
Subject: An Ounce of Prevention is Worth a Pound of Cure
Posted by [GWB](#) on Thu, 21 May 2009 19:54:56 GMT
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James once talked about eating habits and exercise.

I would like for you, James, to tell me just what your routine is and how you currently "eat."

I know it is not a real popular topic, but once you take the bull by the horns, it is rewarding and you feel better. Staying on track (discipline) is the hardest part for me.

I, personally, want to take steps to have more discipline. I want to get healthy and even begin fasting again. I am not saying it is going to be easy, but it is on my heart.

We have been given an awesome Word and this world is not looking any better. We have a lot to be believing for at this time. This site could be used for prayer, agreement, fasting, etc.

Due to a new grandbaby, it is hard to check in everyday, but I will try.

Blessings,

GWB

Subject: Re: An Ounce of Prevention is Worth a Pound of Cure
Posted by [james](#) on Thu, 21 May 2009 22:39:24 GMT
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Hummm, first let me say that what works for me won't necessarily work for someone else. Also let me say this, whatever we do, it should be done in faith. We know the scriptures about bodily exercise profiting little and eating in faith what is put before us...BUT exercise DOES profit some(a little IS some) and eating healthy foods with restraint is wise. That being said, my faith is in Jesus, not how many times I can bench press some weights, or how many 'apples' I eat (to keep the doctor away)

It absolutely requires discipline and a person needs to decide what their priorities are, is being healthy and feeling good worth the effort? For me it is...my health comes from God and He supplies all my needs, but I have never, as some I have known, believed we should just eat whatever we want and sit around doing nothing, without expecting to 1)gain excessive weight; 2)have physical problems later in life; 3) feel bad.

And I don't want to always have say that there are times where we have to eat what's put before us, to keep a weaker brother from stumbling, or whatever. But the law of sowing and reaping is never more evident that in the human body...and the Word does say we are the temple of God and should treat our bodies(and minds) as such.

OK, the disclaimers are dealt with...

I rise early, 4:30-5:00; have time in The Word and prayer; then fix breakfast, two eggs scrambled with cheese,(cooked in olive oil or real butter) one slice of whole grain/whole wheat toast, glass of whole milk. (this is for a man 6'2", 185 lb....a woman might would only have one egg)

I then go for a 50 minute walk(3 miles), then according to my schedule, I either go to work(during tax season) or return home and catch up with e-mails, forum, ect. on odd numbered days I go to the fitness center about 9:30 and work out with weights for an hour(repetitions are more important than the amount of weight you lift)I only work with weights for the purpose of keeping fit and toned, I'm not into bodybuilding...at all.

Midmorning I'll have either a banana or an apple, after working out I'll have a protein shake. For lunch I'll either have a salad with olive oil as dressing, or a vegetable soup(homemade) maybe a sandwich.

For my evening meal(and I always try to eat early to allow my food to digest before going to bed)I will have just healthy foods, fish, chicken, some red meat, whole grain brown rice, steamed veggies, salad, ect. I don't have sugar in my house, don't drink soda pops or coffee or sweet tea; I cook with EVOO(extra virgin olive oil), real butter, grill or broil most meats. It cost more at the market, but our health should be worth it.I only buy fresh, whole foods, lots of vegetables and fruit and healthy nuts. (yeah, folks call me a health nut) My one treat I allow is ice cream, I have a small amount when I want it.

To me, the key is making it part of your lifestyle and daily routine, just like brushing your teeth or reading your bible. I know my schedule is flexible and I have more free time at this time in my life, but even when I'm working 10-12 hr.days during tax season, I still make time to exercise(it's also a great stress reliever).

Adjusting for a womans lifestyle and time constraints may be required, but just remind yourself that you can do all things through Christ.

And please, don't anyone think that I think, I have health because of myself or my own efforts, I know that apart from the mercy and grace of God, I could drop dead today...I'm not trusting in food and exercise, I'm TRUSTING in Jesus...I just happen to believe that exercise and proper diet is wise, for anybody.

Subject: Re: An Ounce of Prevention is Worth a Pound of Cure
Posted by [GWB](#) on Thu, 21 May 2009 22:54:56 GMT
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Awesome, James!

That sounds practical, disciplined and free to me.

The disclaimers are always a blessings to hear.

I believe that every single heartbeat is in His hands. In Jesus Name, I am going up in the First Fruits Rapture.

Blessings,

GWB

Subject: Re: An Ounce of Prevention is Worth a Pound of Cure
Posted by [Abiding](#) on Thu, 21 May 2009 23:10:56 GMT
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I was saying AMEN, brother, until you got to the part about no coffee.

I didn't even start drinking coffee until I was in my 30's, and always switched to decaff when pregnant or nursing after that, but I do like my 2 cups a day (with generous amounts of 2% milk!).

Seriously, I think it's great that you're eating healthfully and exercising. I am careful about what I eat, too, and what I feed the family. Moulder manages to be pretty content without fried chicken and the "traditional" Southern cooking for the most part and has been eating whole wheat bread without complaints for years now. (It was hard going at first though, let me tell you!)

