

August 14, 2022 FOOD & FITNESS

Caring for Our Bodies According to God's Plan

THE PURPOSE FOR THIS SERIES

Transformation & Equipping

Romans 12:1... *Therefore, brothers, by the mercies of God, I urge you to **present your bodies as a living sacrifice**, holy and pleasing to God; this is your spiritual worship. ² Do not be conformed to this age, **but be transformed** by the renewing of your mind, **so that you may discern what is the good**, pleasing, and perfect will of God. (HSCB)*

Ephesians 4:12-15... ¹² ***equipping the saints for the work of ministry, to build up the body of Christ,*** ¹³ *until we all **reach unity** in the faith and in the knowledge of God's Son, **growing into maturity** with a stature measured by Christ's fullness.* ¹⁴ *let us grow in every way into Him Who is the Head - Christ. **that we will no longer be infants, tossed about by the waves** and carried around by every wind of teaching and by the clever cunning of men in their deceitful scheming.* ¹⁵ ***Instead, speaking the truth in love, we will in all things grow up into Christ Himself, who is the head.** (BSB)*

THE GOAL OF THIS SERIES:

FULLY DEVOTED DISCIPLES OF JESUS CHRIST

Today we continue our new sub-series in our year-long emphasis on Discipleship. It is entitled Transformation Discipleship. We will look specifically into eight (8) areas of our life that need to be transformed by Christ if we are to be the Loving, Genuine Disciples that God desires and deserves.

- 1. FAITH: Nurturing the Soul**
- 2. FOCUS: Renewing Your Mind**
- 3. FEELINGS: Submitting our Emotions to God's Design**
- 4. FOOD & FITNESS: Caring For Your Body**
- 5. FRIENDS: Encouraging One Other**
- 6. FUNCTION: Developing Your Work/Career into a Ministry**
- 7. FINANCES: Becoming a Good Steward**

Week One: Review - FAITH

- We Must Love God & Trust Him Supremely.
- We Must Seek God Intentionally & Passionately.
- We Must Read & Study His Word Consistently
- We Must Learn To Love People Deeply
- We Must Serve Others Selflessly
- We Must Honor God Faithfully With Our Income.
- We Must Share The Good News Faithfully

Week Two: Review - FOCUS

- A. Because My Thoughts Have Great Control Over My Life!
- B. Because my mind is the battleground for sin, We Must Free Our Minds From Destructive/Worldly Thoughts
- C. Because it's the Key to the Peace and Happiness of Discerning God's Will!

Take Away Points

- Don't believe everything you think
- Guard your mind against Garbage/ Folly/ Untruth.
- Never let up on Learning
- Renew your mind daily with God's Word.

Week 3: FEELINGS: Submitting our Emotions to God's Design

God Created Us With Them, Because He Has Them
Emotions Were Designed to be Conformed to God's Design

- A. Why They Need To Be Conformed
 - Because Emotions Can Be Unreliable & Manipulated
 - Because Emotions Can Please God & Can Bring Fulfillment
- B. How Do We Conform Them
 - Read & Study God's Word and How Christ Lived
 - Decide to Pause & Evaluate Your Emotions Before Acting
 - ...Ask God to help you evaluate your feelings.
 - ... Reflect back on your emotional history
 - ... Consult a close & trusted Friend
- C. Replace, Refocus & Rely With God's Power

Key Foundation Verses

ROM. 12:1, 2...¹ Therefore, brothers & sisters, by the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your reasonable worship. ² Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.

3 John 1:2... Dear friend, I pray that you may prosper in every way and be in good health physically just as you are spiritually.

1 Corinthians 6:12-20...¹² “Everything is permissible for me,” but not everything is helpful. “Everything is permissible for me,” but I will not be brought under the control of anything. ¹³ “Food for the stomach and the stomach for food,” but God will do away with both of them. The body is not for sexual immorality but for the Lord, and the Lord for the body. ¹⁴ God raised up the Lord and will also raise us up by His power. ¹⁵ Don’t you know that your bodies are a part of Christ’s body? So should I take a part of Christ’s body and make it part of a prostitute? Absolutely not! ¹⁶ Don’t you know that anyone joined to a prostitute is one body with her? For Scripture says, The two will become one flesh. ¹⁷ But anyone joined to the Lord is one spirit with Him. ¹⁸ Run from sexual immorality! “Every sin a person can commit is outside the body.” On the contrary, the person who is sexually immoral sins against his own body. ¹⁹ Don’t you know that your body is a sanctuary/temple of the Holy

Spirit who is in you, whom you have from God? You are not your own, ²⁰ for you were bought at a price. Therefore glorify God in your body.

