



Healthy Living



Curriculum Two (2)
Week 11

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Healthy Living

based on
THE PRISM
WEIGHT LOSS PROGRAM

WEEK ELEVEN:

Energized
Actions

+

Right Attitudes

=

True Me

RUNNING THE GOOD RACE... TO THE FINISH!!

At this point in your journey it is time to take personal inventory. How are you doing? Are you taking it one day at a time, standing firm in your commitment? Do your attitudes and actions of discipline demonstrate your desire to complete your journey? Reflect for a moment on yesterday.

Answer the following questions (yes or no):

1. I calculated the calorie value and wrote down everything I ate.
2. I know that I counted all of my calories accurately.
3. If I was unsure of the calorie value of one of my food choices, I looked it up.
4. I read my lesson.
5. I looked at my TRUE YOU picture and my “right weight” scales twice.

Did you answer “yes” to all of the questions? If you did, here is some good news – YOUR DESTINATION, THE TRUE YOU, IS CLOSE AT HAND! YOUR FAITHFUL ADHERENCE TO THE PROGRAM GUIDELINES HAS HELPED YOU DEVELOP POSITIVE ATTITUDES AND RIGHT ACTIONS THAT WILL BRING ABOUT LASTING TRANSFORMATION!

If you answered “no” to even one question, you must take a serious look at WHY you stumbled in this area of the program. Are you just getting “lazy,” or is this a sign of self-sabotage? Do some of the guidelines seem unimportant or trivial? DO NOT ALLOW YOURSELF TO FALL INTO THESE TRAPS! You have traveled much too far on this road to exit now! The road behind you is much longer than the road before you. Do not let this temporary feeling of weariness cause you to take the next “off ramp.” It is very difficult to get back on the road to the TRUE YOU once you leave it. START TODAY WITH A FRESH, RENEWED ATTITUDE FOR SUCCESS. Keep your eyes focused on the finish line, THE TRUE YOU!

**YOU CAN MAKE IT! YOU MUST MAKE IT!
YOU HAVE WORKED SO HARD...
NOW COMPLETE YOUR JOURNEY!!**

OPTIONAL SCRIPTURE READING:

I TIMOTHY 4:15-16

“Put these abilities to work; throw yourself into your tasks so that everyone may notice your improvement and progress. Keep a close watch on all you do and think. Stay true to what is right and God will bless you and use you to help others.” (The Living Bible)

PROVERBS 4:25-27

“Let your eyes look straight ahead, fix your gaze directly before you. Make level paths for your feet and take only ways that are firm. Do not swerve to the right or the left; keep your foot from evil.” (New International Bible)

PERSONAL EVALUATION

1. Which program guidelines, if any, are you struggling with?

2. Why do you think you are struggling with these guidelines? If you are not struggling, what do you think is helping you maintain your commitment to the program guidelines?

3. What is the most significant change you are experiencing during this phase of the program?

4. What are some changes you still look forward to making?

5. Will these changes take place if you fail to take the program guidelines seriously? How does that make you feel?

6. How will your commitment to complete your journey impact your health and the quality of the rest of your life?

THIS CONCLUDES WEEK ELEVEN – LESSON ONE

THERE IS HOPE!

Think ahead to next summer. Is your attitude today different than it was a year ago? For many years you may have dreaded the coming of summer. Feelings of apprehension, desperation and finally apathy were common. The thought of having to wear warm weather clothes left you in a state of hopelessness. But today, **SOMETHING HAS HAPPENED! YOU HAVE HOPE!!** The transformation process you are experiencing is restoring confidence in your ability to succeed. Your **HOPE** that you can and will become the **TRUE YOU** is genuine and earned!

The journey is not an easy one. Change is not comfortable. Even the slightest of changes can create feelings of apprehension and uneasiness. Think about the **MAGNITUDE** of the changes you have been making in your life. Is it any surprise that things have not always been “comfortable” for you and those around you? When you decided to change your attitudes and actions toward eating, you upset the status quo.

What happens when a barren field is plowed up for the first time in many years? First, much energy is needed to “break ground” that has become hard with time. As the ground is turned, many things which have long remained buried re-surface. These obstacles which were neglected for years are now evident and must be removed before the ground will be productive. It would have been “easier” and less work not to plow the field at all, but ground is useless until it is properly tilled and prepared for planting.

