Things have not changed much in 6,000 years; in too many ways, food continues to be a curse instead of a blessing.

God gave us food to enjoy. One of your goals will be to see food as it was intended; as a source of pleasure, nourishment and healing. You will also learn which foods support good health and which foods hinder it.

For many of us food has become a drug that provides a temporary cure to deeper problems, problems that only God can fix. I invite you to let Him do the healing work in you. As you go through the daily devotions you will draw closer to God and trust Him as your provider and sustainer. He tells us that there is a better way. He wants us to live by the word of God, which is more important to us than food.

Habits

"We are what we repeatedly do! Excellence then, is not an act, but a habit!" Aristotle

Sin is anything that we feel has control over us. As difficult as it may be to admit, this includes overeating. God desires for us to live in peace with freedom from the bondage of sin. As we seek Him we will develop better habits.

There are numerous Biblical examples of how to develop better habits.

In Matthew 11:29, Jesus tells us to "take His yoke upon Him and learn from Him." Paul tells the Philippians to put into practice what they have seen him do (Phil 4:9). We will study a few other biblical characters who also teach us about healthy habits.

Throughout the program you will come to understand that developing good habits should not be about trying to fix yourself or discipline yourself. In our own flesh we are not able to fix ourselves. It is the work of the Holy Spirit.

You will learn how to allow the Holy Spirit to do the work of gently transforming you little by little, day by day.

And you will learn how to replace life-draining, defeating, negative behaviors with healthy, practical and affirming habits. As we develop healthier habits including sensible eating and more activity, our bodies will naturally release excess weight.

Attitude

“Your attitude determines your altitude”

Your attitude plays an important part in every aspect of your life -- especially your health. Read this powerful message written by author, pastor and bible teacher Charles Swindoll.

The longer I live, the more I realize the impact of attitude on life.

Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company ... a church ... a home.

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable.

The only thing we can do is play on the one string we have, and that is our attitude ... I am convinced that life is 10% what happens to me, and 90% how I react to it. And so it is with you ... we are in charge of our attitudes.

There are many chapters, parables and lessons in the bible devoted to teaching us how to conduct ourselves in every situation. With such a heavy emphasis on the topic, we can recognize that God wants us to have the right attitude. He wants us to have His mind (Phil 2:5). This book will highlight some biblical accounts of the attitudes God wants us to have as well as provide you with practical steps on how to develop a Christ-like attitude towards your health.

Partnerships

“As iron sharpens iron, so one man sharpens another” ~ Proverbs 27:17

Partnerships refer to the people in your life who will help you on your journey towards a healthy weight and excellent health.

The most important partnership I want you to acknowledge in this process is your relationship with the Holy Spirit. You can have the perfect meal plan and the perfect exercise routine but as a believer, if you're not plugged in to your power source (remember the fan analogy), you will have only limited success.

We were not meant to handle life's challenges on our own. God has sent us His helper to comfort us, teach us, empower and strengthen us, guide us, and lovingly convict us. His might plus your choice equals victory. Now that's the ultimate personal trainer!

Exercise

“After all, no one ever hated his own body, but he feeds and cares for it...” ~ Eph. 5:29

Exercise gives you more energy; reduces the risk of developing diabetes and high blood pressure; reduces your risk of dying prematurely and the risk of dying from heart disease and diabetes; helps to control your weight; strengthens your heart; strengthens your muscles and bones; reduces your cholesterol; helps maintain balance, coordination and agility; improves circulation; improves sleep; increases resistance to mental fatigue; and the list could probably go on and on.

We know that exercise is important but the challenge becomes how we make the time for it in our busy lives. This book is designed to help you find creative ways to fit exercise into your schedule and to help you strengthen your discipline muscle so that exercise becomes part of your lifestyle.

Your program includes three exercise programs. Each week you will begin a new program and complete that routine three times each week, every other day (e.g., Monday, Wednesday and Friday, or Tuesday, Thursday and Saturday). Feel free to add additional aerobic activities, especially if it's already part of your lifestyle. The instructions for the exercise portion of the program are located in the Appendix of the book.

Exercise is not an end in itself, but it enables us to serve God and fulfill our purpose. Does your lack of exercise keep you from using your body to serve God the way you want to? Could you do more for Him if you were at a healthier weight? If you had more energy? If you felt better about yourself? Once we can wrap our heads around the concept of being “fit for purpose” then the need to live an active lifestyle becomes even more important. Even in exercise it really is not about us.

So there's an overview of what you will be learning in the next 21 days. I encourage you to resist the urge to jump ahead until you have fully done the work. This is not another book for you to just read, then nod your head in agreement and move on to the next page. This book is about taking action and choosing to live powerfully and fully engaged.

Remember, His might plus your choice equals victory!!!

21 Days to Harmonic Health

Day 1 – Write the Vision

Scripture to reflect on: Turn my eyes away from worthless things; preserve my life [my vision] according to your word. Psalm 119:37 NIV

Fast-forward to the end of your life—what will you look back on in your life and what will you say? What will you want other people to say about how you lived your life? Were you healthy, vibrant and full of vim and vigor, or were you often sick and lacking the energy to play with your children?

We have been given the blessing and the responsibility of choosing how we will live our lives. What is your vision for your health? Having a vision for your life and your health will give you good success, satisfaction and significance in Christ. At critical moments of choice, it's your vision that will advance you to God or draw you away from Him.

When Jesus was tempted in the wilderness, Satan offered Him worldly success, immediate satisfaction and significance in the eyes of man (Luke 10). But Jesus refused to settle for anything that did not include God, and so should we. He has given us all a vision and a purpose that is to be carried out in Him, through Him and with Him. In Hab. 1:2 we are told to write the vision and make it plain. Staying focused on your vision will prevent you from losing focus and becoming distracted with anything that does not line up with it. Here are some questions to ponder to help you write your vision:

- When you reach the end of your life, what do you want people to say about you?
- What will a healthier weight and improved health allow you to do?
- How will better health help you to fulfill the purpose God has called you to?
- What legacy do you want to leave for your children, or other children, as far as your health is concerned?

Thought to reflect on: Is God currently part of my vision for my health?

Action Step: Write out your vision for your health. Use the questions above to help you.

Day 2 - Habits – Little by Little

Scripture to reflect on : And we, who with unveiled faces all reflect the Lord's glory, are being transformed into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit. 2 Cor. 3:18

Even though it may have taken us many years to gain weight, we tend to want to lose weight quickly.

The fast track is never the right path. Change comes through renewing your mind daily with the word of God. It's a process that happens day by day—little by little—step by step from glory to glory. God's goal is Christ's fullness in our life. He wants to bring us to new levels, but it will take time.

David understood that he needed to surrender his timelines to the Lord. “My times are in your hands,” David said to the Lord (Psalm 35-15). Let that also be our prayer.

Action steps to stay in step:

- Allow yourself 3-5 pounds maximum weight release per month.
- Think of the little things that you can do each day to increase your activity.
- Don't focus on the total amount of weight you have to lose -- take it one day at a time.