(The following adapted from Rick Warren. Transformed Series. Saddleback Resources)

1. Our Body Is Designed & Created By A Loving God

Genesis 1:26-28a ...²⁶ And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. ²⁷ God created man in His own image, in the image of God He created him; male and female He created them. ²⁸ and God blessed them.

Psalms 139:13-14...¹³ For it was You who created my inward parts; You knit me together in my mother’s womb. ¹⁴ I will praise You because I have been remarkably and wonderfully made. Your works are wonderful, and I know this very well.

Key Point: We are loved, valuable; all humans have dignity & worth.

2. Our Body Is Designed & Crafted To Be God's Sanctuary

1 Corinthians 6:19... *Don't you know that your body is a sanctuary of the Holy Spirit who is in you, whom you have from God*

1 Corinthians 3:16, 17...¹⁶ *"Don't you yourselves know that you are God's sanctuary and that the Spirit of God lives in you? ¹⁷ If anyone destroys God's sanctuary, God will destroy him; for God's sanctuary is holy, and that is what you are".*

You and I are God's dwelling place on earth

2 Corinthians 6:16... *"And what agreement does God's sanctuary have with idols? For we are the sanctuary of the living God, as God said: I will dwell among them and walk among them, and I will be their God, and they will be My people.*

3. Our Body Was Defiled & Corrupted By Sin & Selfishness

Romans 3:23... *"For all have sinned and come short of the glory of God."*

Romans 6:23... *"For the wages of sin is death;*

Ezekiel 18:20... *The soul who sins shall die. The son shall not suffer for the iniquity of the father, nor the father suffer for the iniquity of the son. The righteousness*

of the righteous shall be upon himself, and the wickedness of the wicked shall be upon himself.

Psalms 38:3... *There is no soundness in my flesh because of your indignation; there is no health in my bones because of my sin.*

4. Our Body Can Be Redeemed & Restored By Faith In Christ & His Atoning Sacrifice

1 Corinthians 6:19-20...¹⁹ *Don't you know that your body is a sanctuary of the Holy Spirit who is in you, whom you have from God? You are not your own, ²⁰ for you were bought at a price.*

Romans 10:9, 10...⁹ *That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. ¹⁰ For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.*

5. Our Body Can Be A Blessing & Bring Glory To God

1 Corinthians 10:31 - *Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.*

Physical-Spiritual Connection

Exodus 15:26... *"If you will carefully obey the LORD your God, do what is right in His eyes, pay attention to His commands, and keep all His statutes, I will not inflict any illnesses on you that I inflicted on the Egyptians. For I am Yahweh who heals you."*

1 Corinthians 6:19-20...¹⁹ *Don't you know that your body is a sanctuary of the Holy Spirit who is in you, whom you have from God? You are not your own,*²⁰ *for you were bought at a price. Therefore glorify God in your body.*

Romans 12:1... *Therefore, brothers & sisters, by the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your reasonable worship.*

JESUS gave HIS body for you and HE wants you to honor HIM with yours

Practical Points to Consider

- **Have the Right Attitude About Food**
(Eat to Live, Not Live to Eat)

1 Corinthians 6:12... *“Everything is permissible for me,” but not everything is helpful. “Everything is permissible for me,” but I will not be brought under the control of anything.*

Genesis 1:28-31...²⁸ *God blessed them, and God said to them, “Be fruitful, multiply, fill the earth, and subdue it. Rule the fish of the sea, the birds of the sky, and every creature that crawls on the earth.”*²⁹ *God also said, “Look, I have given you every seed-bearing plant on the surface of the entire earth and every tree whose fruit contains seed. This food will be for you,”*³⁰ *for all the wildlife of the earth, for every bird of the sky, and for*

