



The PowerHouse Trainer!

Publication
#2

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“Being sedentary has several negative health consequences.”



On Fitness...

If a friend told you that delaying the aging process, controlling your weight, feeling happier and less anxious, sleeping better, and warding off illnesses like heart disease, some forms of cancer, high blood pressure, and -is as easy as walking briskly for 30 minutes each day, would you believe her?

It's true. You can receive all these benefits by simply taking that 30-minute daily walk. Studies have suggested that walking at a brisk pace for three or more hours a week can reduce the risk for coronary heart disease by 65 percent. And, if walking isn't your cup of tea, there are endless options, all with the similar results.

What's missing in this age of modern conveniences and desk jobs are ways to get our bodies up and moving on a regular basis.

In a report issued in May 2003 by the U.S. Department of Health and Human Services (HHS), data compiled from 32,000 interviews conducted in 2000 showed that 25 percent of American adults ages 18 years and older either engage in low-level activity (moderately active during usual daily activities and completely inactive during leisure-time) or are never active at all. Among women ages 18 years and older, 28 percent either engage in low-level activity or are never active. Only about 32 percent of adults engage in regular leisure-time physical activity (light-moderate activity at least five times per week for at least 30 minutes each time, or vigorous activity at least three times per week for at least 20 minutes each time.)

Being sedentary has several negative health consequences. Your muscles, including your heart and lungs, become weak; your joints become stiff and easily injured; you can develop high blood pressure, fatigue, obesity, osteoporosis, and it can contribute to anxiety and depression. Being physically fit, on the other hand, actually reduces the risk of heart disease, some forms of cancer, high blood pressure, diabetes and other diseases. Exercise may also reduce bone loss after menopause.

The good news is, it's never too late. At any age, at any level of health, even if you already suffer from a chronic disease, you can improve your level of fitness. In fact, according to the U.S. Surgeon General's Report on Physical Activity and Health, women with heart disease or arthritis actually experienced improved daily function from involvement in various modes of physical activity.

What, exactly, is fitness? Physical fitness has five components:

- Cardiovascular fitness. Your heart, lungs and blood all need oxygen to

“Golden Technical Services is also a Christian based business.”

If your interested in learning more about having your own website, contact Kevin and let him know you saw his interview on our newsletter!

“Going overboard can lead to unnecessary weight gain and a more difficult pregnancy”

work. Your level of cardiovascular fitness will determine your body's ability to use oxygen as a source of energy. It gives you the stamina or endurance to be active without gasping for breath.

- Muscular strength. Muscular strength is the ability of the muscle to exert force during an activity.
- Muscular endurance. Muscular endurance is the ability of the muscle to continue to perform without fatigue.
- Flexibility. Keeping the optimal range of motion in the joint areas, making bending and stretching easy is a measure of flexibility.
- Body composition. There should be a healthy ratio of lean muscle tissue to fat.

Article adapted from <http://www.healthywomen.org/healthtopics/fitness>

Highlight on Business...

Golden Technical Services

Kevin Golden is the owner of Golden Technical Services, based in Humble. He actually designed and maintains our own website at www.powerhousefitnessclub.com. We interviewed Kevin and found out some great things about him and his company! Golden Technical Services creates, maintains, and hosts web sites, as well as computer hardware and software support. They also install home and office networks (both wired and wireless), and also gives technical training on Microsoft Windows, Microsoft Office, Internet Usage and more. The company has over 10 years experience in the Technology industry.

One of the many things that set them apart from some of the other companies in the same industry is that the business is run on **honesty, integrity and character, as well as AFFORDABILITY!** Golden Technical Services is also a Christian based business. You can be assured that 10% of all profits are tithed to their local church and the income also allows Kevin to personally give offerings over and above his tithe, not to mention donate to others in the community, including fellow church members, the homeless, The Salvation Army, and many other ministries. Kevin confesses, “We’re not perfect and do make mistakes, but **we’re always striving for excellence and integrity in our personal lives and in business.**” In asking Kevin why he chose the Technology industry, he replied, “I love technology and have ever since I can remember as a little child. I thoroughly enjoy helping people accomplish their goals—including through the use of technology. I wanted to make **getting into the world of the Internet/Worldwide Web easy and affordable** for ministries, small businesses, and even individuals who have their faith, personal interests, products/services, and useful/helpful information to share with the community. Also, as a business owner, I have the opportunity to become financially independent allowing me the freedom to focus on God, Family, helping others, and my personal interests.”

As most of us know, the internet is a plethora of information, including how to stay fit in your body, your soul and your mind, as well as a huge selection of products and services to help you get fit and stay fit. Golden Technical Services is in the business of enabling others to bring that information and

those products and services to the global community.

