



The PowerHouse Trainer!

Publication

#3

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"...stress and the holidays seem to go hand in hand."



Have a Stress-Free Holiday!

For some people, stress and the holidays seem to go hand in hand. We thought it would be helpful to give you some tips on how to limit stress during this holiday season.

1. Say NO! Don't over commit. Better to say no than to say yes and then not deliver. Don't promise your kids or significant other more than you can afford to buy. Be realistic with your time and resources and don't go overboard!
2. It's a perfect time to FORGIVE! Unforgiveness can truly be hazardous to your health! (Matthew 6: 14 "For if you forgive men their trespasses, your heavenly Father will also forgive you.") Find it in your heart to forgive family members or friends that you feel have wronged you. Trust me, I know from experience that it's easier to forgive than to continue to hold a grudge or hate someone. And what's crazy, is that most of the time, the thing that caused the conflict in the first place is usually something very trivial, or even a misunderstanding or miscommunication. Suck it up and forgive them! You'll be much more relieved and stress-free afterwards!
3. Take a few seconds to CALM DOWN. Step away from what you're doing. Take a walk; take a break, even if it's to the bathroom (and if you have kids like me, LOCK THE DOOR!) It's possible to cook, clean or shop ourselves into a frenzy. Sometimes you just need to stop and get a cup of tea, pop into the gym, pray, or have a good laugh. Go ahead and laugh at yourself for making yourself crazy, because the madness is more than likely your own creation!
4. PROBLEMS? Help someone with his or her problems and yours will seem small and insignificant. Volunteering and helping others is one of the best ways to put your problems into perspective. Despite all of the stress you may feel, when you discover that others have very little or nothing, and you are upset over standing in line for a new Playstation that costs more money than some people make in a month, it helps you relax and be thankful. And if you find yourself confused about what the holidays are all about, make a list of things that you have to be thankful for and it will help you get things into perspective.
5. SET LIMITS! Set limits that you can live with in all areas of your life where you have the most demands. For example, set a budget on how much you will spend on gifts, but allow yourself to purchase those things that are must haves. Talk to your kids in advance so that their expectations are realistic also. Set limits on how many

holiday events you can attend, how many people you can buy for, how much time you can spend cleaning, decorating, cooking, etc., even how many deserts you will allow yourself and so on.

6. What about DEPRESSION? I have experienced this in the past because my mother passed away about 16 years ago shortly before the holidays. Things just didn't seem the same without her. Finding something positive to focus on helped. As mentioned before, you could do some volunteer work somewhere, like your church, the local food bank, a homeless shelter, etc. You could spend some time with a friend that you haven't seen in years or even offer to baby sit a friend or family members children while they shop—believe me, if you need a good laugh, children can usually do the trick! Do something fun! However, if you are depressed to the point that you can't get out of bed or cry for several days of the week, and can't seem to perform you're normal activities like showering, getting dressed, or going to work, then you may need to seek some professional help. Don't let it go unchecked. At least find the energy to do that for yourself.

Hopefully there are some things in this segment that you can use to help your holidays be less stressful this year! Have a Christ-filled Christmas and a blessed New Year!!!

Article was written by Jerri Cormier and inspired by The Today Show interview with Michelle Callahan, a psychologist and life coach, on tips to tackle the holiday blues.



Street Life Worldwide

Street Life Worldwide is a ministry that we are privileged to be in partnership with. Their mission is to reach the Hip Hop culture and help them become fully devoted followers of Jesus Christ. They generally use four different avenues to do this. 1. The production of "Redemptive Entertainment", which includes movies, music, and television that promotes a Christian worldview, but also has the production and entertainment quality to appeal to a secular audience. 2. They have their own church network: Street Life Worldwide Outreach Center, which is comprised of Sunday church services and a network of small groups meeting independently. 3. They also have the Street Life Worldwide Evangelistic Association, which is a network of support and resources for those who may not be in full time ministry or operate within the traditional structures set up by the church to support evangelists, but who are committed to reaching those around them for Christ on a daily basis. 4. They also have Street Life Worldwide Sports, which is a Christian lead basketball league.