*every creature that crawls on the earth—everything having the breath of life in it. I have given every green plant for food.” And it was so.*³¹ *God saw all that He had made, and it was very good.*

Genesis 9:3...*Every living creature will be food for you; as I gave the green plants, I have given you everything.*

Eat the things God created – Avoid highly processed foods – Avoid food addictions – Chew your food well [Consume a well-rounded diet – Drink plenty of water (cut back on sugary drinks, sodas & alcohol) – Eat moderate portions –eat slower– consider fasting a meal or a day on a regular basis – Cut back on sugar, sweet desserts, excessive salt & fats (except the healthy type)]

➤ **Practice Purity**

1. Sexual Purity

1 Corinthians 6:15-18...¹⁵ *Don't you know that your bodies are a part of Christ's body? So should I take a part of Christ's body and make it part of a prostitute? Absolutely not! 16 Don't you know that anyone joined to a prostitute is one body with her? For Scripture says, The two will become one flesh. 17 But anyone joined to the Lord is one spirit with Him. 18 Run from sexual immorality! “Every sin a person can commit is outside the body.” On the contrary, the person who is sexually immoral sins against his own body.*

2. Personal & Environmental Cleanliness

Deuteronomy 23:9-14... ⁹Be careful to avoid anything offensive. ¹⁰ If there is a man among you who is unclean because of a bodily emission during the night, he must go outside the camp; he may not come anywhere inside the camp. ¹¹ When evening approaches, he must wash with water, and when the sun sets he may come inside the camp. ¹² You must have a place outside the camp and go there to relieve you. ¹³ You must have a digging tool in your equipment; when you relieve yourself, dig a hole with it and cover up your excrement. ¹⁴ For the LORD your God walks throughout your camp to protect you and deliver your enemies to you; so your encampments must be holy. He must not see anything improper among you.

[Practice good hygiene - reduce toxins in your Environment – avoid pesticides as much as possible – drink and use purified water – change filters, consider Hepa filters–watch for asbestos, lead, carbon monoxides and radon – check on irritants or hazards in certain cookware, carpets, furniture, cleaning products, etc. – check for molds and mildews]

➤ Be Active (Exercise)

Psalm 18:32-36 ...*The God who equipped me with strength and made my way blameless. He made my feet like the feet of a deer and set me secure on the heights. He trains my hands for war, so that my arms can bend a bow of bronze. You have given me the shield of your*

salvation, and your right hand supported me, and your gentleness made me great. You gave a wide place for my steps under me, and my feet did not slip. (ESV)

Hebrews 12:1 ...*Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us. (ESV)*

Make a commitment to consistent exercise (20-30 min. per day at least 3 times a week, walking is a prime way) – Seek others to exercise with for accountability and fellowship]

Three Major Reasons Why We Give Up So Soon In Our Commitment To Be Physically Healthy

1. We try to change through will power instead of God's power
2. We try to change using the wrong motivations instead of God's motivation
3. We try to change by ourselves without help from other people (Rick Warren. The Daniel Plan Journal. P. 12,13)

➤ Strive for Adequate Rest

Last week I shared the 3 'R's of How to Conform Your Emotions to God's Design. This week I have 3 'R's' on How Sleep helps us to conform our Physical Health to God's Design. (From Kristian Davis article)

Relax – Refresh – Recharge

“Rest and sleep are gifts from God. He knows what is best for us. Taking care of ourselves makes us better able to take care of others. It pleases God when we rest and sleep at ease”. (Kristina Davis, LCSW. <https://christianfamilysolutions.org/2017/01/27/rest-and-sleep-a-mandate-from-god/>)

Psalm 4:8... *In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety.*

2 Thessalonians 3:16... *“Now may the Lord of peace Himself give you peace at all times and in every way. The Lord be with all of you”.*

➤ Care for Your Emotional Health

The last two sermons addressed this issue of the mind and the emotions and how they are to be transformed to the Image of Christ. Well, the mind and emotions have a great impact on the body (and vice-a-verse). Our mind and emotions have a great affect on our physical bodies and the way we care for or not care for our physical bodies can have a great effect on our mind and emotions. Remember, we are holistic beings, we are designed to work together within our bodies as well as within our relationships with others.