Your **HOPE** gives you the strength to pursue what is right, no matter how uncomfortable the changes may be. Just as the field gradually takes on a new appearance and usefulness, your positive attitudes and right actions will result in lasting transformation and lasting change. **TODAY, ALLOW YOUR HOPE AND EXPECTATION TO FUEL YOUR DETERMINATION TO BECOME THE PERSON YOU WERE CREATED TO BE!**

**THE CHANGES YOU ARE MAKING TODAY
ON YOUR JOURNEY TO THE TRUE YOU
WILL PRODUCE A LIFETIME
OF FREEDOM!!
THERE IS HOPE!!!**

OPTIONAL SCRIPTURE READING:

I TIMOTHY 4:10

“For it is for this we labor and strive, because we have fixed our hope on the living God, who is the Savior of all men, especially of believers.” (New International Bible)

PSALM 62:5

“Find rest, O my soul in God alone; my hope comes from Him. He alone is my rock and my salvation; He is my fortress, I will not be shaken.” (New International Bible)

PERSONAL EVALUATION

1. Webster defines the word, “hope” as follows: “a desire of some good, accompanied with at least a slight expectation of obtaining it.” What are your personal “hopes,” desires and expectations today?

2. How do your new attitudes and actions support your hopes, desires and expectations?

3. How will the rest of your life be affected when you realize your hopes, desires and expectations?

THIS CONCLUDES WEEK ELEVEN – LESSON TWO

SET FREE TO REMAIN FREE

After hearing about “becoming free” for almost eleven weeks, are you beginning to experience any “feelings of freedom” in your eating behaviors? Are you finding it easier to make healthy food choices? The foods you misused less than three months ago do not seem as important to you today. Your positive attitudes about eating REALLY ARE starting to produce right actions in this area of your life. You feel the transformation process working inside of you. IT IS EXCITING TO EXPERIENCE BECOMING THE TRUE YOU!!

Now, read that first paragraph again. How do you feel? You feel excited, encouraged, happy and FREE. Do you also feel a bit uneasy? You may be wondering whether or not this feeling of freedom will continue after you complete this program. The program guidelines may be serving as a “safety belt,” giving you a sense of security in your journey. Even though the program guidelines have helped tremendously, YOU are developing the positive attitudes and right actions for lasting change in your life as the TRUE YOU. The program is simply the vehicle, YOU ARE THE DRIVER. It is YOUR determination and effort that has brought you this far and will carry you to your destination!

The result of the transformation process is lasting change; lifetime freedom from unhealthy eating behaviors. Do you believe you are close to being free from YOUR “fat prison?” Or, do you have fears of returning to a life of imprisonment once you leave the program?

Consider the following analogy. Studies indicate a large percentage of criminals who are released from prison return within two years. They leave the prison walls, but often take with them an attitude of confinement, unsure of their ability to function “on the outside.” Subconsciously, they miss the familiarity and “security” of life behind bars. Soon their actions take them back inside their “walls of protection.”

The TRUE YOU will be FOREVER FREE from the “fat prison!” Through the transformation process YOUR “attitude of confinement” is being replaced with an attitude of FREEDOM. THE TRUTH IS, YOUR POWER OF CHOICE HAS BEEN RESTORED! YOU NEED NO LONGER LIVE IN BONDAGE TO ANY FOOD OR EATING BEHAVIOR!

**FREE FROM THE BONDAGE OF FOOD FOREVER!!
THAT IS THE LIFE OF THE TRUE YOU!!**

OPTIONAL SCRIPTURE READING:

JOHN 8:32

“You shall know the truth, and the truth shall make you free.” (New International Bible)

GALATIANS 5:1

“It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery.” (New International Bible)

PSALM 119:45

“I will walk about in freedom for I have sought out your precepts.” (New International Bible)

PERSONAL EVALUATION

1. What experiences have been most helpful to you in developing attitudes for lifetime freedom from unhealthy eating behaviors?

2. Do you still feel unsure of your ability to be free? What causes you to doubt your ability to succeed?

3. What positive attitudes can you develop to replace your doubts and insecurities?

THIS CONCLUDES WEEK ELEVEN – LESSON THREE

ANOTHER LOOK AT YOUR BODY IMAGE

Do you feel differently about your body weight when you are hungry than you when you are full? Have you found that it is easier to stay committed to a “diet” when you believe you are getting thinner? On the other hand, isn’t it difficult to be faithful when you “feel fat?” Today’s lesson discusses these feelings and attitudes which exist and where they can lead.

