



# Faith-Filled Movement & Nutrition

LIGHTING THE WEIGH  
[www.lightingtheweigh.com](http://www.lightingtheweigh.com)

CAROL GRAY, NBC-HWC, BOARD CERTIFIED HEALTH COACH



# History

- Coaching Participants to Better Health Through Behavior Change
- Years of personal struggle gaining and losing the same 45 pounds
- Resolved Through a Closer Walk with Christ
- Convicted That Relationship w/ Christ IS a Key Ingredient
- Board Certified Health Coach
- Behavior Change Specialist



# What Is Health Coaching?

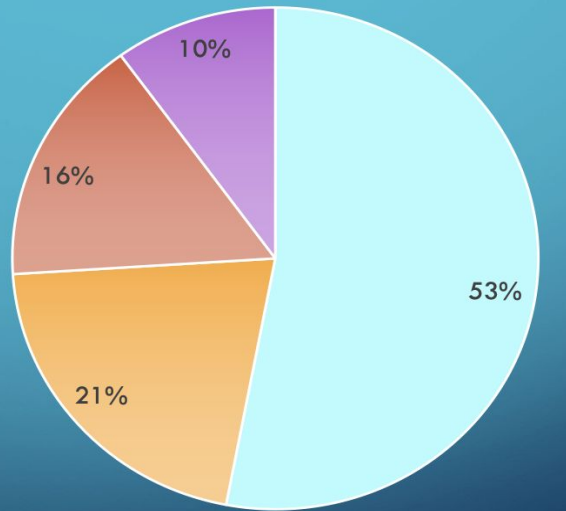


Health coaching is supportive alliance in which participants develop their own long-term solutions to unhealthy behaviors resulting in long term weight management.



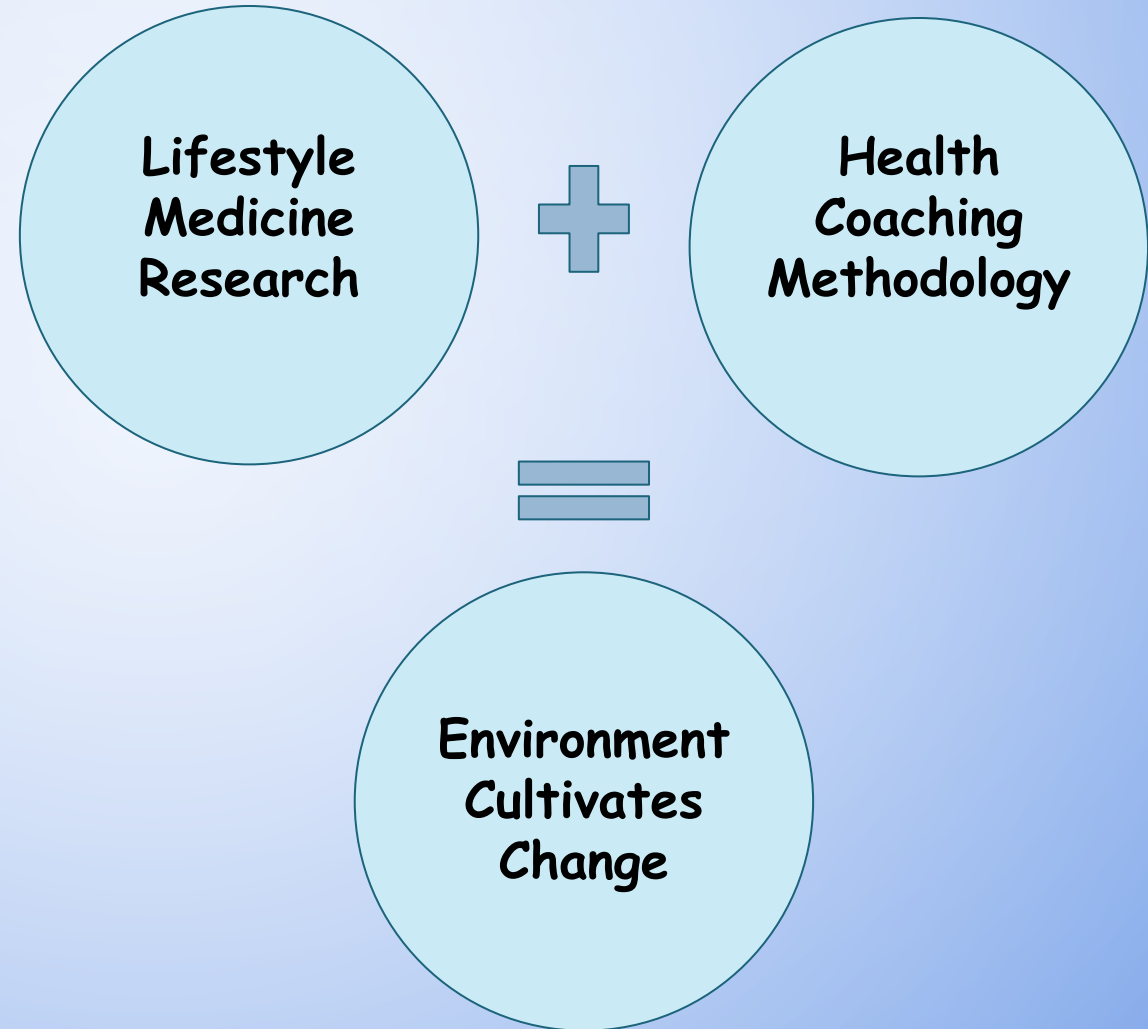
# What Is the Basis for Health Coaching?