“There is a relationship that exists between the mental/emotional state of a person and the workings of his body. For a better understanding of how this relationship functions, we must turn to the physician. O. Spurgeon English, former chairman of the Department of Psychiatry at the Temple University School of Medicine, speaks from long study of this b b relationship between mind and body. He tells us that there are certain emotional centers in the brain that are

linked to the entire body through the autonomic nervous system. He describes charges of emotions that are relayed from the brain, down the spinal cord, and through the autonomic nerves to the blood vessels, muscle tissues, mucous membranes, and skin. Under emotional stress, he points out, all parts of the body can be subject to physical discomfort because of a change in blood nourishment, glandular function, or muscle tone.” (*The Autonomic Nervous System*, Sandoz Pharmaceuticals). <https://biblicalcounselinginsights.com/blog/biblical-mental-health/emotions-affect-the-body/>

Romans 12:1

Therefore brothers & sisters by the mercies of God, I urge you to Present Your Bodies as a living sacrifice, holy and pleasing to God; this is Your Spiritual Worship.

Choose to Conform to God's Will & Word

Let God Transform You Though His Holy Spirit into the Image of Christ

Below are some additional reading material on the subject we have been discussing

➤ **U.S. Dietary Guidelines for Americans** *Updated August 23, 2017*

On January 7, 2016, the U.S. Departments of Health and Human Services and Agriculture released the 2015-2020 *Dietary Guidelines for Americans*. The eight edition of the guidelines focuses primarily on healthy eating patterns. The 2015-2020 Dietary Guidelines is available at <https://health.gov/dietaryguidelines/2015/resources/2015-2020-Dietary-Guidelines.pdf>.

- The five overarching guidelines that encourage a healthy eating pattern include the following:
 - 1) Follow a healthy eating pattern across the lifespan.
 - 2) Focus on variety, nutrient-dense foods, and amount.
 - 3) Limit calories from added sugars and saturated fats and reduce sodium intake.
 - 4) Shift to healthier food and beverage choices.
 - 5) Support healthy eating patterns for all.
- Key recommendations on what should be included or limited as a part of a healthy eating pattern are:
 - ✓ A healthy eating pattern includes:
 - ✓ A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
 - ✓ Fruits, especially whole fruits
 - ✓ Grains, at least half of which are whole grains
 - ✓ Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
 - ✓ A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
 - ✓ Oils
- A healthy eating pattern limits:

- ✓ Consume less than 10 percent of calories per day from added sugars
- ✓ Consume less than 10 percent of calories per day from saturated fats
- ✓ Consume less than 2,300 milligrams (mg) per day of sodium
- ✓ If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age.

http://www.ift.org/knowledge-center/focus-areas/food-health-and-nutrition/dietary-guidelines.aspx?gclid=EAIaIQobChMI1LDGxfOW5AIVYP_jBx04YgTHEAAYASAAEgL3VvD_BwE

➤ **Additional Dietary Guidelines For A Healthy Eating**

Pattern:

- Be mindful of what, when, why, where and how you eat. Are you physically hungry or eating for another reason like food is there, someone else is eating, you are bored or stressed? Be intentional and select foods that promote health.
- Start the day with a healthy, but simple breakfast, including foods from the food groups. A toasted whole wheat English muffin spread with peanut butter, a banana and glass of skim or low-fat milk includes a whole grain, protein, whole fruit and dairy.
- Take time to plan. Stock the kitchen with healthful foods eaten at home or carried to work. Plan ahead for meals eaten out so you can think about healthful choices before ordering.
- Make active choices throughout the day and do it your way! Little bits of activity add up. Take walk breaks instead of coffee breaks. Plan activities with family like walks, bike rides and gardening. Make it fun! Be intentional about activity just like with eating.