Thought to reflect on: In the world of sports, a single Olympic Day performance may be the result of 1,460 days of imagery work, healthy eating habits, rest and recovery, weight training and skill development!

Let God do His work in you. The great news is that he has promised to see us through until completion.

Action Steps: Write out one or two small things that you can commit to each day. Pray that by God's spirit He will equip you to do it each day.

Day 3 - Partnership – Submit to God

Scripture to reflect on: O Lord my God, I cried unto thee and thou hast healed me. Psalms 30:2

If we could lose weight (or rid ourselves of any other stumbling block) on our own then we would not need God. Strong willpower, self-discipline and self-control may help you reach your goal, but chances are that the journey or process will not be enjoyable or sustainable. So instead of always getting frustrated trying to do more works of the flesh and wasting more time, stay surrendered to God.

I love the image of a pillar of cloud by day and a pillar of fire leading the Israelites by night. We have that same guide. It may not be clouds and fire – for us it may be that still small voice, the confirmation from a friend or the inner feeling of peace. Paul gives us the perfect formula for success: “but in everything, by prayer and petition, with thanksgiving, present your requests to God” (Phil 4:6).

Remember that we have His guarantee that He will finish the good work that He has begun in us. Where else can you get that kind of guarantee!

Action steps to help you to stay surrendered:

- Maintain a prayer journal
- Begin a prayer circle or accountability group
- Let God know your desire to be in the best health possible -- share all of your doubts, fears, and concerns with Him

Thought to reflect on: Have you ever cried out to God the way David did? Desperately? Humbly? Wholeheartedly?

Action Steps: In your journal, write out your request to God -- let him know your desire to be healthy and whole for Him, in Him and with Him.

Day 4 -Attitude – It's What You Think

Scripture to reflect on: As a man thinks in his heart so is he. Proverbs 23:7

Did you know that we become what we think about all day long?

Paul encourages the Philippians (and us) to think only about things that will uplift and strengthen us.

What do you think about exercise? It is too hard? What about eating healthy—is it too expensive and boring? Our thoughts can unconsciously undermine our desires. The upside is that they can also propel us to higher heights.

Do you believe that it takes too much work to be in good shape? Or how about this one: I'm too busy to exercise. Realize that you will have what you say and whether you say it consciously or unconsciously, that is what you will have.

Review some of these thoughts you may also share:

- I'm not disciplined enough
- It's selfish to spend so much time on myself
- I just can't help myself
- I'm too lazy
- My family is my priority
- It's my metabolism
- There's just not enough time in the day
- Exercise is not my thing
- People will think I'm too pushy, bossy, obsessed, picky...
- Its genetics -- there's nothing I can do about it
- I'll start tomorrow...I'll start on Monday...I'll start after the holidays
- God made me this way

Action Steps: Keep a notepad close by and record any “secret thought” you may have about your health and/or your attitude. Are they positive or negative?

Prayer/Thought to reflect on: Ask God to help you renew your mind and help you to see yourself the way He sees you. Ask Him to open your eyes to any hidden negative thoughts and attitudes that you may have that are standing in the way of your excellent health.

Day 5 - Sensible Eating – Drink Plenty of Water

Scripture to reflect on: Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. Daniel 1:12

Water naturally suppresses the appetite and helps the body metabolize stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits.

Drink 8-12 cups of water each day for good health.

Daniel and his companions understood the importance of water to sustain and enhance life. They knew with confidence that a diet of grains, vegetables and water would not only sustain them—they knew it would make them healthier than the other young boys who consumed alcohol and meats.

Water also helps to remove toxins from the body; lubricates and cushions your joints; helps the body metabolize fats; relieves common ailments like headaches, backaches, hypertension, asthma; prevents constipation; improves the appearance of your skin; and decreases your risk of infection and disease.

Action steps to help you drink more water:

- Have one cup of water as soon as you wake up
- Dilute your juices with water
- Try drinking cold herbal teas
- Try adding lemon, lime or mint leaves to your water for more flavor
- Always keep a bottle of water by your bed, your desk or anywhere else that you can easily reach for it

Thought to reflect on: Do you drink enough water per day?

Action Steps: Put a plan in place to increase your water intake gradually.

Day 6 – Habits – Choice Equals Change

Scripture to reflect on: I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live. Deut. 30:19

I've heard that we make about 120 decisions every day. How many of them bring blessings to you or others?

Why do you do what you do? Oftentimes it's because it's what you've always done. Our choices are based on habit rather than what is right or best for us.

Nicodemus also had a difficult time with this concept. He wanted to know what he had to do to be saved (John 3:3). Change can only come from a choice to live a conscious new life. Jesus says the same thing to us as He says to Nicodemus. We must be born again. We must **choose** life—a life that is centered on Christ.

Oftentimes when we feel afraid and vulnerable, we revert back to what we've always done regardless of whether it's good for us or not. When tested, the Israelites went back to what they knew best -- grumbling and complaining and worshipping false idols. Glory to God that He has given us a new heart and a new spirit that allows us to live by his rules and not our own (Ezekiel 36:26-27).

Action steps to keep you conscious and aware of your daily habits:

- Put the knife and fork down while you are eating – chew each bite at least 20 times
- Plan your day, your exercise, your breaks
- Keep a food journal
- Pray that the Lord will renew your mind daily

Thought to reflect on: Keep a time journal today -- every 15 minutes, if possible, track what you are doing, eating, thinking, and saying. Do your thoughts and actions produce blessings or curses, life or death?

Action Steps: Choose one of the tips above or create your own that you can commit to each day. Pray that the Holy Spirit will heighten your level of consciousness about how you live your life.

Day 7 - Attitude -- It's What You Say

***Scripture to reflect on: Set a guard over my mouth, O Lord; keep watch over the door of my lips.
Psalm 141:3***

David prayed to God that the words of his mouth and the meditation of his heart would be pleasing in the Lord's sight. Let that be your prayer also. Unfortunately, we can say a lot of meaningless and often self-deprecating things about ourselves – oftentimes we are not even conscious of what we are saying.

Speak the word of God over your life. When Jesus was being tempted in the desert he said that man shall not live by bread alone but by every word that proceeds out of the mouth... What we say can give us life.

Ask the Holy Spirit to make you more conscious of the negative words that you speak.

Here are a few more words or phrases that you may consciously or unconsciously use.

- but
- no
- can't
- I don't know
- difficult, hard and impossible
- try
- I know, but

Action Steps: In your journal today, record how often you say some of the words above.

Thought to reflect on: Pray the same prayer that David prayed. Ask God to put a watch over your mouth so that you may speak only words that give life and power to yourself and to others.

Day 8 - Sensible Eating – Eat Consciously

Scripture to reflect on: Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Romans 12:2

Are *you* making things in life happen, or is life happening *to* you? If we are truly honest with ourselves, much of our lives happen to us. We are often not in control of the food choices we make. We grab something fast because we are in a rush, we eat because we have a craving for something, or someone gives us something and we just can't say no.

