



## FREE SPIRIT *Restoration Temple*

### Steps to Healthy Living

#### Pastor's Journal

Week 1, February 26, 2008

*This is the beginning of my personal journey and commitment to caring enough about me and my loved ones to commit to living a healthier lifestyle. The word journey means (1) the act of traveling from one place to another; (2) a passage from one place to another; (3) a day's travel. As I consider my **Steps to Healthy Living** I accept it as a journey - traveling from my former unhealthy habits (not enough exercise and poor dietary choices) to living a healthier, informed life being careful to nourish and exercise the body just as much as I do the soul.*



**Me before Steps to Healthy Living**

*So enough introspective stuff...let's get real. I've committed to losing 75 pounds this year averaging about 6 - 7 pounds a month. GASP! (God help me.) Actually **PRAYER** is the first and foundational step to our **Steps to Healthy Living**. So my inspirational scripture for beginning my journey is one of my favorites, Philippians 4:13, "I can do all things through Christ which strengtheneth me."*

*The next step is **EDUCATION**. So I visited my doctor prior to beginning my journey and shared my goal with her. She counseled me and referred me to a dietician who will train me on the special dietary needs for those with Type 2 diabetes. I've made my appointment with my dietician. In the meanwhile, I've visited the Website for the [American Diabetes Association](#) which provided a wealth of information about healthy choices including items that support the third and fourth Steps to Healthy Living: **EXERCISE** and **DIET**.*

*One very important part of this journey is the support and motivation of others. So I invite you to travel with me, make your own commitment to healthy living. [Click here](#) to sign up to be a part of the **In Shape for 2008** program and **The Steps to Healthy Living** commitment and support and be support through your personal journey by the FREE SPIRIT Restoration Ministries family. If you have a moment, please post a "shout out" of encouragement or share your own healthy living testimony by sending an email to [StepsToHealthyLiving@FreeSpiritMinistries.net](mailto:StepsToHealthyLiving@FreeSpiritMinistries.net). We look forward to hearing from you and wish you the best in your journey!*