- ✓ **Focus on whole fruits**
Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.
- ✓ **Vary your veggies**
Cook a variety of colorful veggies. Make extra vegetables and save some for later. Use them for a stew, soup, or a pasta dish.
- ✓ **Vary your protein routine**
Next taco night, try adding a new protein, like shrimp, beans, chicken, or beef.
- ✓ **Make half your grains whole grains**
Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein foods for a nutritious meal.
- ✓ **Move to low-fat or fat-free milk or yogurt**
Enjoy a low-fat yogurt parfait for breakfast. Top with fruit and nuts to get in two more food groups.
- ✓ **Drink and eat less sodium, saturated fat, and added sugars**
Cook at home and read the ingredients to compare foods. Start simple and take healthy eating one step at a time.

MPMW Tipsheet No. 14 December 2018 Center for Nutrition Policy and Promotion USDA
https://choosemyplate-prod.azureedge.net/sites/default/files/myplate/MPMW_tipsheet_14_FINAL.pdf

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

You can go to this site and get more information on labels.
<https://www.fda.gov/media/81606/download>

➤ **The following is a quick guide to reading the Nutrition Facts label.**

Step 1: Start with the Serving Size

“Look here for both the serving size (the amount people typically eat at one time) and the number of servings in the package. Compare your portion size (the amount you actually eat) to the serving size listed on the panel. If the serving size is one cup and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

Step 2: Check Out the Total Calories

Find out how many calories are in a single serving.

Step 3: Let the Percent Daily Values Be Your Guide

Use percent Daily Values (DV) to help evaluate how a particular food fits into your daily meal plan. Percent DV are for the entire day, not just one meal or snack. Daily Values are average levels of nutrients for a person eating 2,000 calories a day. A food item with a 5 percent DV of fat provides 5 percent of the total fat that a person consuming 2,000 calories a day should eat. You may need more or less than 2,000 calories per day. For some nutrients you may need more or less than 100 percent DV. Low is 5 percent or less. Aim low in saturated fat, trans fat, cholesterol and sodium. High is 20 percent or more. Aim high in vitamins, minerals and fiber.

Step 4: Check Out the Nutrition Terms

Low calorie: 40 calories or less per serving.

Low cholesterol: 20 milligrams or less and 2 grams or less of saturated fat per serving.

Reduced: At least 25 percent less of the specified nutrient or calories than the usual product.

Good source of: Provides at least 10 to 19 percent of the Daily Value of a particular vitamin or nutrient per serving.

Calorie free: Less than five calories per serving.

Fat free/sugar free: Less than ½ gram of fat or sugar per serving.

Low sodium: 140 milligrams or less of sodium per serving.

High in: Provides 20 percent or more of the Daily Value of a specified nutrient per serving.

Step 5: Choose Low in Saturated Fat, Added Sugars and Sodium

Eating less saturated fat, added sugars and sodium may help reduce your risk for chronic disease.

Saturated fat and trans fat are linked to an increased risk of heart disease.

Eating too much added sugar makes it difficult to meet nutrient needs within your calorie requirement.

High levels of sodium can add up to high blood pressure.

Remember to aim for low percentage DV of these nutrients.

Step 6: Get Enough Vitamins, Minerals and Fiber

Eat more fiber, potassium, vitamin D, calcium and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia.

Choose more fruits and vegetables to get more of these nutrients.

Remember to aim high for percentage DV of these nutrients.

Step 7: Consider the Additional Nutrients

You know about calories, it is important to know about the additional nutrients on the Nutrition Facts label.

Protein: A percentage Daily Value for protein is not required on the label. Eat moderate portions of lean meat, poultry, fish, eggs, low-fat milk, yogurt and cheese, plus beans and peas, peanut butter, seeds and soy products.

Carbohydrates: There are three types of carbohydrates: sugars, starches and fiber. Eat whole-grain breads, cereals, rice and pasta plus fruits and vegetables.

Sugars: Simple carbohydrates, or sugars, occur naturally in foods such as fruit (fructose) and milk (lactose) or come from refined sources such as table sugar (sucrose) or corn syrup. Added sugars will be included on the Nutrition Facts label in 2018. The 2015-2020 *Dietary Guidelines for Americans* recommends consuming no more than 10 percent of daily calories from added sugars.

Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first. This information is particularly helpful to individuals with food sensitivities, those who wish to avoid pork or shellfish, limit added sugars or people who prefer vegetarian eating”.