## WHAT DETERMINES HEALTH?



■ Lifestyle ■ Environment ■ Genetics ■ Medical

Centers For Disease Control & Prevention





# NEW MIND NEW YOU

- FEBRUARY 15, 2022
  - 6-week Weight Loss Program
  - Meet on Zoom w/ 11 others
  - Registration Closes February 9th.
  - Go to [lightingtheweigh.com](http://lightingtheweigh.com) & Click Contact US, complete the form, click submit.



# TODAY'S AGENDA

PURPOSE: TO ENHANCE 1.MOTIVATION & 2.CONFIDENCE =  
YOUR SUCCESS

- FAITH AS A FOUNDATION
- HEALTHY EATING
- MANAGEABLE MOVEMENT
- SPECIFIC ACTION STEPS FOR BETTER RESULTS



# Key Ingredients

- WHO ARE YOU?
  - CREATED IN GOD'S IMAGE
  - VESSEL TO CARRY OUT HIS PURPOSE
  - YOU ARE "FEARFULLY AND WONDERFULLY MADE" PSALM 139:14
- WHAT IS HEALTHY EATING?
  - EATING A VARIETY OF WHOLE, PLANT-BASED FOODS
  - HOW & WHY WE EAT- THE BEHAVIOR OF EATING
  - OFTEN DETERMINED BY YOUR DOCTOR'S RECOMMENDATIONS
- WHAT IS MANAGEABLE MOVEMENT?
  - THAT FITS INTO YOUR LIFE
  - YOU FEEL DIFFERENTLY- MORE ENERGY, BETTER SLEEP, LESS PAIN



# ULTIMATE PURPOSE

“WE CAN BECOME THOSE THAT HAVE BEEN HEALED, MADE HEALTHY AND MADE WHOLE, BECAUSE JESUS IS WHAT WE WANT THE WORLD TO KNOW THROUGH HEALTHY PEOPLE. SO GOD WOULD BE GLORIFIED.”

ALISA KEETON, FOUNDER, REVELATION WELLNESS





# PERFECTION IS NOT THE GOAL

"WHEN YOU STOP EXPECTING PEOPLE TO BE PERFECT, YOU CAN LIKE THEM FOR WHO THEY ARE."

-DONALD MILLER

"LISTEN, WHETHER YOU SCORE 0 OR WHETHER YOU SCORE 60, I WILL ALWAYS LOVE YOU." JOE BRYANT

"MAKE FOOD CHOICES ABOUT GOD AND HELPING OTHERS."

SHERI ROSE SHEPHERD



# YOU ARE NOT ALONE

- ASK GOD FOR DIRECTION & STRENGTH 1ST:
  - YOUR MOST POWERFUL TOOL IS YOUR FAITH.
  - HOW DO I IMPROVE MY HEALTH TO GLORIFY GOD & HIS WILL FOR MY LIFE?

