

Step Into Your Healthy Lifestyle

Use these worksheets to capture the tips and points made in the lesson.

Use this information to help you make changes in your life.

- ❖ I need to get this truth in me! My weight gain and health issues are not necessarily _____!
_____!
- ❖ God created my body! He created a system in my body to make the blood flow through the blood vessels. If I were to take all the vessels in my body and string them end-to-end, they would _____.
- ❖ God created my body, and He also created _____.
- ❖ Human beings have tried to _____.
- ❖ But what has happened to the food humans made? _____.
- ❖ Over the years, our systems have gone _____. And now our systems want _____. The consequences are _____, _____.
- ❖ What can I DO to change this in my life? What should I eat? _____, _____.

Food Industry Greed

- ❖ What are some of the things the food companies have done to make money at my expense?
_____, _____, _____.
- *Salt Sugar Fat: How the Food Giants Hooked Us* by Michael Moss
- *The End of Overeating: Taking Control of the Insatiable American Appetite* by David A. Kessler, MD
- *Mindless Eating: Why We Eat More Than We Think* by Brian Wansink, Ph.d

Romans 12:1-2 *I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*

What is this passage of scripture saying to you? _____

_____.

Key #1: _____

I can be _____ from the _____.

I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. Galatians 5:6

My body is the _____ of the Holy Spirit.

Key #2: _____

Deuteronomy 30:19 *I call heaven and earth as witnesses today against you, that I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live.*

Choosing life is _____.

I can live according to the _____ of God and I can _____ life!

Jesus says, "The thief does not come except to _____, and to _____, and to _____
_____. I have come that they may have life, and that they may
have it more abundantly." John 10:10

Key #3: _____

- *The End of Overeating: Taking Control of the Insatiable American Appetite* by David A. Kessler, MD

Four Essential Elements for Lasting Change:

Element #1 _____

Element #2 _____

Element #3 _____

Element #4 _____

Four Simple Actions I Can Start Doing Right Now

1.

2.

3.

4.

☐ I can take action on what I learned and set up a plan with friends and family to be successful.

☐ I want to join with other like-minded women and men and join **Choose Life Now** as a charter member. <http://choose-life-now.com/member/webinar/>