<https://www.eatright.org/food/nutrition/nutrition-facts-and-food-labels/the-basics-of-the-nutrition-facts-label>

Remember to set S.M.A.R.T. Goals (Specific; Measurable; Attainable; Relevant, and Time-bound)

HHS. GOVERNMENT KEY GUIDELINES

<https://www.hhs.gov/fitness/be-active/physical-activity-guidelines-for-americans/index.html>

➤ **Preschool-Aged Children**

- ✓ Preschool-aged children (ages 3 through 5 years) should be physically active throughout the day to enhance growth and development.
- ✓ Adult caregivers of preschool-aged children should encourage active play that includes a variety of activity types.

➤ **Children and Adolescents**

It is important to provide young people opportunities and encouragement to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety. Children and adolescents ages 6 through 17 years should do 60 minutes (1 hour) or more of moderate-to-vigorous physical activity daily:

- ✓ **Aerobic:** Most of the 60 minutes or more per day should be either moderate- or vigorous-intensity aerobic physical activity and should include vigorous-intensity physical activity on at least 3 days a week.
- ✓ **Muscle-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days a week.
- ✓ **Bone-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days a week.

➤ **Adults**

- ✓ Adults should move more and sit less throughout the day. Some physical activity is better than none. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.
- ✓ For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.
- ✓ Additional health benefits are gained by engaging in physical activity beyond the equivalent of 300 minutes (5 hours) of moderate-intensity physical activity a week.
- ✓ Adults should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

➤ **Older Adults**

- ✓ The key guidelines for adults also apply to older adults. In addition, the following key guidelines are just for older adults:
- ✓ As part of their weekly physical activity, older adults should do multicomponent physical activity that includes balance training as well as aerobic and muscle-strengthening activities.
- ✓ Older adults should determine their level of effort for physical activity relative to their level of fitness.
- ✓ Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.
- ✓ When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.

➤ **Women During Pregnancy and the Postpartum Period**

- ✓ Women should do at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity a week during pregnancy and the postpartum period. Preferably, aerobic activity should be spread throughout the week.
- ✓ Women who habitually engaged in vigorous-intensity aerobic activity or who were physically active before pregnancy can continue these activities during pregnancy and the postpartum period.
- ✓ Women who are pregnant should be under the care of a health care provider who can monitor the progress of the pregnancy. Women who are pregnant can consult their health care provider about whether or how to adjust their physical activity during pregnancy and after the baby is born.

➤ **Adults with Chronic Health Conditions and Adults with Disabilities**

- ✓ Adults with chronic conditions or disabilities, who are able, should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes

(1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.

- ✓ Adults with chronic conditions or disabilities, who are able, should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.
- ✓ When adults with chronic conditions or disabilities are not able to meet the above key guidelines, they should engage in regular physical activity according to their abilities and should avoid inactivity.
- ✓ Adults with chronic conditions or symptoms should be under the care of a health care provider. People with chronic conditions can consult a health care professional or physical activity specialist about the types and amounts of activity appropriate for their abilities and chronic conditions.

Safe Physical Activity

- ✓ Understand the risks, yet be confident that physical activity can be safe for almost everyone.
- ✓ Choose types of physical activity that are appropriate for their current fitness level and health goals, because some activities are safer than others.
- ✓ Increase physical activity gradually over time to meet key guidelines or health goals. Inactive people should “start low and go slow” by starting with lower-intensity activities and gradually increasing how often and how long activities are done.
- ✓ Protect themselves by using appropriate gear and sports equipment, choosing safe environments, following rules and policies, and making sensible choices about when, where, and how to be active.
- ✓ Be under the care of a health care provider if they have chronic conditions or symptoms. People with chronic conditions and symptoms can consult a health care professional or physical

activity specialist about the types and amounts of activity appropriate for them.

➤ Classification of Total Weekly Amounts of Aerobic Physical Activity into Four Categories

Levels of Physical Activity	Range of Moderate-Intensity Minutes a Week	Summary of Overall Health Benefits	Comment
Inactive	No activity beyond baseline	None	Being inactive is unhealthy.
Low	Activity beyond baseline but fewer than 150 minutes a week	Some	Low levels of activity are clearly preferable to an inactive lifestyle.
Medium	150 minutes to 300 minutes a week	Substantial	Activity at the high end of this range has additional and more extensive health benefits than activity at the low end.
High	More than 300 minutes a week	Additional	Current science does not allow researchers to identify an upper limit of activity above which there are no additional health benefits.