You have learned that unhealthy eating behaviors are complex. They affect the emotional, physical and psychological areas of your life. These behaviors consist of learned habits based upon and reinforced by negative attitudes. **YOU HAVE MADE THE DECISION TO CHANGE THESE HABITS AND ATTITUDES!** The transformation process requires you to examine and work through each of these old habits and attitudes in order to free yourself for life.

Do you feel “fat” when you are full? Do you feel “thin” when you are hungry? These feelings are a direct result of how you view your body image. You must examine the relationship between the feelings in your stomach and your image of yourself. Soon you will reach your “right weight.” You will begin to add more calories to your daily food program. You are going to feel “full” more often. Problems will arise if you equate this satisfied feeling with feeling “fat.” After a satisfying meal, your body size has not changed. Why then, do you feel fat? Isn’t it incredible how your body image can continue to be affected by old, negative attitudes? It is these attitudes that need changing as you complete the transformation process.

The **TRUE YOU** lifestyle is one of balance and self-control. The importance of healthy attitudes toward food choices cannot be overstated. Just as your old attitudes led to unhealthy overeating, a constant feeling of hunger can be just as dangerous. How many times in the past have you “binged” after a “deprivation diet?” **THE TRANSFORMED, TRUE YOU SEES FOOD AS THE ENERGY SOURCE IT WAS CREATED TO BE. THE TRUE YOU IS FREE TO MAKE HEALTHY, SATISFYING FOOD CHOICES!**

**FOOD IS ONLY AN ENERGY SOURCE.
IT IS NOT A REFLECTION OF YOUR BODY IMAGE!
YOUR RIGHT BODY IMAGE IS DEVELOPING DAILY
AS YOU LOOK INTO YOUR TRUE YOU MIRROR!**

OPTIONAL SCRIPTURE READING:

LUKE 12:22-23

“Then Jesus said to his disciples: ‘Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes.’” (New International Bible)

GENESIS 1:27

“And God created man in His own image, in the image of God He created him; male and female He created them.” (New International Bible)

GENESIS 1:31

“And God saw all that He had made, and behold, it was very good. And there was evening and there was morning, the sixth day.” (New International Bible)

PERSONAL EVALUATION

1. How many times have you felt “full” since you began the program?

2. Did you ever look at your TRUE YOU mirror or your “right weight” scale when you felt “full?” Was your attitude different than other times you looked at the mirror or scale? If so, how?

3. When you get up from a meal and you are not quite “satisfied,” how do you feel? How does your feeling differ when you get up from a meal feeling “full?”

THIS CONCLUDES WEEK ELEVEN – LESSON FOUR

UNDERSTANDING YOUR BODY - A KEY TO SUCCESS

Today's lesson deals with your body metabolism, exercise and the way each can affect your weight loss efforts. A greater understanding of how your body uses energy is an important ingredient in reaching and continuing on at your "right weight." The ideas introduced today come primarily from the writings of Covert Bailey and discussions with Michael Serr, M.S.H.A. Mr. Bailey has written several excellent books on the subject of physiology and exercise. You are encouraged to read one or more of Mr. Bailey's books. They will inform, educate and assist you in your physical transformation.

Most weight loss programs involve decreased energy intake which results in weight loss. In much the same way as aspirin treats only the fever resulting from infection and not the infection itself, weight loss does not cure the recurring problem of weight gain. Antibiotics successfully treat infections – changing the metabolic rate in your body can treat your tendency toward weight gain.

If you have been overweight for two or more years, you have changed your natural metabolic rate. If you have "always" been overweight, it could indicate that other factors in addition to overeating are affecting your body metabolism (hormones, genetics, etc.). These other factors may require the advice of and treatment by a health professional, but they can be treated. Think about the following points:

1. The longer you delay eating at the beginning of your day, the less efficient your body will be in its energy use. You cannot start a furnace without fuel. In the same way, your body cannot begin to burn energy without food.
2. Unbalanced dieting (lack of proper nutrition or adequate caloric intake) depletes muscle tissue, not fat. Muscle tissue is the primary user of energy in the body. Therefore, the more muscle you have, the greater number of calories you will burn.
3. Your body slows down naturally when given too few calories to burn. It believes it is dying and automatically begins a program of "self-preservation."
4. Rapid weight gain after the conclusion of a "diet" is the body's way of protecting and restoring "balance" to itself.

