

HEALTHY

INSPIRATION

You'll never know where you can take yourself if you never take the first step.

Whether you think you can or you think you can't, you're probably right.

We're not losing weight; we're getting rid of it. We have no intention of ever finding it again.

It is HARD and you CAN do it!

Be A Fit Chick!



Coach Roz Talks Having a More Energetic Morning

Why do you think so many of us wake up still feeling groggy and tired in the mornings?

Coach Roz: I think because most of us wake up already running through this long to-do list for the day - before we've even taken our feet from under the covers! That kind of racing mind can be draining.

What would you say is the most important thing to do in order to have a more vibrant morning?

CR: Eat breakfast. Period. But more specifically, try to eat breakfast within an hour of waking up to get your digestion going and most importantly for weight loss, gets your metabolism up-to-speed for the day.

Does playing music have any impact or should mornings be quiet and calm?

CR: I think that ultimately is up to each individual person. However, I do know that playing your favorite music or music that puts you in a certain kind of mood. It literally sets the "tone" for the day!



My Idea of R.E.A.L. Food

Reliable: it contains vitamins, minerals, fiber, phytochemicals, antioxidants, monounsaturated fats

Enjoyable: it tastes good

Authentic: it comes in the closest form to nature (God's creation NOT over processed, empty calorie foods)

Luscious: it looks & smells good



What the Bible Has to Say About Our Weight

The Bible speaks to us about our bodies and our weight in 4 major ways: **Move More, Eat Less, Eat Good, and Think Better.** I put a few bullet points about “eating good” in the left column but I’ll share more about the other three ways below.

Move More: *Hebrew 6:12 (NIV) – We do not want to become lazy, but to imitate those who through faith and patience inherit what has been promised.* Exercising is essential to a healthy body and good muscle tone.

Eat Less: *Proverbs 23:20-21 (NIV) – Do not join those who drink too much wine or gorge themselves on meat (food).* By watching the amount we eat, we can stop mindless eating and make sure we get just enough calories for the day.

Think Better: *Romans 12:2 (NIV) – Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. As we think so are we.* The more we think of ourselves thinner, healthier, and happier - the more likely we are to achieve it.

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