

Websites

American Heart Association:

Healthy recipes at http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Heart-Healthy-Recipes_UCM_465114_RecipeLanding.jsp

Nutrition & Fitness:

At SparkPeople, their mission is to SPARK millions of PEOPLE to reach their goals and lead healthier lives. They offer nutrition, health, and fitness tools, support, and resources that are 100% free.

www.sparkpeople.com

Get the facts on sugar:

Find great information on different types of sugar at <http://www.smallfootprintfamily.com/the-many-different-kinds-of-sugar>

Food-Faith-Fitness:

Nourishing your body, mind and soul.

<https://go.madmimi.com/signups/activate/e3b2313b81133172c97d74bdde716dff?signup=103383>

Healthy To 100:

Empowers adults over 50 to build strength, burn fat, and live healthy and active to 100. See more at: <http://www.thecrossdifference.com/about-cross-fitness>

For Children:

Find information about good nutrition; food safety; eating healthy meals on a budget, and being physically active.

<http://kids.usa.gov/index.shtml>

Arthur and his friends are here to help with games, videos, and resources designed to help keep your family safe and strong.

<http://pbskids.org/arthur/health/>

Fitness Phone Apps for tracking food and exercise.

[MyFitnessPal](#)

[Fitness Buddy](#)

[SworKit Lite](#)

[Bit of Exercise](#)

[MapMyRun](#)



Nutrition & Activity

Do you not know that your bodies are members of Christ? — 1 CORINTHIANS 6:15

Activities Augustana

Adult Forum: Sundays, April 12 & 19, 9:45 or 10:45 am Healthy Food Choices/ Fitness for a Lifetime

Dr. Dan Halvorsen, Physiologist – Nutritionist, UMN Med School Peds ExMed

This two-part series will focus on Healthy Food Choices (April 12) and Fitness for a Lifetime (April 19). Dan will discuss the current data; explain our enriched knowledge base, and answer your questions. He also has some fun activities and incentives planned!

Aromatherapy Class: Tuesday, April 21, 6:30-7:30 pm Products made with Essential Oils

Facilitators: Stacy Eichman-Cardwell, Cathy Mullaney

Stacy and Cathy will share some of their favorite products and recipes that use essential oils. Product samples will be available. Feel free to contribute to this class by bringing some of your own creations! There is no cost for this class and sign up is not necessary.

Yogadevotion

Seated in His Presence Chair Yoga, Mondays, 9:00 am Mat Yoga, Mondays, 6:30 pm

Strengthen and lengthen your body while increasing your flexibility and improving your range of motion and balance. Sessions run continuously throughout the year, but you can join anytime.

A Life in Balance

*Knowing WHO you are
Remembering WHOSE you are*

Activities and Ideas

Use a Fitbit or some other brand of exercise tracker. Having one is a fun and easy way to track your workouts and it serves as a motivator to get out and move. One person had one all winter and it helped them get out and walk all winter long which has been really good for them.

Recruit a friend and start an exercise program together. Encourage each other as you work towards your goal. For some, it is helpful to have another person to whom you are accountable. You are less likely to give up on the program when others are counting on you.

Hire a personal trainer. This can be a costly investment, but a very valuable one. Your health and well-being are priceless! Many have found success when working one-on-one with an expert in the field of fitness. Also, many trainers are educated in good nutrition as well, and they can work out a complete fitness and nutrition plan that is designed for you specifically. See more at: www.thecrossdifference.com/about-cross-fitness
Joe Cross, Personal Trainer

Meet with a nutritionist. Sit down with a nutritionist and come up with a healthy diet that will work for you. Determine goals: weight loss? general good health? A diet can be designed for you, taking into account any health issues you may have or other concerns that need to be addressed.

Try something new! In a food and exercise rut? Try changing it up a bit. If your daily exercise is walking and you walk the same route, go a different direction. Always eating the same boring chicken? Search recipes for healthy ideas to create new dishes. The internet and old-fashioned cookbooks are great resources!

Exercise tip: After a strenuous workout, drink some chocolate milk. Not only is it a fun reward for the hard work, but studies have shown that it works better than Gatorade for quick muscle recovery.

Bible Verses

Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body.

— 1 CORINTHIANS 6:19-20

For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness,

— 2 PETER 1:5-6

But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

— ISAIAH 40:31

She dresses herself with strength and makes her arms strong.

— PROVERBS 31:17

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

— ROMANS 12:1

So, whether you eat or drink, or whatever you do, do everything for the glory of God.

— 1 CORINTHIANS 10:31

Quotes

"When your primary focus is to have the smallest body possible, your life will shrink too"

— KARI TURKOWSKI

Recommended Readings

Babar's Yoga for Elephants by Laurent de Brunhoff

Murphy Meets the Treadmill by Harriet Ziefert

Good Enough To Eat by Lizzy Rockwell

Live Young Forever by Jack Lalanne

The First 20 Minutes: Surprising Science Reveals How We Can Exercise Better, Train Smarter, Live Longer by Gretchen Reynolds