"TRUST IN THE LORD WITH ALL YOUR HEART AND LEAN NOT ON YOUR OWN UNDERSTANDING...ACKNOWLEDGE HIM, AND HE WILL MAKE YOUR PATHS STRAIGHT." PROVERBS 3:5-6

- SUPPORT IS KEY - FAMILY, FRIENDS, COWORKERS WHO WILL:
  - NOT JUDGE YOU
  - ENCOURAGE YOU
  - HOLD YOU ACCOUNTABLE
- MOTIVATION DOES NOT SUSTAIN US WHEN IT'S TOUGH.



# WHY DO WE EAT?

WE EAT FOR SO MANY REASONS BESIDES HUNGER ...

- CULTURAL (MEETINGS, FAMILY GATHERINGS, CHURCH)
- EMOTIONAL (SAD, HAPPY, ANGER, FEAR)
- HOLIDAYS & EVENTS (VALENTINE'S, EASTER, CHRISTMAS, THANKSGIVING, HALLOWEEN, SUPER BOWL, CELEBRATIONS)
- STRESS (WORK, FAMILY, TIME MANAGEMENT)
- FOOD (TASTE, VARIETY, COLORFUL, TEXTURE)



THIS IS NORMAL



# ALL FOOD HAS MERIT

- THERE ARE NO "GOOD" OR "BAD" FOODS.
- FOOD IS GOOD.
- FOOD IS MEANT TO BE ENJOYED.

WHO KNEW???





# AVOID

- "SHOULD" ALL OVER OURSELVES
- NEGATIVE SELF-TALK
- COMPARISON TRAP
- FOCUS ON WHAT HAS NOT HAPPENED YET...
  - WHERE WE ARE & WHERE WE WANT TO BE





# WHAT WOULD HAPPEN IF YOU...

- PAID ATTENTION TO EATING ON PURPOSE WITH NO JUDGEMENT WHILE GIVING SPACE FOR INSIGHT?
- RECONNECT MORE DEEPLY WITH THE EXPERIENCE OF EATING — AND ENJOYING YOUR FOOD?
- WELCOMED HUNGER AS NORMAL?



# BE AWARE

- SLEEP DEPRIVATION AND STRESS ...
  - GUIDES YOU TO SWEETS AND STARCHES
- IT IS THE FIRST BITE, NOT THE LAST THAT STIMULATES SEROTONIN.
- EVERY BITE NEEDS TO TASTE AS GOOD AS THE FIRST BITE.





# IS THE EFFORT WORTH IT?



- WHEN CHEATING IS NO LONGER POSSIBLE, THE FORBIDDEN FOOD NO LONGER LOOKS APPEALING.
- WHEN YOU ALLOW YOURSELF THE ABILITY TO TASTE ANY FOOD- EXPERIENCE THE TEXTURE, COLOR, FLAVOR...

THE URGENCY OF EATING THE FOOD GOES AWAY.