➤ Assessing Your Weight and Health Risk

“Assessment of weight and health risk involves using three key measures:

1. Body mass index (BMI)
2. Waist circumference
3. Risk factors for diseases and conditions associated with obesity

❖ Body Mass Index (BMI)

BMI is a useful measure of overweight and obesity. It is calculated from your height and weight. BMI is an estimate of body fat and a good gauge of your risk for diseases that can occur with more body fat. The higher your BMI, the higher your risk for certain diseases such as heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers.

Although BMI can be used for most men and women, it does have some limits:

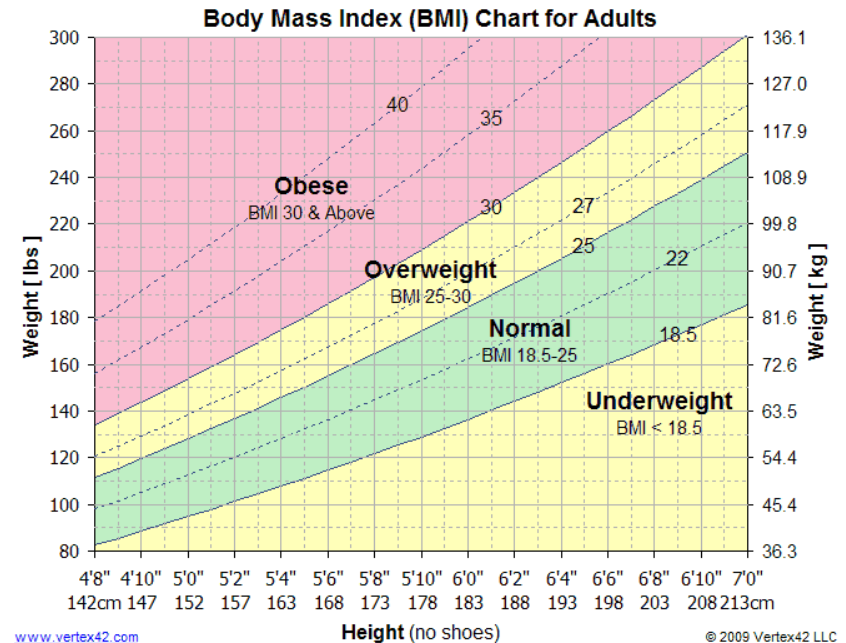
- It may overestimate body fat in athletes and others who have a muscular build.
- It may underestimate body fat in older persons and others who have lost muscle.
-

Use the [BMI Calculator](#) or [BMI Tables](#) to estimate your body fat. The BMI score means the following:

	BMI
Underweight	Below 18.5
Normal	18.5–24.9
Overweight	25.0–29.9
Obesity	30.0 and Above

You can go to this website to determine your BMI:

https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm



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<https://www.vertex42.com/ExcelTemplates/bmi-chart.html>

❖ Waist Circumference

Measuring waist circumference helps screen for possible health risks that come with overweight and obesity. If most of your fat is around your waist rather than at your hips, you're at a higher risk for heart disease and type 2 diabetes. This risk goes up with a waist size that is greater than 35 inches for women or greater than 40 inches for men. To correctly measure your waist, stand and place a tape measure around your middle, just above your hipbones. Measure your waist just after you breathe out.

❖ Risk Factors for Health Topics Associated With Obesity

Along with being overweight or obese, the following conditions will put you at greater risk for heart disease and other conditions:

Risk Factors

1. High blood pressure (hypertension)
2. High LDL cholesterol ("bad" cholesterol)
3. Low HDL cholesterol ("good" cholesterol)
4. High triglycerides
5. High blood glucose (sugar)
6. Family history of premature heart disease
7. Physical inactivity
8. Cigarette smoking

https://www.nhlbi.nih.gov/health/educational/lose_wt/risk.htm