Daniel, Hananiah, Mishael and Azariah were faced with this same dilemma, in fact -- it was much worse because they were under duress. But Daniel and his friends resolved that they would not eat the King's food. They had the Lord on their side and if we allow Him, so do we. Like Daniel, we must resolve to obey God rather than the pressures of this world.

From Daniel, we also learn that we must have a plan in place to resist temptation before it arises. He was determined to stay committed to his principles and choices.

Action steps to help you live consciously:

- In everything give thanks
- Eat only when you are hungry
- Before you eat, ask yourself if you're hungry or thirsty
- Ask yourself what you really want and need
- Pray that the Lord will guide you in your food choices

Thought to reflect on: Reflect on the food choices you made yesterday. Were they conscious choices? Did you pre-plan any of your meals? Did you sit down to eat or were you rushing?

Action Steps: Before you eat each meal today, ask yourself if you are really hungry. Stay conscious of an entire meal, chewing until your food is completely masticated, and put your fork down between each bite.

Day 9 - Exercise – Success Begets Success

Scripture to reflect on: But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. James 1:6

From the Atkins diet to the Zone diet and everything in between -- you may have tried them all -- only to come back to the same frustration and failure. Why does every infomercial promise the same incredible results, yet none of them ever deliver what they promise?

Instead of looking for the perfect diet or the perfect exercise program, pray for perfect faith. Pray for consistency in your thoughts, words and actions daily. Our fitness, like our faith, is cultivated on consistent patterns, not on sporadic, wishy-washy, fickle practices.

I learned this adage when I was a child and it has always stuck with me: “If you want a thing to be, take your time and go slowly. Do one thing and do it well, simple things are holy.”

Action steps to help you get consistent:

- Find a workout partner
- Commit your weight-release to God each day
- Write out a weekly meal plan and exercise schedule
- Refuse to diet or submit to any other “quick fixes”

Thought to reflect on: you eat healthfully for a few days in a row and suddenly things fall apart—what sabotaged you?

Action Steps: Make a list of all the things that might keep you from remaining consistent. Commit those items to pray and ask God to show you creative ways of removing any barriers and hindrances to your success.

If you’re not getting your exercise in, put a plan in place to help you become more consistent.

Day 10 – Habits – Stay Self-controlled

Scripture to reflect on: Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. 1 Peter 5:8

We live in a world of extremes. Going without food or overeating both cause us to lose focus and control. Avoid the extremes in life. Popular 12-step programs caution against H.A.L.T. – don't allow yourself to get too hungry, angry, lonely or tired. Extremes wear us out and inhibit our decision-making ability. Poor food choices are often made when we are so tired that our body craves an instant pick-me-up, which is usually unhealthy.

We learn from David what happens when we have too much time on our hands. Prior to falling into sin with Bathsheba we read that David chose to hang out idly at home with his thoughts instead of going to war with the other soldiers. We also learn what happens when we make ourselves too busy. We know that Jesus chose Mary washing his feet over Martha with her “Martha Stewart” ways.

Action steps to help you stay in control:

- Always keep snacks with you so you don't get too hungry
- Go for daily walks or activity breaks
- Learn to say no -- God has not called you to do everything
- Submit your daily schedule to God and let Him direct it

Thought to reflect on: In what areas do you lack self-control? overeating? under-eating? boredom? stress? loneliness? anger? people-pleasing?

Action Step: Choose one of the action steps or use your own and partner with God to begin to work in this area.

Day 11 - Sensible Eating – Eat in Moderation

Scripture to reflect on: Let your moderation be known unto all men. The Lord is at hand. Philippians 4:5

God has designed us to eat when we are hungry and to stop when we are full. For a variety of reasons, we have become so used to overriding our bodies' signals that we can eat until we are stuffed or conversely, forget to eat. God wants us to learn how to eat in moderation.

Action steps to help you eat in moderation:

- Eat your food slowly and consciously
- Avoid skipping meals -- don't overeat or undereat during meals
- Eat only when you are hungry
- Listen to your bodies' cues for what it needs

Thought to reflect on: Is there a difference between when you are full and when you actually stop eating?

Action Steps: Portion out your meals today and avoid the urge to go back for seconds.

Day 12 - Attitude—It's What You Do

Scripture to reflect on: Whatever you have learned or received or heard from me, or seen in me – put it into practice. And the God of peace will be with you. Phil 4 :9

Developing a positive attitude is a discipline that is cultivated by daily practice. Many of us, if left unchecked, tend to gravitate towards negative thinking and attitudes. Not choosing is actually making a choice to have life determine how you will live. Choosing to think healthy thoughts and live a healthy lifestyle requires us to discipline our minds to remain positive and focused. Paul tell his Philippian brothers to put into practice daily the things they saw him do. (Phil 4:9)

Here are some ways to discipline yourself to have a positive attitude.

- See every setback in your program as a means to bring you to a new level of awareness about yourself -- every setback is actually a stepping stone (James 1:2).
- Read something daily that supports your new level of awareness – a fitness magazine, motivational book, bible.
- Encourage someone else who is facing similar challenges to yours.
- Ask your friends and family to hold you accountable if they hear you speaking in non-supportive ways.
- Always speak in a positive way about your body and other people's bodies.
- See your health as a lifelong journey that constantly ebbs and flows -- you are not your weight and you are not your appearance only.
- Cultivate a sense of gratitude for everything. Gratitude cultivates positivity. Write down what you're grateful for, so you don't forget, and start with gratitude for your health daily.
- Revel in the mundane about your body -- walking, moving, eating. It's a privilege that not everyone gets to experience.

Thought to reflect on: How do you view setbacks which you have experienced in the past? Can you put them into another perspective – God's perspective?

Action Steps: Choose one or two of the points above and put them into practice. Feel free to create your own.

Day 13 - Sensible Eating – Feel Your Feelings, Don’t Feed Them

Scripture to reflect on: In your anger do not sin... Do not let the sun go down while you are still angry, and do not give the devil a foothold. Eph. 4: 26-27

Experts estimate that 75% of overeating is caused by emotions. Emotional eating is when we eat in response to our feelings regardless of whether we're hungry or not, when we use food as a tool or coping mechanism to either numb pain or to feel better. Common feelings are boredom, stress (financial, relational, mental, etc.), loneliness and tiredness.

In Ephesians 4, Paul teaches how to effectively deal with the stresses of life. He is talking more specifically about strife between people but it also applies to dealing with our inner turmoil. He points out that its okay to be angry (or experience other emotions) but we must find Godly ways of dealing with it. Unresolved issues give way to the devil operating in our lives. The psalmist also tells us when we are angry to search our hearts and be silent (Psalms 4:4).