In my opinion, he does an AWESOME job! **Golden Technical Services can be found on the web at www.GoldenTechnicalServices.com and can be contacted at (832) 445-8171, or by e-mail at Tech@GoldenTechnicalServices.com.**



Healthy Eating During Pregnancy

Don't worry...you don't have to give up all the foods you love when your pregnant! You simply need to eat smart and make sure most of your choices are healthy ones. You only need about 300 extra calories per day to support the baby's growth and development. Going overboard can lead to unnecessary weight gain and a more difficult pregnancy, not to mention extra pounds after the baby is born. If you're of *normal* weight, 25 to 35 pounds is a normal weight gain during pregnancy. If you are already *overweight*, 15 to 25 pounds is suggested. If you are currently *underweight*, it is suggested that you gain 28 to 40 pounds. If you are carrying multiples, see your health care provider for suggestions on normal weight gain. The following are some good rules of thumb for making healthy food choices. Make sure to include in your diet plenty of fruits and vegetables in a variety of colors. Choose whole grain breads and pastas and include brown rice in your diet as well. Remember when choosing proteins, that lean cuts are best. Beans and all-natural peanut butter are great sources of protein as well! Milk, low-fat or plain yogurt and small amounts of cheese are good choices for dairy products. Some foods you want to steer clear of are the following: swordfish, shark, king mackerel, and tile fish (can contain high levels of mercury), raw fish, oysters and clams, undercooked meat, poultry and seafood (cook thoroughly to kill bacteria), hot dogs and luncheon meats, refrigerated pates or meat spreads, refrigerated smoked seafood (unless it has been cooked), soft-scrambled eggs or any food containing raw or lightly cooked eggs, soft cheeses made with unpasteurized milk such as Brie, feta, Camembert, Roquefort, blue-veined, queso blanco, queso fresco and Panela, unpasteurized juices or milk, raw vegetable sprouts including alfalfa, clover, radish and mung bean, and finally herbal supplements and teas. Don't worry, it's not that hard, and it's only temporary. You'll be thankful for your good choices in the long run, (and so will your baby)!

Reference: www.marchofdimes.com



Great Seasonal Recipe!

Use a combination of acorn squash, butternut squash, and pumpkin!

Be sure to e-mail us if you try the recipe and let us know how yummy you think it is!

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We're on the Web!
www.powerhousefitnessclub.com

This newsletter is sponsored by
B-Fit-4-Christ Ministries.

Forward this newsletter to all of
your friends and family! Help

Harvest Chili

Cooler weather is coming fast and I like the thought of sitting down at the table with my family with a nice hot bowl of chili and some cornbread, and maybe a small salad! How about you?

Ingredients:

- 2 tablespoons olive oil
- 1 onion, chopped
- 1 bell pepper, any color, seeded and chopped
- 1 carrot, scraped and diced
- 1 cup peeled and diced acorn or butternut squash, or pumpkin (or a combination)
- 1 4oz can diced green chiles
- 1 garlic clove, crushed
- 1 tablespoon chilli powder
- 1 teaspoon cumin
- 1 28oz can crushed tomatoes
- 1 ½ cups cooked or canned black beans, rinsed and drained
- 1 ½ cups cooked or canned pinto beans, rinsed and drained
- 1 cup water

Salt to taste (we recommend the Whole Food Farmacy salt at www.breadoflife.wholefoodfarmacy.com)

In a large pot, heat the oil over medium-high heat; sauté the onion, pepper, carrot and squash for about 8 minutes, until vegetables begin to soften. Reduce heat to low and add chiles, garlic, and spices. Sauté for 1 minute. Add tomatoes, beans and water. Simmer 30 minutes, stirring occasionally, until vegetables are tender, then add salt to taste and serve! (You may notice that this is a vegetarian version, you can modify it and add some lean meat of your choice if you choose.) Serves 6.

Adapted from www.care2.com and

Inspired by *The Vegan Family Cookbook*, by Brian P. McCarthy (Lantern Books 2006)



FIT

Message...Discipline

By Reverend Cormier

As a child, I lacked discipline. I wore a size 44 in the waist by the young age of 13. I desperately needed discipline in my life. Because it went unchecked, I became an undisciplined adult. My nickname became "Big C" and my weight yo-yoed up and

them become healthier!

Join our Online Fitness Club for **FREE!** Simply go to www.powerhousefitnessclub.com and click on "contact us", fill in the short questionnaire and we'll add you to our list of members! **IT'S THAT SIMPLE!**

down. The fitness goals that I was trying to achieve seemed to be running away from me!

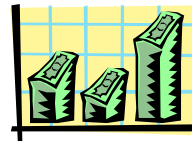
In the book of Deuteronomy, chapter 25, verse 15, it reads, "You shall have a just weight, a perfect and just measure, that your day may be lengthened in the land which the Lord your God is giving you."

Because of my lack of discipline back then, I was headed to an **early death**. None of us should be over weight or under weight and we should maintain a proper size. But now, thank the Lord; I exercise discipline in my life every single day. It didn't happen overnight though. It involved much prayer and practice. It **does** get easier over time. Just **treat every day as a new commitment to be disciplined**, in other words, just because you goofed up yesterday, doesn't mean that today has to be the same way. Whatever you do though, **don't give up** and it's guaranteed to pay off!

Prayer: Most High God, thank you for our lives and thank you for discipline, so that we may be a proper weight and size, that we may live long lives and glorify you in doing so. In Jesus name, Amen.

The FIT Message is sponsored by FIT Church.

Please look forward to the next newsletter when the topic will be...Self Control...



Financial Fitness???

The PowerHouse not only helps people with physical fitness, but financial fitness as well! We want you to be whole and fit in EVERY area! We now offer financial services that can help families become **debt-free and financially independent!** Is that awesome or what? Through many different financial avenues we can show you how to put your money to work for you! The consultation is **free**, so there's absolutely no reason not to call now for an appointment! Call (281) 383-9947 and ask for Jerri! And look forward to a future that's filled with promise!