


## Fitness and Wellness for the Called Worker

Dwight Sandvold – Fitness and Sports Training




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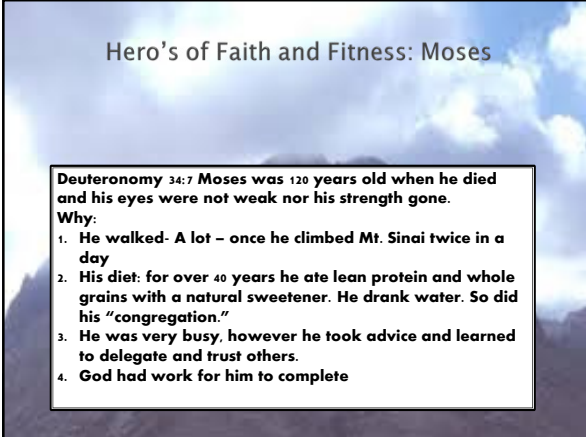
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### Hero's of Faith and Fitness: Moses

**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




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### Heroes of Faith and Wellness: 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 his fellow believers. He was a trendsetter and a leader.
3. God Blessed him for his leadership




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## Jesus

- **Jesus Walked** - everywhere
- **Jesus ate fish, whole grains, natural breads, olives, figs and drank water and wine**
- **Christ had walking meetings**
- **Jesus walked away from his work to de-stress**



**JESUS DROVE A HONDA  
BUT DIDN'T TALK ABOUT IT.**  
"For I did not speak of my own accord..."  
- John 12:49a

more awesome pictures at [THEMETAPICTURE.COM](http://THEMETAPICTURE.COM)

## Jesus – “ Fitness Walks.”

### › From Jerusalem to:

Bethany – 2 miles  
Bethlehem – 6 miles  
Bethphage – 1 mile  
Caesarea – 57 miles  
Caesarea Philippi – 105 miles  
Capernaum – 85 miles  
Dead Sea – 6 miles  
Emmaus – 16 miles  
Jericho – 15 miles  
Joppa – 35 miles  
Jordan River – 21 miles  
Mediterranean Sea – 37 miles  
Salim – 50 miles  
Samaria – 36 miles  
Sea of Galilee – 70 miles

Did his walking time mean he didn't accomplish what he needed in his ministry?

## How does Wellness Fit into God's Plan for Me– Justification

- › Math: 3.5 hours of exercise a week over 50 years equals 9100 hours.
- › If “ we have the strength” to serve an additional 5 years = 10,000 hours ( based on 50 weeks at 40 hours a week)
- › When one is in optimal health productivity is greater.

## Carving out a Routine

- Treat exercise as an appointment – enter your workout in your planner.
- Your best bet is early a.m.
- Involve a parishioner
- Mix it up– routes
- Mix it up – types of exercise and diet
- Get outside
- A gym may be a mission field!

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## Sample Routine

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

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## Nutrition

- Calorie needs are based on current activity level.
- 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*.
- Buck northern European ideas of what one should bring to "church events." Does one risk shunning if twice the volume of food needed isn't served? Exceptions are that.
- It is not your family's job to save potentially "wasted" junk food by habitually bringing the donuts etc. home.
- Say "I am a borderline type 2 diabetic." However you now risk being inundated with pallets of bars made with splenda.

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## A Seminary Fitness Room Tour

- ▶ S.A.I.D. – specific adaptation to imposed demands. The demand must be great enough to force/cause an adaptation.
- ▶ Strength training is essential. If you are sedentary you will loose up to 5 # of muscle a decade. 20 years = 10 lbs. 60cal vs. 3 cal= 600– 30= 570 cal a day.
- ▶ Cardiovascular exercise– make it count– work at a perceived exertion of 7–8 out of 10.

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## Resources

- ▶ Livestrong.com – my daily plate – a free calorie calculator and intake tracker.
- ▶ fastandyou.com – I am happy to answer brief questions.
- ▶ Eat, Drink and Be Healthy by M.D. Walter C. Willett.

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