Action steps to help you feel your feelings rather than feed them:

- develop the habit of responding rather than reacting to emotions without food or with a healthy food choice
- ask yourself what is the underlying feeling before you eat something
- ask yourself if you are really hungry
- submit that feeling/situation over to God – ask Him to handle it instead of food

Thought to reflect on: Before you put anything in your mouth today – stop and ask yourself if you are really hungry or if you are feeding a feeling.

Action Steps: Record the feeling that drives you to food and ask God to show you practical and God-honoring ways to give attention to the feeling.

Day 14 - Attitude – It's What You Believe

For years people have known that your health is related to your thoughts. Biomedical science understands that right thoughts can heal people's bodies, minds and spirits.

Research conducted at Stanford University by Dr. Lipton showed that “when the mind perceives that the environment is safe and supportive, the cells are preoccupied with the growth and maintenance of the body. In stressful situations, cells forgo their normal growth functions and adopt a defensive ‘protection’ posture.” When they are in this defensive posture they don't grow and function like they should.

Confusing?? Here's the bottom line – **Wrong beliefs and attitudes affect our physical health.** Wrong attitudes and beliefs are actually at the core of most physical problems, according to this new science of biology. Feelings of being unlovable, alone and insignificant actually manifest in the body as stress. The result of this stress is sickness, disease, and weight gain.

This concept is nothing new. God's word has told us this thousands of years ago. *A heart at peace gives life to the Body.* (Proverbs 14:30)

Thought to reflect on: Are you holding on to guilt, resentment or unforgiveness? If so, they are all affecting your health and your weight. Write them out.

Action Steps: Ask God to reveal any of these areas that may need to be healed. Then through guidance from the Holy Spirit begin the process of restoration and healing.

Day 15 - Exercise – Squeeze It In

Scripture to reflect on: 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. 1 Cor. 6:19

The Bible makes it clear that we are to take care of our bodies (1 Corinthians 6:19-20). Ephesians 5:29 also tells us, "After all, no one ever hated his own body, but he feeds and cares for it..." Did you know that physical inactivity is as dangerous to our health as smoking! It one of the risk factors for many lifestyle diseases.

We all know that we should exercise, but where do we find the time? Or put more aptly, how do we make the time? For many of us, the thought of carving more time out of our already hectic schedules to exercise is a bit too much to ask for – especially since we're already too sleep-deprived to wake up earlier, and too exhausted to exercise at the end of the day.

Action steps to help you squeeze more activity into your day:

- While talking on the phone, stand up instead of sitting, balance on one leg, go for a walk, do lunges, squats or stretches.
- Spice up your bathroom routine – while brushing your teeth, balance on one leg, do isometric abdominal exercises by sucking your abs in towards your spine, stretch or do wall squats. (See below for how to do that).
- Your chair is the perfect height for tricep dips... make it part of your daily routine to do 10 dips before dinner; this will tone and strengthen your triceps.
- Hate waiting in line? Make it into time well-spent as you do an invisible butt squeeze to tighten the largest muscle group in your body – your glutes. Repeat squeezing your cheeks together, hold for two seconds and then release – do this 15-20 times per day. Also use this time to practice holding your stomach in and holding your shoulders back to improve your posture.
- Not a fan of housework? Look at it as an opportunity to improve your health. Turn vacuuming into lunges; window cleaning into an arm workout – and imagine the possibilities you can create with a broom!!!
- Who says meetings always have to be in a stuffy boardroom? Book a walking meeting and kill
- Use commercial breaks during your favorite TV program to do push-ups or abdominal exercises. Challenge yourself to improve each week.
- Instead of trying to carry all of your groceries, files or garbage in one trip, take some extra time and make a few trips.

It's the small things that you do each day that will add up. See how many activities you can add into your daily routine.

Thought to reflect on: Do you look for the closest parking spot? Consider it a blessing to have a parking spot far away.

Action Steps: Use the list above to come up with one or more ways of increasing your activity level each day.

Day 16 - Sensible Eating – Eat Whole Foods

Scripture to reflect on: Everything that lives and moves will be food for you. Just as I gave you the green plants (herbs), I now give you everything. Genesis 9:3

According to “The Maker’s Diet,” before we eat, we should ask these two questions: Did God make it? and, Is it in a form that is healthy for the body?

Avoid artificial sweeteners, preservatives, trans-fats, saturated fats and hydrogenated oils.

Avoid using microwaves, which decrease food’s nutritional value immensely; use the oven or stove whenever possible. Lightly steam, bake or stir-fry foods, instead of frying with a lot of oil.

Daniel had confidence that a diet of pulse (grains and vegetables) would not only sustain them but would make them healthier than the other boys who were eating meat.

Action steps to help you eat more whole foods:

- Purchase as little canned food as possible.
- Fill your plate with as many vegetables as possible.
- Opt for whole grain products instead of refined ones.

Thought to reflect on: Consider why you consume as many packaged foods as you do.

Action Steps: Put a plan in place to include more whole foods in your meal planning.

Day 17 - Attitude – It's What You Accept

Scripture to reflect on: Then you will know the truth, and the truth will set you free. John 8:32

The habit of making excuses has been in practice since the beginning of time. When God asked Adam if he ate the fruit, Adam blamed it on the woman. And when God asked Eve if she ate the forbidden fruit, she blamed it on the serpent.

Things haven't changed much over history. Thankfully, God's truths are eternal. Taking personal responsibility is at the core of our life, and this includes healthy living. In this fallen world, we've become so accustomed to making excuses that in many cases it has become part of our belief system. The faulty belief system then shapes our attitudes is reflected in our daily life. It's easier to blame our poor health on our busy schedules, poor genetics, thyroids, and other people. We even blame our clothes!

Set a purpose in your heart today not to let excuses sabotage you. Growth begins when we acknowledge the truth about ourselves. Find the courage to tell the truth instead of making excuses. It's easier to work on laziness or motivation than it is to work on time. We have no control over time – it will keep on going regardless of whether we use it wisely or not.

Thought to reflect on: Take a look at the excuses you make that get in the way of God's best for your health.

Action Steps: Ask the Holy Spirit to show you the truth behind your excuses. Pray for the courage to tell yourself the truth.

Day 18 - Sensible Eating – Bring God to the Table

Scripture to reflect on: The meek shall eat and be satisfied: they shall praise the LORD that seek him: your heart shall live for ever. Psalm 22:25

You may or may not have been raised in a home where you blessed your food before you ate. Meal-time prayers can become so routine that we can say them without giving much thought to what we are actually saying and doing. Instead of saying the tired worn-out prayer that we always say, use this time to praise God for another one of His miracles—the gift of food that we should never take for granted.

Learn to cultivate an attitude of gratitude—gratitude for your food and for every other blessing in your life. Gratitude and thanksgiving are one of the keys that unlock our victory in Christ. In Phil. 4:6, Paul encourages us to rejoice in the Lord always. He then goes on to tell us that the peace that we find in Christ comes through prayer and petition with **thanksgiving**.