This ministry was birthed in 1995 when pastor and founder Terrance Levi, known simply as LEVI, was saved. God saved him from a life of organized crime, narrowly escaping prison. Like the bible says, he who is forgiven much also loveth much. God gave Levi a vision and calling to reach the streets for Jesus Christ, which grew out of God saving him from that very environment. From there they began with outreaches on the north side of Houston, TX, then came a weekly Friday night service tailored for "the streets" of Houston. Since then, everything has grown tremendously from that beginning.

They believe that God has chosen them to do what they do. They humbly

"Their mission is to reach the Hip Hop culture and help them become fully devoted followers of Jesus Christ."

If your interested in learning more about Street Life Worldwide, be sure to visit their website or give them a call!

say that this doesn't make them better, or better equipped than any other ministry, but they know that God has given them creative insight into reaching the secular Hip Hop culture. They are unique in the production of movies, music and television and Levi is uniquely gifted by God to make the Bible and the Christian faith relevant to a secular audience.

When asked if or how their ministry connected with being fit, they responded: "We all need to be healthy. Our bodies are the Lord's temple, and if we are unhealthy, we are not going to be able to keep up the busy schedule God has put us on to accomplish His will."

Anyone interested in visiting the church can call (281) 241-3139 for more specific information, or visit our partner page at www.powerhousefitnessclub.com. Also, anyone interested in working in the entertainment industry can use the same number to contact them; they are always looking for talented people to work with.

You can also check them out on the web at www.streetlifeworldwide.tv to learn more about the different movies and entertainment that they have produced, as well as basketball league information, and upcoming events.



Brrr...Is That Frost on the Ground?

The PowerHouse offers many Organic, Whole Foods and Supplements that are of **excellent quality** and are **affordably priced!** In light of the colder weather coming on, we'd like you to try some of the ones listed below (or any others) to warm you up this winter season!

1. Ah, yes indeed, a nice cup of Farmacy Gourmet Coffee is a great way to start your morning. Infused with 4 medicinal mushrooms, our coffee tastes great and goes down nicely. Also, it is considered by many to be a non-jittery coffee. Available in regular or water processed decaf; it is a hot java that will please the most discriminating palate. (Speaking from experience, this is great coffee, and does not taste "mushroomy"!)
2. And, soup, did someone say hot soup, or convenient, nutritious and delicious? Yes, we did. Please treat yourself regularly to Whole Food Farmacy soups. There is Yam, Bean, Tomato, or Vegetable. They are all great! Enjoy them conveniently at your office as well as at home. Nothing warms like a great cup or bowl of hot soup on a cool evening or afternoon.
3. And now that the fresh greens are dwindling from your garden, remember to add Farmacy Greens to your diet. These amazing greens will help you to continue to get the benefits of green foods all the yearlong.
4. ElectriPhi in the morning is also a great starter. This blue farina really wakes you up and gets you going. Tastes great in warm to very warm water allowing you a culinary experience that you'll want to try again and again.
5. AmpliPhi is another farina that tastes great hot. Pepper this on e up a bit if you like with the Whole Food Farmacy Chipotle Pepper Blend. Great at lunchtime!
6. Enjoy the seasonal changes and enjoy the opportunities to change

"...give one of these great tasting products a try. Warm up your winter season the healthy way!"

with the season. Consider a seasonal Liquithon or Soup-a-thon. With either choice you'll not only feel and look better, but you'll lose weight too!

7. And last but certainly not least, Cranberry Phi Plus is perfect for the holidays. This rich tasting, moist delicious variation of Phi Plus features the wonderful flavor of Phi Plus enhanced with heart-warming flavor and the healthy nutrition of cranberries. Cranberries have a special place on the holiday table during this festive season of the year and Cranberry Phi Plus can be a wonderful hors d'oeuvres, appetizer or a special part of your main course, even a perfect gift for family members or that beloved friend that's so hard to buy for!

So give one (or more!) of these great tasting products a try! Warm up your winter season the healthy way! Just contact us using the contact information in the left hand margin of this newsletter or simply go to www.breadoflife.wholefoodfarmacy.com and order online! And as always, if you have any questions, please feel free to call us!



*This is another great seasonal recipe!
My husband and kids really enjoyed it!*

*Be sure to e-mail us if you try the recipe
and let us know what you think!*

Super Moist Pumpkin Bread

This bread has a really great taste and is truly super moist. The last time I made it, it barely lasted 24 hours!

