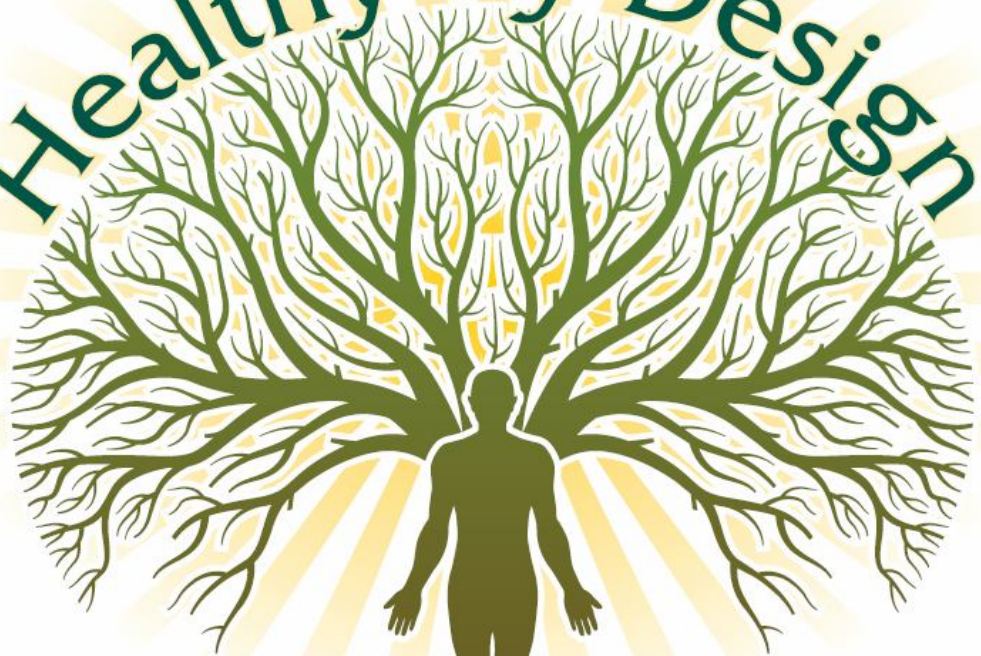


Healthy By Design



Weight Release,
GOD'S WAY



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

<http://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 this 21 day *Healthy by Design*© program, 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 followed by monthly support 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. (This is further explained in the book.)

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

Begin to pray for your fellow members in the program and find comfort in the fact 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 building a solid foundation for a life-time of health and wellness

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 via tele-classes. Be prepared to share your daily insights, breakthroughs, challenges and homework.

After the 21 days, you can become a monthly member. As a member you will receive all of this:

- daily devotions and simple to follow action steps
- on-line food tracking with feedback from a qualified nutritionist
- 2 new exercise programs per month
- your personal web-page to track your weekly goals, food intake, weight loss
- 2 monthly tele-classes with experts in the fields of faith, weight loss, exercise and behavioral management
- prayer support
- participation in the forum
- 24 hour access to your coach

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 Maenzie". The signature is written in a cursive, flowing style with a large initial 'C'.

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!!!

Below is a sample example of the devotions. Also, [click here](#) to listen to what the weekly coaching calls will be like.

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. During our tele-class, we will review your vision and help you create the perfect vision that will motivate and inspire you to action.

"Do you want the **COMPLETE** guide for better health?
Healthy by Design delivers...

- 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...
- High Intensity Exercise Guides** to get you in shape quickly with only 20 minutes a day...
- 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...
- An Online Food-Tracker** to hold you accountable while keeping track of your caloric consumption throughout the program.
- FREE BONUS = \$50:** Two Additional Exercise Programs.
- FREE BONUS = \$50:** A complimentary consultation with Life Coach Kathy Butryn.
- FREE BONUS = \$50:** An 86 page e-book by Jan Janzen, professional healer and coach.

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To long life and good health,