Action steps to help you bring God to the table:

- Reflect on others who are not as fortunate as you are
- Take a minute and pause before you “dig in”
- Reflect on all the different steps and people it took to bring your meal to the table (farmers, packagers, store clerks, and more)

Thought to reflect on: Are you truly grateful for the abundance of food you have to eat each day?

Action Steps: Whether it's an apple, a glass of water or your evening dinner, take the time and thank God today every time you eat or drink.

Day 19 - Attitude – It's What You Focus On

Scripture to reflect on: Trust in the LORD with all your heart and lean not on your own understanding. Proverb 3:5

Weight release is no mystery. It's about finding the right balance of sensible eating, exercise, practicing good habits, and maintaining the right attitude. Throw in a bit of emotions, hormones, stress, environment, genetics, medications, metabolism and advertisements, and it gets a little more complicated.

Sometimes we think that if we stop eating or if we try the latest diet or buy the newest piece of equipment then we will find the “missing link.” God wants us to look to Him, keep our eyes fixed on Him and trust Him in every aspect of our life.

There's a popular saying that goes, “What you focus on expands.” God wants the same from us. Don't focus on weight loss. Focus on God—His love for you and His desire for you to be all He created you to be. Matthew tells us about first the kingdom of God—which is righteousness, peace and joy in the Holy Spirit (Romans 14:17).

Action steps to help you focus on God:

- Weigh yourself a maximum of one time per week
- Check your motives for wanting to release weight. Are they purely self-serving or God-serving?
- Submit all of your requests to God-then wait for His answer

Thought to reflect on: What quick fixes have I tried in order to lose weight?

Action Steps: Pray that God will give you the wisdom to use only biblical truths during your journey and that He will strengthen you for the long haul. Decide that you will never go on another diet, and only look to God for your breakthrough.

Day 20 - Sensible Eating – Fast Periodically

Scripture to reflect on: But thou, when thou fastest. Matthew 6:17

Most countries around the world practice some form of the biblical principle of fasting. When coupled with prayer, it is a good way to discipline your body to be subject to your spirit.

Scholars believe that the practice of fasting began with the loss of appetite during times of great distress and duress. (Hannah- 1 Sam 1 :7, Ahab- 1 Kings 21 :4)

It began as a natural expression of grief. However, after time it became customary to reflect or prove one's grief to others by abstaining from food and/or showing sorrow.

Here is a summary of the fasts outlined in the bible:

| | |
|---------------------------|--------------------|
| The Disciples Fast | Matt. 17 :21 |
| The Ezra Fast | Ezra 8 :23 |
| The Samuel Fast | 1 Sam. 7 :6 |
| The Elijah Fast | 1 Kings 19 :4, 8 |
| The Widow's Fast | 1 Kings 17 :16 |
| The Saint Paul Fast | Acts 9 :9 |
| The Daniel Fast | Dan 1 :8 |
| The John the Baptist Fast | Luke 1 :15 |
| The Esther Fast | Esther 4 :16; 5 :2 |

Fasting is not an end in itself; it is a means by which we can worship the Lord and submit ourselves to Him in humility.

The topic will be covered more extensively in the second part of this program.

Action steps to help you prepare for fasting:

- Spend some time and learn about the different types of fasts in the bible
- Discover ways to spend more time with God -- sacrifice a few minutes of sleep, TV, lunch?

Thought to reflect on: what scripture is the Lord leading you to today? Meditate on it while fasting.

Action Steps: Fast from a meal today or if the Lord leads you, fast from 6 am - 6 pm.

Day 21- Habits – Stay in the Game

Scripture to reflect on: He who began a good work in you will [He guarantees it] carry it on to completion. Philippians 1:6 NIV

Feel like throwing in the towel sometimes? Sticking to fitness and healthy eating is an ongoing process with many peaks and valleys.

Proverbs comforts us by teaching us that a righteous man falls seven times, he rises again (Proverbs 24:17).

This brings me so much comfort, especially since it feels sometimes like I fall seven times a day! God is so faithful and so just that he forgives us from all sin and cleanses us from all unrighteousness when we call out to Him (1 John 1:9).

God always finishes what He starts. Paul also encourages us to “not grow weary while doing good, for in due season we shall reap if we do not lose heart” (Galatians 6:9).

Action steps to help you stay in the game:

- Review your vision for your health (daily if possible)
- Meditate on scriptures that have been a comfort to you
- Call a prayer partner for support
- Confess to God and pray for the strength to pick up and move on

Thought to reflect on: When have you fallen out of the game?

Action Step: Journal one thing that you will do to rise back up again if you fall.

Congratulations!

So there you have it! S.H.A.P.E. – Sensible eating, Habits, Attitudes, Partnerships and Exercise: the harmonious balance of body, mind and spirit. That's how God created us and that's how he wants us to live.

I encourage you to review the sections that really resonated for you. Renew the devotions whenever you need a refresher; continue in prayer and practice, practice, practice! Remember, it takes 21 days to make a habit entrenched.

Beloved, you are so blessed! I commend you and congratulate on your courage and passion to be in the best health and glorify your Father. God will bless you one thousand fold!

You have now laid the groundwork for a deeper and more intimate relationship with your body and with the creator of your body.

Remember that this is just the beginning. There is still much work to do and I encourage you to continue to reach higher heights in the Lord and in your health. Each new level brings new goals, new blessings and a deeper understanding in who you are in Christ.

He created you to be whole and complete. He wants you to lack nothing. He loves you unconditionally and whole-heartedly and He wants you to love yourself the same way. It brings your Father glory when you take care of His temple-- its one of His gifts to you.

If you want to go to even deeper levels in the Lord and in your health. I invite you to continue in this journey. You will receive information on upcoming workshops and events to help you stay focused on your faith and fitness.

In Excellent Health and Service,

A handwritten signature in black ink that reads "Cathy Maenzie". The script is fluid and cursive, with the first name "Cathy" and last name "Maenzie" clearly distinguishable.

Appendix 1: Exercise

Exercise is an integral part of any weight release program, as well as being important for overall health and wellness.

The exercises presented in this book are called high intensity circuit training, which is a specific type of training designed to provide the maximum benefits in the minimum amount of time.

Circuit training combines the muscle-building effects of weight training with the fat-burning effect of aerobic exercise to give you the perfect workout in the minimum amount of time. It involves moving through a number of exercise “stations” while performing a variety of cardiovascular and muscular endurance exercises.

What makes high intensity exercise so effective is that you continue to burn calories up to 48 hours after your workout.(2) That is called EPOC – “excess post-exercise oxygen consumption” and it’s the key to getting long-lasting fat loss in the least amount of time.

A research study at Laval University in Quebec compared steady-state endurance exercise (walking, jogging, and so on) with high-intensity exercise, and showed that high-intensity exercise burned off significantly more body fat.(3)

Let’s Get Real

The reality of our lives in this day and age is that we are all busy; probably too busy, especially, to make time for exercise. Couple that with the fact that most people hate to exercise and we can understand why obesity is an epidemic.