Ingredients:

- ½ stick unsalted butter
- ½ cup sugar
- 1 large egg
- ½ cup canned pumpkin
- ¼ cup non-fat, plain yogurt
- ¼ cup honey
- 1 teaspoon vanilla extract
- 1 cup flour (I like to use whole wheat flour—but if you don't like the "grainy-ness", then you may use ½ cup whole wheat flour and ½ cup white flour)
- 1 teaspoon baking powder
- 1 teaspoon cinnamon (I like using a "heaping" teaspoon)
- ¼ teaspoon salt (we recommend the Whole Food Farmacy salt at www.breadoflife.wholefoodfarmacy.com)
- ¼ teaspoon ground ginger
- ¼ teaspoon ground allspice

Cooking Instructions:

1. Preheat oven to 350. Spray bread pan with non-stick cooking spray.
2. In a bowl, beat together the butter and sugar on high speed until smooth. With mixer on low speed, add egg and combine. Add pumpkin, yogurt, honey and vanilla and combine until smooth.
3. In a separate bowl, combine flour, baking powder,

cinnamon, salt, ginger and allspice. Fold this mixture into the pumpkin mixture and combine until smooth.

4. Pour into prepared pan and place in center of oven. Bake for 45 to 50 minutes or until a toothpick inserted in the center comes out clean.

Serves 8.

Per serving: Calories 170, Fat 4g, Protein 3g, Sodium 77mg, Carbohydrates 33g, Fiber 1g, Saturated Fat 2g.

Adapted from www.foodfit.com



FIT Message...Self-Control

By Jerri Cormier

"Like a city that is broken into and without walls is a man who has no control over his spirit." (Proverbs 25:28)

Let's think about this for a moment...read the verse again... Why do you think the lack of self-control is compared to a city without walls?

I tend to think of "city" as a house or building, because nowadays our cities don't really have "walls". But a house or building that's been broken into is left *vulnerable, unguarded, and open to whomever or whatever chooses to come in*. Picture a store being looted. One person may begin the process, and then many follow until the store is *totally destroyed!*

I don't know about you, but I don't want that for myself. I speak from experience, because years ago—I was *one undisciplined chic*, with a total lack of self-control. Literally, my motto was "If it feels good, do it—and if I like it, I'll do it again!" I could probably *scare* some of you with stories of my past experiences because of this outlook on life that I had adopted. (Although you can't tell it by looking at me now! Thank God!) I was *all over* the place—thinking back, I'm surprised that I'm still *alive* and in *good* health! See, I realize now that God was looking out for *me*, even though I wasn't even *thinking* about Him. *He* knew what *The Plan* was and that if I was *ever* going to realize it and live it out—I *HAD to stay alive!*

But back to the "city", if we allow ourselves this craziness of having no self-control, we can utterly be *destroyed*. See, that opens the door to evil and evil will come and "loot" our bodies of *all discipline and self-respect*. Evil will *literally wreak havoc* in our lives, because in this case, we have NO WALLS! "...For this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love. For if these things are yours and abound, *you will be neither barren nor unfruitful...*" (2 Peter 1:5-8) Meaning simply, that you'll not go without your needs met, and good things will be plentiful in your life. That pretty much sums it up. But I'll leave you with a quote from My Utmost for His Highest by Oswald Chambers (pg. 131):

"Add to your faith virtue..." (2 Peter 1:5) "**Add** means there is

"...years ago—I was one undisciplined chic, with a total lack of self-control."

"...if we allow ourselves this craziness of having no self-control, we can utterly be destroyed."

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We're on the Web!
www.powerhousefitnessclub.com
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IT'S THAT SIMPLE!

something we have **to do**. We are in danger of forgetting that *we cannot do what God does, and that God will not do what we can do*. We cannot save ourselves nor sanctify ourselves. God does that; but God will not give us good habits, He will not give us character, He will not make us walk aright. **We** have to do all that ourselves; **we** have to work out the salvation **God** has worked in. **Add means to get into the habit of doing things..."**

So...be encouraged today and go out and **DO** what you know is right! (That includes eating right and exercising! Didn't think you'd get off that easy did ya?) With practice and repetition it will *become your nature!* God bless you!