Subject: Re: An Ounce of Prevention is Worth a Pound of Cure
Posted by [william](#) on Thu, 21 May 2009 23:20:56 GMT
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On Thu, 21 May 2009, Abiding wrote:

>
> Moulder manages to be pretty content without fried chicken and the
> "traditional" Southern cooking for the most part and has been eating
> whole wheat bread without complaints for years now. (It was hard going
> at first though, let me tell you! :d) -- Blessings, Abiding
>

Yes, but you know that this weekend is MEMORIAL DAY. I'm going for BIG juicy grilled hamburgers and hot dogs and maybe some ribs. A day to remember the fallen heroes of the past!

Forever yours,
William

Subject: Re: An Ounce of Prevention is Worth a Pound of Cure
Posted by [james](#) on Fri, 22 May 2009 00:08:12 GMT
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Oh, how sweet...'forever yours'. You better be glad Hombre isn't around for that one, he wouldn't let you live it down.

Just remember when you're out RUNNING off those burgers, dogs, and ribs...you could'a had tofu.

Subject: Re: An Ounce of Prevention is Worth a Pound of Cure
Posted by [william](#) on Fri, 22 May 2009 00:21:09 GMT
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On Thu, 21 May 2009, James wrote:

>
> Just remember when you're out RUNNING off those burgers, dogs, and
> ribs...you could'a had tofu. :)

>

James, James, James... how far you have strayed from reality. Has it been so long that you can't remember? Everybody knows you can't run after a meal like that. Tsk, tsk.

Subject: Re: An Ounce of Prevention is Worth a Pound of Cure
Posted by [james](#) on Fri, 22 May 2009 00:23:08 GMT
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Abiding,

I consider myself blessed, I got started early understanding the benefits of maintaining our bodies. I was into sports when growing up and found out that it pays to eat and exercise right.

I can remember when I kicked sugar, I would get cravings and headaches til my body adjusted. Caffeine is the same way, we become addicted to it...but I'm not preaching abstinence, enjoy your coffee. It just gets me so keyed up, it's like taking speed or something.

It takes some adjusting when changing eating patterns, but after a while when you eat junk that you once liked, it's like yuck, what a greasy mess. Good ole southern down home cooking, with 'fried everything that don't move', is some of the most unhealthy foods there are.

Subject: Re: An Ounce of Prevention is Worth a Pound of Cure
Posted by [james](#) on Sun, 21 Jun 2009 20:56:34 GMT
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It's been a month since we talked about proper diet and exercise, how about a positive report on how it's coming along. After a month you should be getting in to a routine and starting to understand what works best for individual needs, both in working out and foods consumed.

I didn't share that encouragement just to practice my typing/pecking skills. Come on, at least say it's been taken from the list of things of good intentions, to implementation into daily life....

Subject: Re: An Ounce of Prevention is Worth a Pound of Cure
Posted by [GWB](#) on Mon, 22 Jun 2009 02:18:11 GMT
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Thanks for your input James! It really has helped!

I am beginning to use the Fat Flush Diet. I don't really think diets work. I think it has to be a lifestyle. However, the book has helped me get back on track with healthy meals.

I joined the new YMCA in my area! I have been taking my grandson swimming. Also, they have personal coaches and classes. It is really a good deal for the whole family.

So far, it has been great! I feel better and sleep like a log at night after working out during the day.

The facility is awesome! They have three pools, a walking track, gyms, etc. It is YMCA Aquatic Center in New Albany, Indiana. Not bad for New Albany (Mayberry), Indiana!

I will keep you posted and keep sharing eating tips!

Blessings,

GWB

Subject: Re: An Ounce of Prevention is Worth a Pound of Cure
Posted by [james](#) on Mon, 22 Jun 2009 10:21:19 GMT
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GWB wrote:

"I am beginning to use the Fat Flush Diet. I don't really think diets work. I think it has to be a lifestyle."

I believe you're correct, diets for the most part don't work...for one reason or the other; mostly because of lack of discipline by the person 'trying' it. And of course we know that 'diet books' and diet programs are a HUGE money maker here in America, due to the fact that almost everyone wants the instant fix, rather than establishing eating and exercise habits that prevent the need for diets.

Diet is a word that describes what we eat on a daily basis, but modern America, especially women, have made it to mean a term for 'losing weight'. We all should be on a diet of healthy

foods and exercise, if we were then there'd be no need for the gigantic market of diet, low fat, fat free foods, books, clinics, and the such. Children should be taught to get up off the couch and put down the X-Box 360's, the supersized, fastfoods, and get out in the yard and sweat some, play sports. Childhood obesity is a very real thing, and it's not getting better with time. The scripture about raising up a child in the way that he should go, would also apply to 'every' aspect of life, not just the spiritual and moral training.

I'm glad to hear a positive report, keep it up...it does have to become part of your daily routine for it to be sucessful...Fads, fade...Disipline lasts.

Subject: Re: An Ounce of Prevention is Worth a Pound of Cure

Posted by [GWB](#) on Tue, 23 Jun 2009 04:04:18 GMT

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I think you are right, James. I have been taking my grandson to the YMCA and letting him swim for hours. He comes back to Mamaws exhausted and ready for bed!

Also, eating healthy is very much a discipline and something to trust Jesus for in the expense department.

I know that I am on the right track, even though it has been slow. He is faithful to help me in every area I need to glorify Him. Fat Christians don't glorify Him. I am working on this one myself!

Blessings,

GWB