The workouts you will be performing over the next 21 days will be short and sweet. They will require only 20 minutes of your time each day. You can even break them into two ten-minute sessions if necessary.

Exercise Guidelines

1. You will need a watch or, ideally, a stop watch.
2. Your program includes three exercise programs. Each week you will begin a new program and complete its routine three times, every other day (e.g., Monday, Wednesday and Friday, or Tuesday, Thursday and Saturday). Feel free to add additional aerobic activities if you like, especially if it’s already part of your life-style.
3. The intensity of the routine will progressively increase. Progression is the key to a successful program.

4. Most of the exercises don't require equipment but some do. I would encourage you to invest in a pair of light hand weights. Choose a weight that you can lift 20 times consecutively. For women 1-5 pounds and for men 5-15 pounds is good to start with. If you don't have weights at this time then invest in 21.5-litre bottles of water and use them as your weights during the exercises.
5. The routines are all five minutes long. You will begin with one 5-minute routine and build up to three 5-minute routines, for a total of 15 minutes.
6. Each workout will feature 10 exercises.
7. The goal is for you to do as many exercises as possible in the designated amount of time. You should be working as hard as you are able and as fast as you are able.
8. Don't worry if you are unable to perform the exercises continuously for the entire time allocated. Stop if you need to, take a break and then finish — the important thing is that you keep trying.
9. I am not able to see your form and technique, so please follow the instructions as best as you can and if something is hurting you – stop. Listen to your body and feel free to contact me for clarification. Once you complete this 21-day program you can sign up for the DVD version which will take you through each routine step by step.
10. You can view animated clips of the exercises by clicking on the names of the exercises.
11. Complete the warm-up and cool-down exercises every time.

Have Fun !!

Healthy by Design-Warm Up and Cool-Down Routine

1. Complete this routine before and after every workout.
2. Hold each stretch for 20 seconds.

Aerobic Warm-up on Stairs



Instructions:

1. Start by stepping onto the first step and step up to a standing position.
2. As you stand up place your other foot on the next step and continue to climb the steps one at a time.

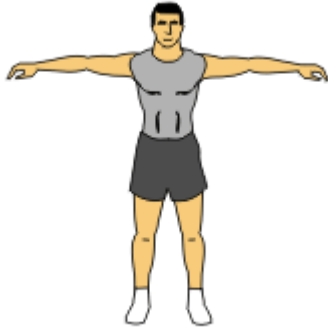
Standing Quadriceps Stretch



Instructions:

1. Standing with a shoulder-width stance and hold on to an object, like the back of a chair, for support.
2. Bring one foot up and grab it with your hand.
3. Pull your foot up until you feel a stretch on the front of your thigh.

Arm Swings Across Body



Instructions:

1. Stand tall and hold arms out to your side.
2. Slowly swing your arms back and forth across the front of your body.

Hamstring Stretch



Instructions:

1. Start by standing with your feet spread as far apart as possible.
2. Lean forward toward one leg and try to reach your foot or until a comfortable stretch is felt in your lower back and hamstring.

Chest Stretch



Instructions:

Stand in an upright position and reach back with your arms extended and clasp your hands together.

Raise your hands towards the ceiling keeping your arms straight until you feel a stretch in your chest.

Side and Low Back Stretch



Instructions:

1. Stand with legs wider than shoulder-width apart.
2. Raise your arms overhead and lean to the side.
3. Make sure that you keep your body parallel and do not lean forward or backwards.
4. Lean until a comfortable stretch is felt in your side.



Calf Stretch











Instructions:

1. Place your hands on the wall with one foot forward and the other foot back.
2. Keep the heel of the back foot on the ground and lean forward using the wall for support.
3. Lean forward until you feel a stretch in the calf of your back leg.
4. Repeat, after switching which leg is in the back..

Week 1- Healthy by Design Fitness Routine

General Instructions:

1. Complete this routine 3 times this week.
2. Perform each exercise for 15 seconds, rest for 15 seconds, and then begin the next exercise. Follow this sequence until you've completed all 10 of the exercises.
3. Rest for 2 minutes or as long as you need to, and then repeat the entire sequence. Click on the name of the exercise to view the movement

| | | |
|---|--|--|
| Exercise 1- <u>Jogging on the spot</u>  | Exercise 2- <u>Push Ups</u>  | Exercise 3- <u>Shoulder press and squat</u>  |
| Exercise 4- <u>Step ups</u>  use the stairs in your house if you do not have a step | Exercise 5- <u>Curl-ups</u>  | Exercise 6- <u>Side Leg Lift with Arm Curls</u>  |
| Exercise 7- <u>Alternating Pike Lifts</u>  | Exercise 8- <u>Lunge and Curl</u>  | Exercise 9- <u>Plank</u>  |
| Exercise 10 – <u>Alternating Arm/Leg Extensions</u>  | | |

The Exercises

Week 1 Exercise Instructions

General Instructions:

1. Complete this routine 3 times this week.
2. Perform each exercise for 15 seconds, rest for 15 seconds, and then begin the next exercise. Follow this sequence until you've completed all 10 of the exercises.
3. Rest for 2 minutes or as long as you need to, and then repeat the entire sequence.
4. Click on the exercise people or the name of the exercise to view the movement

Exercise 1 - [Jogging on the Spot](#)

Choose one of the following based on your fitness level.



1. Beginner - Marching on the spot
2. Intermediate - Knee lifts
3. Advanced - Jogging on the spot

Instructions:

1. Stand in place with feet hip-width apart.
2. Drive knee up towards chest and quickly place the foot back on the ground.
3. Drive other knee up in a moderate to fast jog with minimal ground contact time.

Modified Push-ups



Wall Push-ups



Full Push-ups

Exercise 2 - [Push Ups](#)

Choose one of the following, based on your fitness level.

Wall Push-up Instructions:

1. Start by placing your hands on the wall at shoulder level with your feet approximately two feet away from the wall.
2. Bend your elbows so that your chest gets closer to the wall.
3. Once your elbows are bent to about 90 degrees then press back out to the starting position.
4. Repeat according to the prescribed repetitions.

Modified Push-ups (on Knees) Instructions:

1. Start by lying face down and placing your hands near your shoulders with your elbows pointing up.
2. Keeping your trunk straight, press your hands into the floor so that your upper body and hips come up off the ground into a push-up position.
3. Now you are in a modified push-up position from your knees.
4. Bend your elbows so that your chest touches the ground and then repeat by returning to the top position.

Full Push-up Instructions

1. Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
2. Place hands slightly wider than shoulder-width, and feet should be at hip-width with toes on floor.
3. Start position: Extend your elbows and raise your body off the floor.
4. Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.
5. Return to the start position by extending at the elbows and pushing your body up.
6. Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyper-extension of the low back.