Prayer:

For those who are saved: Heavenly Father, Thank you for Your Spirit and the fruit of Him, especially self-control. Thank you for helping us to exercise self-control over ourselves. In Jesus Name, Amen.

For those who are not saved: If you want to exercise power over your life and yourself, say "yes" to Jesus and His saving grace, then pray the prayer above!

The FIT Message is sponsored by FIT Church.

If you have been encouraged in any way by this message or our newsletter in general, please email us and let us know!



Be Fit, Financially

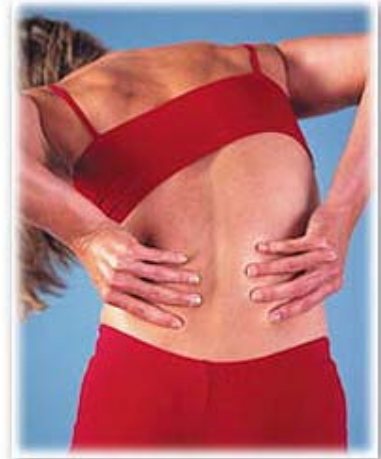
The PowerHouse not only helps people with physical fitness, but financial fitness as well! We want you to be whole and fit in EVERY area! We now offer financial services that can help families become **debt-free and financially independent!** Is that awesome or what? Through many different financial 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!

Read on!



Get Your Back Into It!

Chances are it's happened to you or someone you know. One day, you yanked a trash bag out of the garbage bin, pulled celery out of the crisper, or bent over to pick up a magazine when suddenly, it hit. A streak of pain flashed across your back, radiating downward, perhaps even into your legs. And that's it – you're out for at least two weeks, lying flat on your back in hair-trigger pain. But how could such a seemingly innocent act cause such a wave of pain that sometimes sets us, er, back for weeks?



While the event may seem like the trigger,

back pain is actually often the result of one of these causes:

Trigger #1:

Musculoskeletal strain

"Usually, it's overuse-type syndromes – from sporting activities, work, or from not having good posture and body mechanics," says Dr. Peter Ullrich, the medical director of the NeuroSpine Center of Wisconsin and

medical director of Spine-health.com. So while that spasm may seem sudden, it's actually the final straw on top of other bad habits, be it constantly slouching in front of the television or repeated twisting in your office chair.

Trigger #2: Pregnancy

"With pregnancy, it's usually the stress of carrying the load, especially along the sacroiliac joints [where the spine and pelvis meet]," says Ullrich. "And pregnant women tend to develop the hormone relaxin, which relaxes the joints to ready them for birth." Those loosened lower ligaments mean our pelvic and lower back muscles need to step up and work that much harder to support our body frames.

Trigger #3: Illness-induced back pain

"There are a lot of different pathologies that can give you chronic pain, such as degenerative disk disease, but those aren't self-limiting problems," says Ullrich. Other illnesses include disc injuries, osteoporosis and arthritis. But thankfully, since most back pain is considered mechanical (meaning it's not disease-linked), it's largely preventable.

Trigger #4: Prolonged sitting

"We know sitting over 20 minutes increases the pressure on the lumbar disks and then if you're sitting improperly – you're slouched, your knees are higher than your hips – that puts increased pressure on your lower back," says Jayne Snyder, a Lincoln, Nebraska-based physical therapist. So not only should you be sitting at an ergonomically correct workstation with your feet on the ground and knees level with your hips, you should pay attention to your posture. Remember what your mother said? Sitting up straight is truly good for you.

You also need to move more – avoid sitting for longer than half-hour periods without a break, even if it's just standing up to get a glass of water.

What can you do?

"Your level of overall conditioning relates to back health, too," says Ullrich.

"The better condition you're in, the healthier your back will be." But what's

better – stretching or strengthening your back? “They go hand-in-hand, because you need to make sure you have flexibility before you try and strengthen your back,” says Greg Kawchuk, Canada research chair in spinal function and assistant professor with the faculty of rehabilitation medicine at the University of Alberta. “And strengthening helps your spine get through the day with a minimum amount of energy dissipation.” Strengthening doesn’t just mean sets and sets of seated rows, either – don’t forget to add abdominal exercises such as crunches and Pilates moves such as the plank. Overall core strength is important, especially since the abdominal muscles support your lower back muscles, giving your overall torso a corset of strength.

By Astrid Van Den Broek

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The End!