

Stage Two Week One: Everything in Moderation ~ Bible Study

While you won't find those exact words in the Bible, it's a recurring theme. Today we're going to look at some verses to help us put a Biblical basis behind this week's goal of "Portion Control."

I Timothy 3:2 & 11 & Galations 5:22-23

1. You may not be a deacon, an overseer or even the wife of one, but a growing Christian should include "temperate" and "self-controlled" in their personal description. What do these words mean to you in terms of how you eat?
2. In what other areas of your life do you need to use self-control? (Temper, TV, Internet, Reading, Games, etc)
3. What one thing can you do to help you develop self-control in eating or other areas?

I Corinthians 6:12-13

4. What does this verse mean to you in terms of your eating?
5. Consider that your body was made for the Lord. How does this effect your plan?
6. What can this group do to help you develop self-control in these areas?
7. How will developing self-control in these areas make your Christian Witness more believable?

Calories per day Calculator

Begin with square #1 and fill in the blanks from left to right. Copy figures from colored squares to similar colors. Midway down you'll begin to work from the center to the outside. You'll end up with your minimum & maximum calories in the grey squares at the bottom

Weight in pounds ¹ _____ / 2.2 = ² _____ Weight in KG
 Height in inches ³ _____ x 2.54 = ⁴ _____ Height in centimeters
 Height in centimeters ⁵ _____ x 100 = ⁶ _____ Height in meters
 Age ⁷ _____

Find your BMI
 For information Only!!
 Weight in KG / Height in Meters (squared)
² _____ / ⁶ _____ = ⁸ _____ BMI (kg/m*m)

BODY MASS INDEX CHART			
TOO LOW	HEALTHY	OVER	OBESE
under 18.5	18.5-24.9	25-29.9	30+

FROM THIS POINT ON WORK FROM THE CENTER COLUMN OUT!

Find your Basic Metabolic Rate

Female				Male			
655						66	
+ ¹⁰ _____ =	9.6	x ² _____	Weight in KG	² _____ x	13.7	= ¹⁰ _____ +	
+ ¹¹ _____ =	1.8	x ⁴ _____	Height in CM	⁴ _____ x	5	= ¹¹ _____ +	
- ¹² _____ =	4.7	x ⁷ _____	Age in yrs	⁷ _____ x	6.8	= ¹² _____ -	
= ¹³ _____			Your BMR			= ¹³ _____	
x _____	1.2		this assumes a sedentary life			= ¹⁴ _____ x	
= ¹⁴ _____			Basic Calories Needed			= ¹⁴ _____	
- ¹⁵ _____			Exercise avg calories burned/day			= ¹⁵ _____ -	
= ¹⁶ _____			Basic Calories w/exercise			= ¹⁶ _____ =	
- ¹⁷ _____			To lose 1#/week enter 500			= ¹⁷ _____ -	
			To lose 2#/week enter 1000				

ROW 18 WILL BE YOUR AVG CALORIES ALLOWED PER DAY - NOW WORK OUTSIDE TO IN

= ¹⁸ _____ - 100 = _____ **Min Cal/day** _____ = 100 - ¹⁸ _____ =
 = ¹⁸ _____ + 250 = _____ **Max Cal/Day** _____ = 250 + ¹⁸ _____ =

round minimums to nearest 10

Minimum Daily Calories should never be under 1200 Calories

Here is a more accurate Calorie Calculator. It's a little confusing, so let me know if you need help.
 You can find an interactive one online at www.sycamoretreechurch.com/caloriecounter.html
 Every 10-25 pounds you lose, you'll need to re-evaluate your calorie limits.