Exercise 3 - [Shoulder press and squat](#)

Instructions

1. Start by holding the dumbbells at shoulder level.
2. Proceed into a squat and when you start to stand up push the dumbbells overhead until fully extended.
3. Bring the dumbbells back down and go into a 1/4 squat. Return to the starting position.
4. Repeat this movement for the recommended repetitions.



Exercise 4 - [Step ups](#)

Instructions:

1. Stand behind box or step and place one foot on top of box, heel close to the closest edge.
2. Step up on the box or step quickly then bring the other foot onto the box.
3. Step back down with the same foot you stepped up with.
4. Repeat with other leg and continue according to prescribed number of repetitions.



Exercise 5 - [Curl-ups](#)

Instructions:



1. Start position: Lie back onto floor or bench with knees bent and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.
 2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench.
 3. Return to start position.
- Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Exercise 6 - Side Leg Lifts with Arm Curl

Instructions:



1. Start by holding a dumbbell in each hand in a shoulder-width stance position.
2. Squat down to parallel while simultaneously curling the dumbbells to shoulder height.
3. Squat back up to the start position. Once you are near the top of the squat then lift your left leg out to the side.
4. Return your leg to the starting position. Repeat exercise with other leg.
5. Complete prescribed repetitions alternating your legs.

Exercise 7 - Alternating Pike Lifts

Instructions:



1. Start by forming a straight plank with your forearms and feet as the contact points on the ground.
2. Once the plank is formed raise one foot off the ground and then return to the starting position.
3. Repeat this movement for the desired repetitions alternating back and forth between legs.

Exercise 8 - Lunge and Curl

Instructions:



1. Start by holding the dumbbells at your side.
2. Lunge forward and down with your left foot.
3. As you stand up curl the dumbbells up to shoulder height. Return to the starting position with the dumbbells.
4. Repeat with the opposite leg until all recommended repetitions are completed.

Exercise 9 - Plank

Instructions:

1. Start by placing your forearms on the ground and forming a plank with your forearms and feet.
2. Hold this position keeping your body parallel to the ground for the required time.



Exercise 10- Back Extensions

Instructions:

1. Lie face down on floor with arms extended overhead. You may place a rolled towel under your forehead to clear your face from floor.
2. Raise your right arm and left leg 4-8 inches off floor.
3. Repeat with the opposite arm and leg..

Remember to keep your head and back in a neutral position. Shoulders and hips should remain squared throughout movement.













Healthy by Design Exercise Program - Week 2

General Instructions:

1. Complete this routine 3 times this week.
2. Complete each exercise for 20 seconds, rest for 15 seconds then begin the next exercise.
Complete this sequence until you've completed all 10 of the exercises.
3. Rest for 2 minutes or as long as you need it and then repeat the entire sequence again

Click on the name of the exercise to view the movement

| | | |
|--|---|--|
| Exercise 1 - Boxing  | Exercise 2 - Wide Push-Ups  | Exercise 3 - Aerobic Side Lunge  |
| Exercise 4 - Rear Lunge with Front/Lateral Raise  | Exercise 5 - Reverse Crunch with Hands Behind Head  | Exercise 6 - Burpees  |
| Exercise 7 - Alternating Pike Lifts  | Exercise 8 - Wall Squats  | Exercise 9 - Side Plank  |
| Exercise 10 - Back Extensions  | | |

The Exercises

Week 2 Exercise Instructions

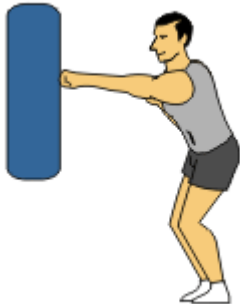
General Instructions:

4. Complete this routine 3 times this week.
5. Complete each exercise for 20 seconds, rest for 15 seconds then begin the next exercise.
Complete this sequence until you've completed all 10 of the exercises.
6. Rest for 2 minutes or as long as you need it and then repeat the entire sequence again

Click on the name of the exercise to view the movement

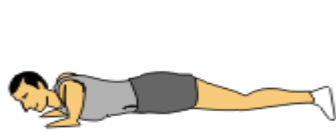
Exercise 1 - [Boxing](#)

Instructions:



1. Starting position: Stand with feet shoulder-width apart.
2. Alternating left and right arms, punch the air like a boxer.
3. Repeat the movements for the desired repetitions.

Modified Push-ups



Wall Push-ups



Full Push-ups

Exercise 2 - [Push Ups](#)

Choose one of the following, based on your fitness level.

Wall Push-up Instructions:

1. Start by placing your hands on the wall at shoulder level with your feet approximately two feet away from the wall.
2. Bend your elbows so that your chest gets closer to the wall.
3. Once your elbows are bent to about 90 degrees then press back out to the starting position.
4. Repeat according to the prescribed repetitions.

Modified Push-ups (on Knees) Instructions:

1. Start by lying face down and placing your hands near your shoulders with your elbows pointing up.
2. Keeping your trunk straight, press your hands into the floor so that your upper body and hips come up off the ground into a push-up position.
3. Now you are in a modified push-up position from your knees.
4. Bend your elbows so that your chest touches the ground and then repeat by returning to the top position.

Full Push-up Instructions

1. Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
2. Place hands slightly wider than shoulder-width, and feet should be at hip-width with toes on floor.
3. Start position: Extend your elbows and raise your body off the floor.
4. Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.
5. Return to the start position by extending at the elbows and pushing your body up.
6. Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyper-extension of the low back.

Exercise 3 - [Aerobic Side Lunge](#)

Instructions:



1. This can be high or low impact, on a step or on the floor. Take your right foot diagonally behind you, punching left arm across the body. Bring the foot back and switch arms and legs.
2. For high impact, jump up and switch legs while you are changing feet.
3. Repeat for desired repetitions.

Exercise 4 - [Rear Lunge with Front/Lateral Raise](#)

Instructions:



1. Start by standing in a shoulder-width stance with your feet together. Hold a dumbbell in each hand at your side.
2. Proceed into a reverse lunge and bring your back knee to the ground. While lunging backwards lift your opposite arm forward and up keep the elbow semi-straight.
3. Return to the starting position and repeat with the opposite arm and leg.
4. To increase the difficulty, raise your arm on the same side as the lunging leg.

Exercise 5 - [Reverse Crunch with Hands Behind Head](#)

Instructions:



1. Start by lying on your back with your hands behind or above your head.
2. Proceed to draw in your belly button toward your spine and lift both legs up at the same time towards your chest.
3. Return to the starting position and repeat, making sure that you don't arch your back as you are lowering or raising your legs.

Exercise 6 - [Burpees](#)

Instructions:



1. From a standing position, jump as high as possible and land on your feet with your hands on the ground.
2. Kick your feet back. For a moment you will be in a push-up position and jump back up again as fast as possible.
3. Modify this exercise by touching the floor and reaching to the sky instead of lying right down on the floor.
4. Repeat for the required repetitions.