Read the above points again. How many of these have been the basis for your past weight loss efforts? Isn't it interesting to note that in the past you were actually working against yourself?!

You may have lived for years with misconceptions about the way your body uses energy. Your "dieting" may have even created a conflict within your body between how you felt you should eat (deprivation) and what it did to your body.

One way to resolve the conflict is through proper nutrition and adequate caloric intake together with exercise. Even small amounts of regular exercise can bring peace and restoration to the physical battle within you. Exercise can provide balance and help you continue at your right body size.

WEEK ELEVEN – Lesson 5

**ENERGIZE THE TRUE YOU WITH
PROPER NUTRITION AND EXERCISE
AS YOU JOURNEY TOWARD
LASTING TRANSFORMATION!**

OPTIONAL SCRIPTURE READING:

ROMANS 12:1

*“Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.”
(New International Bible)*

PROVERBS 16:3

*“Commit to the Lord whatever you do, and your plans will succeed.”
(New International Bible)*

PERSONAL EVALUATION

1. Did you ever consider how your metabolism affected your past weight loss efforts? If so, how?

2. Have you ever thought of exercise as a “peacemaker” between you and food? How do you feel about this concept?

3. Do you feel you could ever become compulsive or abusive with exercise? If so, how can you guard yourself against it?

4. What kind of balance would you like to achieve between your eating behavior and body size?

5. What fears do you have today about your ability to maintain that balance?

WEEK ELEVEN - Lesson 5

6. How can exercise help ease those fears? How does that make you feel?

THIS CONCLUDES WEEK ELEVEN – LESSON FIVE

EXPOSING EXERCISE MYTHS

You have more than likely attempted to lose weight for years. It is a safe assumption you can name the basic components of at least three or four different “diets.” You may even be able to recite from memory its “claim to fame” or the reason it “works.” Most “diets” are successful at helping you lose weight or they would not be in existence. Many of them; however, fail to consider the necessary ingredients to maintain that weight loss and create a physical balance you can live with.

Common sense tells you that exercise and diet go hand in hand. But, look at the following list and think about how many of these “exercise myths” you have embraced in the past:

1. I just can't exercise because it makes me hungry. When I am on a diet I get tired and need more rest.
2. The harder I exercise the more calories I will burn. I will lose weight faster.
3. Morning is the only time to exercise. I must start my day with exercise in order for it to be effective.
4. Floor exercises (sit ups, leg lifts, etc.) will make me slender and help me burn fat.

Examine for a moment the above statements. Your body slows down when you decrease your caloric intake. You have been operating on 1,000 – 1,200 calories (1,300 – 1,500 for men) per day for almost three months. You must include extra physical activity in your daily routine or your body will “adjust” to this lower input of energy and slow down. You will soon reach a “plateau” and stop losing weight.

In order to continue to burn fat you must keep your “energy burner” (metabolism) in top running condition through regular physical activity. Contrary to popular belief, your extra physical activity need not be overly strenuous or cause exhaustion! Aerobic exercise such as walking may be a good way to begin your regular exercise program. Your health professional can recommend the right type and level of exercise for you. Your exercise program will be effective at ANY time of day you choose. Regular aerobic exercise will help you burn the fat you want to lose. Floor exercise builds and tones muscle rather than burning fat.

Have you believed in any or all of these “exercise myths?” Has your awareness about exercise and the effect it has on your body increased today? The good news is, you need not get on some rigorous or strenuous exercise program to begin to see results. Understanding these principles and applying them in a sensible program will do wonders for you. Initially, it will help you avoid “plateaus” as you continue on your journey to the TRUE YOU. A positive attitude toward exercise and physical activity is the first step. The right action – a regular, sensible exercise program – will follow. The knowledge and understanding of the importance of regular exercise will enable you to continue at your “right weight” for a lifetime.