# IS THE EFFORT WORTH IT?

- NO MORE ANXIOUS EATING
  - NO MORE "LAST SUPPERS"
    - NO MORE GUILT
    - NO MORE DIETS



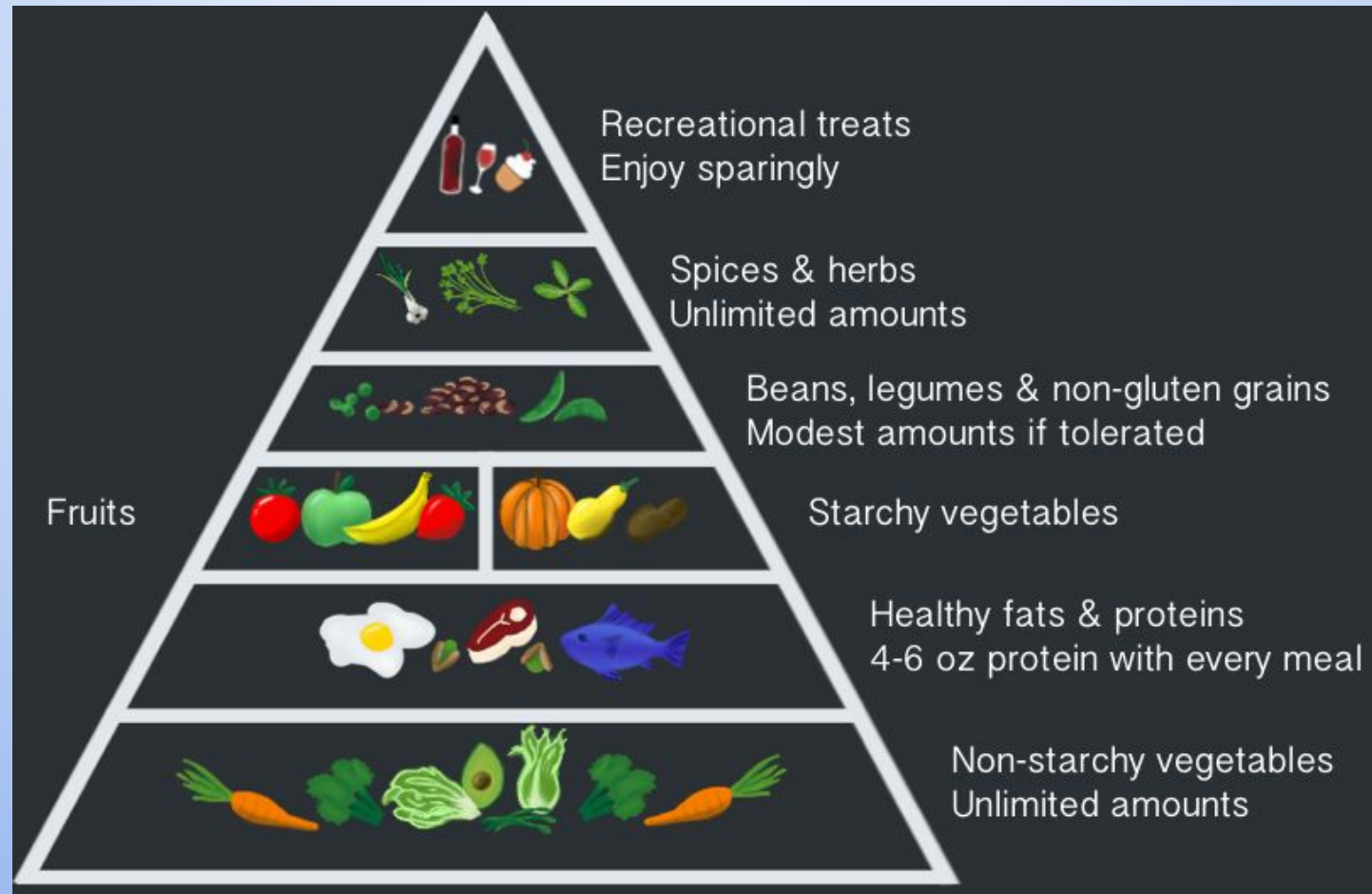
# HEALTHY FOODS DO NOT...

- **PROMOTE INFLAMMATION**
- **#1 LINK TO ALL CHRONIC DISEASE IS INFLAMMATION**
  - **CONVENIENCE FOODS: FAST FOOD, CONVENIENCE MEALS, POTATO CHIPS, PRETZELS**
  - **REFINED CARBOHYDRATES: WHITE BREAD, PASTA, WHITE RICE, CRACKERS, FLOUR TORTILLAS, BISCUITS**
  - **FRIED FOODS: FRENCH FRIES, DONUTS, FRIED CHICKEN, MOZZARELLA STICKS, EGG ROLLS**
  - **SUGAR-SWEETENED BEVERAGES: SODA, SWEET TEA, ENERGY DRINKS, SPORTS DRINKS**
  - **PROCESSED MEATS: BACON, BEEF JERKY, CANNED MEAT, SALAMI, HOT DOGS, SMOKED MEAT**
  - **TRANS FATS: SHORTENING, PARTIALLY HYDROGENATED VEGETABLE OIL, MARGARINE** <sup>19</sup>



