

Fitness and Wellness for the Called Worker

Dwight Sandvold – Fitness and Sports Training

Hero's of Faith and Wellness: Moses

Deuteronomy 34:7 Moses was 120 years old when he died and his eyes were not weak nor his strength gone.


Why:

1. He walked- A lot – once he climbed Mt. Sinai twice in a day
2. His diet: for over 40 years he ate lean protein and whole grains with a natural sweetener. He drank water. So did his "congregation."
3. He was very busy; however he took advice and learned to delegate and trust others.
4. God had work for him to complete

Daniel

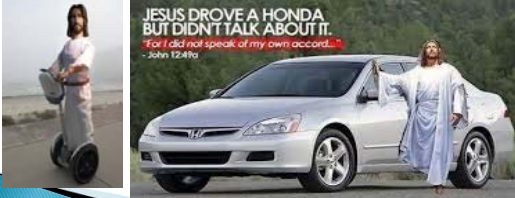
Daniel 1:8 Now Daniel resolved not to defile himself with the royal food and wine, and he asked permission not to defile himself this way.

1. Daniel's health improved as a result of the stand he took for his faith.
2. He also spoke up for the health of his fellow believers. He was a trendsetter and a leader.
3. Result: God Blessed him for his leadership



Jesus

- Jesus Walked - everywhere
- Jesus ate fish, whole grains, natural breads, olives, figs and drank water and wine
- Christ walked and taught at the same time
- Jesus walked away from his work to de-stress



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Jesus – “ Fitness Walks.”

- From Jerusalem to:

- Bethany – 2 miles
- Bethlehem – 6 miles
- Caesarea – 57 miles
- Capernaum – 85 miles
- Emmaus – 16 miles
- Jericho – 15 miles
- Sea of Galilee – 70 miles

Did all this walking result in his not accomplishing the goals of his ministry? He wasn't sitting in an office all day.

How does Wellness Fit into God's Plan for My Ministry?

Justification for time spent:

- Some Math: 3.5 hours of exercise a week over 40 years equals 7,280 hours.
- If “ we have the strength” to serve an additional 5 years because we practiced wellness this= 10,000 hours (based on 50 weeks at 40 hours a week)
- When one is in optimal health productivity is greater and one's affect is more positive.

Carving out a Routine

- ▶ Treat exercise as an appointment – enter your workout in your planner. “I have a meeting with Mr. Nike at that time.”
- ▶ Your best bet is early a.m.
- ▶ Involve a parishioner as your workout buddy
- ▶ Mix up your walk/run/bike routes. Explore your mission field! Avoid being Rain Man.
- ▶ Mix up types of exercise and diet – own many fitness toys and master them.
- ▶ Get outside for physical and mental health.
- ▶ The Y/gym is a mission field!

Training Principles

- ▶ **S.A.I.D. – Specific Adaptation to Imposed Demands.** The demand must be enough to force an adaptation. Shock the body by changing your routines every month or two!
- ▶ **Strength training is essential.** If sedentary you will loose up to 5 # of muscle a decade. 20 years = 10 lbs lost. It takes 60 cal a day to maintain a # of muscle vs. 3 cal for # of fat. Thus 600 calories burned for muscle– vs. 30 for fat.
- ▶ **Cardio exercise: Make it count–** work at a perceived exertion of 7–8 out of 10 or purchase a Garmin watch to track pace/distance.

Sample Routine

Monday	Tuesday	Wed.	Thurs.	Friday	Sat.	Sunday
Strength Training 20 min.	Cardio 45 min.	Strength	Cardio 45 min.	Strength	Treadmil sermon practice– 45 min.	45 min walk or family hike or bike, CC ski etc.
Cardio Exercise 30 min.	15 min. walk	Cardio 30 min.	15 min. walk	15 min walk	Family fitness	

Training Intensities

- ▶ Walking – a fitness walk should be at 3.5 – 4.5 mph. A mile covered in 14– 17 minutes.
- ▶ Running – Warm-up for 7 minutes/ run 2 miles all out and note time for 2 miles. 7 minute cool down. Go to McMillian Run Calculator and determine your paces based on your 2 mile time.
- ▶ To gain strength, repetitions should fall in the 5 – 15 repetition range. Last rep being very close to failure. Strength train 2 –3 days per week on nonconsecutive days.

Nutrition

- ▶ Calorie needs are based on current activity levels.
- ▶ Make your and your families nutritional goals known immediately upon arriving at your congregation.
- ▶ Be a trendsetter in your congregation. Bring fruit and vegetables to events.
- ▶ Discourage the perception that each event held in your congregation must have a *treat*. Exceptions should be the exception
- ▶ Buck European ideas of what one should bring to “church events.” It is not your family’s job to save leftover junk food by bringing it home following church events.
- ▶ Say “I am a borderline diabetic.” or you might be.

Nutrition Myths

- ▶ **Myth: Carbs are bad. Truth: Bad carbs are bad** E.g. Pastries, white flour in general, corn syrup, soda etc. Fruits and vegetables are carbs as are whole grain breads and brown rice.
- ▶ **Myth: Fat is bad. Truth: Bad fat is bad.** E.g. Fried foods, processed oils found in crackers and chips, saturated fats in meat. Do eat fats found in nuts, avocados, coconut, fish, olives and canola. It provides satiety and prevents overeating in the evening.

Resources

- ▶ Livestrong.com - my daily plate - a free calorie calculator and intake tracker.
- ▶ Eat, Drink and Be Healthy by M.D. Walter C. Willett.
- ▶ Move a Little, Lose a lot by James A. Levine
- ▶ McMillian running Calculator
www.mcmillanrunning.com
- ▶ [dwightsandvold@yahoo.com](mailto:dwrightsandvold@yahoo.com) - I am happy to answer questions.