**THE LIFESTYLE OF THE TRUE YOU
INCLUDES A POSITIVE ATTITUDE TOWARD PHYSICAL ACTIVITY
AND A REGULAR EXERCISE PROGRAM
THAT SUPPORTS THE PERSON YOU WERE CREATED TO BE!**

OPTIONAL SCRIPTURE READING:

EPHESIANS 2:10

“For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.” (New International Bible)

HABAKKUK 2:3

“But these things I plan won’t happen right away. Slowly, steadily, surely, the time approaches when the vision will be fulfilled. If it seems slow, do not despair, for these things will surely come to pass. Just be patient! They will not be overdue a single day!” (The Living Bible)

PERSONAL EVALUATION

1. In what ways has lack of physical activity together with low caloric intake affected your past weight loss efforts?

2. How do you feel about the awareness and understanding you have received today? Are you motivated to begin a regular exercise program? Why or why not?

****NOTE:** Many of you KNOW you need to exercise, but find it difficult to fit it in your schedule. Do not allow this frustration to cause you to give up hope! Set small goals and follow through. Soon you will find ways to set and achieve larger and larger goals. Remember, hold on to the truth and the truth will set you free! Take that small step forward and look ahead to life-time freedom!

THIS CONCLUDES WEEK ELEVEN – LESSON SIX

ONE DAY AT A TIME!

You are at the end of another week! It is hard to imagine that you have been on this program for eleven weeks, isn't it? You are experiencing many wonderful and exciting changes as you travel the road to the TRUE YOU! The end of this journey means the beginning of a new life for you – A LIFE OF FREEDOM AS THE PERSON YOU WERE CREATED TO BE!

Have you been thinking more about your physical health? Take this opportunity to apply what you have learned this week. Remember, miles are logged through small steps forward! Strive today to make a difference in your life, just for today. Life is lived one day at a time. Incorporate your new knowledge and understanding in the same way...

ONE DAY AT A TIME!

You realize today that the problems you have experienced during your lifetime cannot be dealt with and dismissed in six or even twelve weeks. Much of your journey to this point has centered around recognition and awareness of the areas you need to deal with. Prior to beginning this program you may never have admitted their existence.

Exercise may be one area of your life that you need to address. If you absolutely hate it, just remember IT is not your enemy! Exercise is a resource; an available tool which you alone have the choice to use. Do not be afraid of it! Continue to learn more about what it is and how it can benefit you in your journey and lifestyle as the TRUE YOU.

If you are close to your “right weight” or have suffered in the past from “yo-yo syndrome,” be careful that you do not fall into the trap of abusing exercise. Exercise abuse occurs when it becomes compulsive or excessive. You can also abuse exercise by using it to “give you permission” to violate the program guidelines. Do not fool yourself into thinking you can erase poor eating behaviors with a “little extra exercise.”

If you have a tendency toward a “perfectionist personality,” you may believe exercise will afford you the “perfect body” you desire. Do you remember the discussion of the “F.L.I.P. out” Syndrome in Week Eight? F.L.I.P. stands for FRUSTRATION LEVEL INVOLVING PERFECTION. Resist the temptation to view exercise as the obvious tool for perfection – if it fails to meet your expectations, you could “F.L.I.P. Out.”

The lifestyle of the TRUE YOU is one of balance and moderation. Part of the transformation process is to discover for yourself which areas in your life need the most attention and change. This process of change happens ONE DAY AT A TIME!

**THE TRANSFORMATION TO THE TRUE YOU.
ENCOMPASSES ALL AREAS OF YOUR LIFE...
PHYSICAL, MENTAL, EMOTIONAL AND SPIRITUAL.
YOUR TRANSFORMATION CONTINUES AS
THESE AREAS WORK TOGETHER IN BALANCE AND HARMONY.**

OPTIONAL SCRIPTURE READING:

PHILIPPIANS 1:6

“And I am sure that God who began the good work within you will keep right on helping you grow in His grace until His task within you is finally finished on that day when Jesus Christ returns.” (The Living Bible)

PROVERBS 2:6

“For the Lord gives wisdom, and from his mouth come knowledge and understanding.” (New International Bible)

PERSONAL EVALUATION

1. Which aspects of your journey have you found difficult to take “one day at a time?”

2. How can you set daily goals in the areas you indicated above?

3. Have you ever found yourself abusing exercise to justify or compensate for overeating? How will you overcome this tendency as you move forward in your transformation process?

THIS CONCLUDES WEEK ELEVEN – LESSON SEVEN