



# POWER LUNCH

JUNE 2008

*Bringing Worship to the Workplace*

## Faith and Fitness

By Jamaal Piper

One thing that Lord gave us the responsibility to do is to take care of our bodies. Our society as a whole is probably in the worse physical shape that it has ever been, and in turn there is no shortage of gyms, exercise DVDs, magazines and other resources on health and fitness. The information is within arms reach for all of us to get active and do something we enjoy.

The Bible is clear that we should take care of our physical bodies but not put it over our spiritual growth. The key is to have balance. Philippians 4:5 states, "Let your moderation be known unto all men. The Lord is at hand". How can we be the servants that God has called us to be with no energy and broken down bodies? There is time in our daily routine to devote to our spiritual growth and physical well-being. It is definitely more of a challenge as responsibilities pile up, but healthy eating and exercise is a lifestyle. Once the lifestyle is adopted, it becomes less of a challenge to try and fit everything else in. It may take getting up a little earlier than normal or staying up a little later. The key is time management and balance. A common trend in our society is to adopt healthy eating habits and not exercise or exercise and not eat

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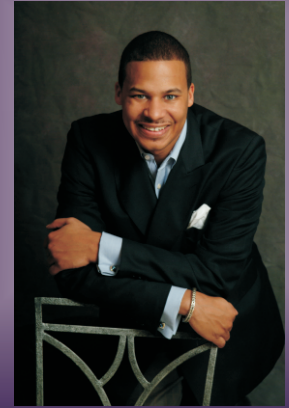
## Nutrition 101

By Renee Prioleau

Our Heavenly Father desires that we prosper and be in health, even as our souls prosper...3 John verse 2. It is a loving God who is concerned with the whole person in mind, body, and spirit. Therefore, let us take a moment and focus on nutrition and developing good eating habits for good health. Good nutrition is really a basic concept of eating good foods for good health, energy and fitness. You may ask, what does that mean...?, because something that basic doesn't seem so simple to achieve. In today's world, we are currently experiencing a major health crisis, overweight and obesity. We must also address the issue of "chronic underweight" controlled by eating disorders or achieved by certain food deprivation techniques. We are very aware of these issues, therefore it is important to understand that proper nutrition and good eating habits are essential for optimal body function, for as fuel is necessary to operate the car's engine so is food for the body. Good nutrition promotes good health and wellness, and prevents disease. Healthy eating habits benefit our appearance, learning, energy level, wellness and self esteem. So here's your basic nutrition

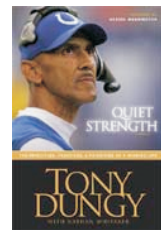
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## ISSUE HIGHLIGHTS

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properly. Such behavior gives one a false sense of security and accomplishment. It's like going to church on Sunday and not take your relationship with Christ past church attendance. To achieve proper fitness goals, its 50% eating and 50% exercise. Many of the sicknesses today stem for improper eating and a lack of exercise. For example, heart disease is the number one cause of death in America. According to a 2004 report prepared by the Office of Minority Health, African-Americans are 30% more likely to die from heart disease than non-Hispanic Whites. Poor eating habits and a lack of exercise contribute to more than 300,000 deaths per year and cardiovascular disease accounts for than 40% of deaths per year.

Always remember that the body is God's temple and it is no one else's responsibility but yours to care for it. There is no shortage of resources and professionals on hand to assist you in achieving health and wellness. Let's begin with some form of physical activity (i.e. walking, aerobics, pilates) 3-4 days a week for 30-45 minutes and adopt healthy eating habits. Seek the Lord for strength and guidance to get rid of the old habits and start new ones that would be pleasing to him.

**Jamaal Piper is a Certified Personal Trainer and owner of Piper Personal Training. For more information visit [www.piperpersonaltraining.com](http://www.piperpersonaltraining.com).**

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course!

Good nutrition and realistic weight management are achieved by maintaining an energy balance between one's caloric intake and physical activity. One must consider energy needs based on age, gender, and activity level, for all these factors influence the body's metabolism or how the body burns energy. The US Department of Agriculture's website [www.mypyramid.gov](http://www.mypyramid.gov) provides a program to scientifically calculate a person's daily energy or calorie needs. When evaluating our diets, we should consider some basic principles: Breakfast is the most important meal of the day; Eat several small meals throughout the day including healthy snacks, Limit treats like sweets, salty and fried foods; Make smart food choices when grocery shopping, eating fast food and dining out; and Drink plenty of water. There are also dietary guidelines that should govern how we eat, for example, Variety (eat different kinds of foods for the body to get all the nutrients it needs), Moderation (limit the consumption of fat, cholesterol, sodium and sweets, Proportion (control portion size), and Activity (increase physical activity). One's daily diet should include foods from all the basic food groups, with the exception of those foods which cause food allergies or intolerances. Eat whole grains, fresh fruits and vegetables, lowfat dairy products, and lean protein. Know what you are eating, be informed, and read food labels. But above all beloved, enjoy what you eat !!! "Practice makes perfect", for it allows us to execute the power of making good and healthy lifestyle choices and the ability to experience the benefits of good eating habits.

**Renee Prioleau is a nutrition consultant for the US Department of Agriculture's Team Nutrition program in Washington, DC; and Founder of Kid's Kitchen Inc., a nonprofit organization devoted to nutrition education for children to prevent the risk of child obesity.**

## Power Lunch News

### June Monthly Focus Health and Wellness

### Announcements

Power Lunch is now in seven cities. Washington, DC, Atlanta, GA, Baltimore, MD, Dallas, TX, Columbia, SC, Columbus, OH and Suitland, MD.

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Are you gifted in the area of writing? Why not submit to The Power Lunch Newsletter. We are accepting articles & Testimonies to include in upcoming editions. The articles & Testimonies must be Bible based and must focus on applying Biblical principles in the workplace. Submit all articles to: [newsletter@powerlunchonline.com](mailto:newsletter@powerlunchonline.com)  
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