Exercise 7 - [Alternating Pike Lift](#)

Instructions:



1. Start by forming a straight plank with your forearms and feet as the contact points on the ground.
2. Once the plank is formed raise one foot off the ground and then return to the starting position.
3. Repeat this movement for the desired repetitions alternating back and forth between legs.

Exercise 8 - [Wall Squats](#)

Instructions:



2. Proceed into a squatting position so that your thighs are parallel to the ground.
3. Hold this position for the required number of seconds.
4. Remember to keep your feet flat on the floor and your knees aligned behind your toes.

Exercise 9 - Side Plank

Instructions:

1. Lie on the ground on one side. Raise your body using one forearm and support it in this raised position for the required time.
2. Lower your body and repeat on the other side.
3. Remember to keep your head, neck and body in a straight line.



Exercise 10 - Back Extensions

Instructions:











1. Lie face down on the floor with arms extended overhead. You may place a rolled towel under your forehead to clear your face from floor.
 2. Raise right arm and left leg 4-8 inches off the floor.
 3. Lower and raise alternating raising the opposite arm and leg.
- Remember to keep your head and back in a neutral position. Shoulders and hips should remain squared throughout movement.



Healthy by Design Exercise Program - Week 3

General Instructions:

1. Complete this routine three times this week.
2. Perform each exercise for 20 seconds, rest for 15 seconds, and then begin the next exercise. Follow this sequence until you've completed all 10 of the exercises.
3. Rest for 2 minutes or as long as you need it and then repeat the entire sequence.

| | | |
|--|---|---|
| Exercise 1 - <u>Jumping Jacks</u>  | Exercise 2 - <u>Shoulder press and squat</u>  | Exercise 3 - <u>Alternating Side Bends</u>  |
| Exercise 4 - <u>Side Kicks</u>  | Exercise 5 - <u>Bicycle Kicks</u>  | Exercise 6 - <u>Burpees</u>  |
| Exercise 7 - <u>Tricep Bench Dips</u>  | Exercise 8 - <u>Lunge and Curl</u>  | Exercise 9 - <u>Plank</u>  |
| Exercise 10 - <u>Back Extensions</u>  | | |

The Exercises

Week 3 Exercise Instructions

Exercise 1 - [Jumping Jacks](#)

Instructions:

1. Start with your legs side by side and your arms by your side.
2. In one motion jump and spread your legs out to the sides while your arms raised up over your head.
3. Land in this position and then return to the starting position and repeat.
4. Please do low impact if you prefer not to jump.



Exercise 2 - [Shoulder Press and Squat](#)

Instructions:

1. Start by holding the dumbbells at shoulder level.
2. Proceed into a squat and when you start to stand up push the dumbbells overhead until fully extended.
3. Bring the dumbbells back down and go into a 1/4 squat. Return to the starting position.
4. Repeat this movement for the recommended repetitions.



Exercise 3 - [Alternating Side Bends](#)

1. Start by holding your weights above your head with your arms extended.
2. Bend laterally to one side until a comfortable stretch is felt. Return to the starting position and repeat to the other side.
3. Bend side to side for the required number of repetitions.



Exercise 4 - [Side Kicks](#)



Instructions:

1. Stand with your feet shoulder-width apart. Hold onto a stationary object with one hand.
2. Raise the opposite foot off the ground and kick laterally out to the side.
3. Keep the leg and foot elevated and repeat according to the prescribed repetitions.
4. Repeat with the other leg.

Exercise 5 - [Bicycle Kicks](#)

Instructions:



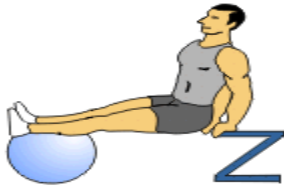
1. Lie on your back with your knees at chest level and your arms flat on the floor.
2. Alternate extending your legs by extending one leg out straight and as you bring it in extend the other leg out.
3. Continue to repeat this process like you are riding a bicycle until the required repetitions are completed.
4. Make sure you keep your back flat during the movement. If you are unable to keep your back flat then reduce the extension of your legs.

Exercise 6 - [Burpees](#)

Instructions:



1. From a standing position, jump as high as possible and land down on your feet with your hands on the ground.
2. Kick your feet back. For a moment you will be in a push-up position and then jump back up again as fast as possible.
3. Modify this exercise by touching the floor and reaching to the sky instead of lying right down on the floor.
4. Repeat for the required repetitions.



Exercise 7 - Tricep Bench Dips

Instructions:

1. Start by placing your hands on the bench and your feet on the ground with your legs semi-straight.
2. Proceed to bend your arms until they are bent to about 90 degrees.
3. Return to the starting position and repeat for the desired repetitions.

Exercise 8 - Lunge and Curl

Instructions:



1. Start by holding the dumbbells at your side.
2. Lunge forward and down with your left foot.
3. As you stand up curl the dumbbells up to shoulder height. Return to the starting position with the dumbbells.
4. Repeat with the opposite leg until all recommended repetitions are completed.

Exercise 9 - Plank



1. Start by placing your forearms on the ground and forming a plank with your forearms and feet.
2. Hold this position keeping your body parallel to the ground for the required time.
3. If you are unable to lift your body then start on your knee and straighten one leg at a time.

Exercise 10 - Back Extensions

Instructions:



- 1) Lie face down on floor with arms extended overhead. You may place a rolled towel under your forehead to clear face from floor.
 - 2) Raise right arm and left leg 4-8 inches off floor.
 - 3) Lower and raise alternate opposite arm and leg.
- Remember to keep head and back in a neutral position. Shoulders and hips should remain square throughout the movement.

Appendix 2: Endnotes

1. <http://www.parl.gc.ca/information/library/prbpubs/prb0511-e.htm#introductiontxt>
2. Metabolism 1994 (high intensity exercise vs. steady state)

Next Steps

I pray that you were blessed by what you've learned.

I encourage you to continue taking your health to higher levels. Register now to become a [monthly member](#). Here's what you'll receive as a member:

- 2 new exercise programs each month...
- Your own personal web page to track your weekly goals, food intake, and weight loss...
- 2 monthly tele-classes with experts in the field of faith, weight loss, exercise, and behavioral management...
- Participation in an online forum...
- Ongoing 24 hour access to your coach.

Plus you will continue to receive the benefits you were already receiving:

- ☒ **Daily Devotions** to keep you focused on your purpose...
- ☒ **Daily Thoughts** to encourage small changes in your life...
- ☒ **Action Steps** to help you achieve your goals...

PLUS you'll receive the support and encouragement you need to stay on-track towards achieving your goals. This includes:

- ☒ **A Personal Coach** to guide you through the program and help you stay motivated. You will have 24 hour email access with your coach for 30 days to ensure you are never alone...
- ☒ **A Small Group** of new friends and prayer partners to experience the program with. You will get together for three weekly tele-classes to share insights, breakthroughs, challenges and homework...

[Register now](#) to begin receiving the benefits right away!

Love,

Cathy Morenzie