# HEALTHY FOODS ARE...

## ANTI-INFLAMMATORY





# ADD MORE MOVEMENT

- THAT'S MANAGEABLE
- CONSISTENCY BEATS VOLUME & INTENSITY
- ENVIRONMENT
  - PHYSICAL- SPACE, EQUIPMENT, ETC.
  - MENTAL- SOUNDS, PRAYER, VISUAL, OLFACTORY (SMELL), SOMATOSENSORY (TOUCH)

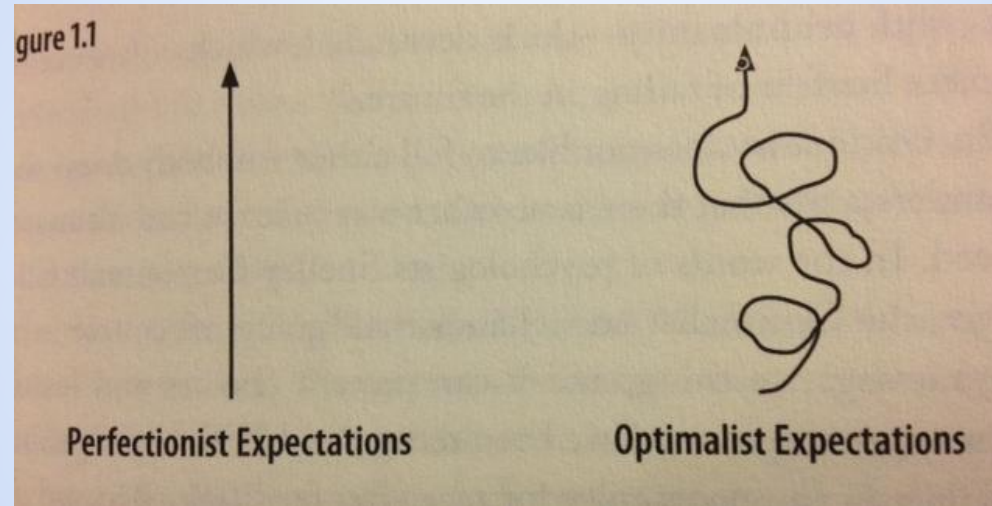


# ADD MORE MOVEMENT

- ACTIVITIES YOU ENJOY - SOMETHING FUN
- OFTEN BEGINS WITH:
  - A LEISURE WALK
  - WALKING IS NOT EXERCISE - IT IS NECESSITY FOR HEALTH
  - GETTING UP FOR COMMERCIALS FOR MINI-SQUATS
  - WORK UP TO 30-60 MINUTES 5 DAYS PER WEEK



# BE OPEN TO MISTAKES



- **EXPECT TO SCREW-UP!**
- **GRATITUDE**
- **BENEFIT OF THE DOUBT**



# FOR THE ROAD... TAKING ACTION

1. SPEND TIME WITH THE LORD TO EXPLORE AND OVERCOME NEGATIVE MINDSETS AROUND FOOD & MOVEMENT CHOICES.

THEREIN YOU WILL FIND THE GREATEST TOOL TO MAKE HEALTHY CHOICES FOR HIS GLORY.

2. TAKE CONSISTENT ACTION

3. BE OPEN TO FAILING TO LEARN WHAT WORKS FOR YOU





# DON'T FORGET

“WE ARE MORE EFFECTIVE IN OUR WITNESS TO  
THE WORLD WHEN WE FEEL HEALTHY...”

SHERI ROSE SHEPHERD



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# HELPFUL RESOURCES

- THE BIBLE
- THE CIRCLE MAKER BY MARK BATTERSON
- FIT FOR MY KING BY SHERI ROSE SHEPHERD
- LIFESTYLE MEDICINE HANDBOOK BY BETH FRATES
- [HTTP://WWW.AMIHUNGRY.COM/](http://www.amihungry.com/)
- SUBSCRIBE TO LIGHT & LIBERTY @  
[WWW.LIGHTINGTHEWEIGH.COM](http://www.lightingtheweigh.com)
- [INFO@LIGHTINGTHEWEIGH.COM](mailto:info@lightingtheweigh.com)