Sample Menu for 1850-2100 Calories

BREAKFAST:

FOOD	CALORIES	CARB S	FAT	PROTEIN
<input type="checkbox"/> Grapefruit, fresh, pink and red, California and Arizona, 0.5 fruit (3-3/4" dia)	46	12	0	1
<input type="checkbox"/> Egg, fresh, 1 jumbo	97	1	7	8
<input type="checkbox"/> Cheddar or Colby Cheese, Low Fat, 2 oz	98	1	4	14
<input type="checkbox"/> Bread, w hole w heat (including toast), 1 slice, thin (3-3/4" x 5" x 3/8")	92	17	2	3
<input type="checkbox"/> Bread, w hole w heat (including toast), 1 slice, thin (3-3/4" x 5" x 3/8")	92	17	2	3
<input type="checkbox"/> Butter, unsalted, 1.5 pat (1" sq, 1/3" high)	54	0	6	0
	479	48	21	29

LUNCH:

<input type="checkbox"/> Raisins, 0.5 small box (1.5 oz)	65	17	0	1
<input type="checkbox"/> Baby Carrots, raw , 5 medium	19	4	0	0
<input type="checkbox"/> Brown Rice, long grain, 0.5 cup	108	22	1	3
<input type="checkbox"/> Brown Rice, long grain, 0.5 cup	108	22	1	3
<input type="checkbox"/> Salsa, 0.5 cup	36	8	0	2
<input type="checkbox"/> Beans, navy, 0.4 cup	102	19	0	6
	438	92	2	15

DINNER:

<input type="checkbox"/> Tangerines, 2 small (2-1/4" dia)	62	16	0	1
<input type="checkbox"/> Peppers, sweet, green, fresh, 1 large (2-1/4 per lb, approx 3-3/4" long, 3" dia)	44	11	0	1
<input type="checkbox"/> Beans, red kidney, 0.6 cup	131	24	1	8
<input type="checkbox"/> Cheddar Cheese, 1 oz	114	0	9	7
<input type="checkbox"/> Brown Rice, long grain, 0.6 cup	130	27	1	3
<input type="checkbox"/> Flour Tortillas, 1 tortilla, medium (approx 6" dia)	104	18	2	3
<input type="checkbox"/> Onions, raw , 2.5 slice, large (1/4" thick)	36	8	0	1
<input type="checkbox"/> Salsa, 0.5 cup	36	8	0	2
	657	112	13	26

SNACK:

<input type="checkbox"/> Banana, fresh, 0.5 large (8" to 8-7/8" long)	63	16	0	1
<input type="checkbox"/> Celery, raw , 2 stalk, large (11"-12" long)	20	5	0	1
<input type="checkbox"/> Bread, w hole w heat (including toast), 1 slice, thin (3-3/4" x 5" x 3/8")	92	17	2	3
<input type="checkbox"/> Bread, w hole w heat (including toast), 1 slice, thin (3-3/4" x 5" x 3/8")	92	17	2	3
<input type="checkbox"/> Butter, unsalted, 1.5 pat (1" sq)	54	0	6	0
	321	55	10	8

Daily Total 1895 307 46 78

Sample Menu for 1850-2100 Calories

BREAKFAST:

FOOD	CALORIES	CARB S	FAT	PROTEIN
Blueberries, fresh, 0.5 cup	41	10	0	0
Egg, fresh, 1 jumbo	97	1	7	8
Milk, nonfat, 1 cup	86	12	0	8
Shredded Wheat Spoon Size Cereal, 0.6 cup (1 serving)	100	24	0	3
Bread, w hole w heat (including toast), 1 slice, thin (3-3/4" x 5" x 3/8")	92	17	2	3
Jams, preserves, jelly, 1 tbsp	56	14	0	0
	472	78	9	22

LUNCH:

Oranges, 1 fruit (2-5/8" dia)	62	15	0	1
Mixed Vegetables, frozen, 0.1 package (10 oz)	18	4	0	1
Lentils, 0.5 cup	115	20	0	9
Bread, pita, w hole-w heat, 0.5 pita, large (6-1/2" dia)	85	18	1	3
Popcorn, air-popped, 3 cup	92	19	1	3
Salsa, 0.5 cup	36	8	0	2
	408	84	2	19

DINNER:

Oranges, 1 fruit (2-5/8" dia)	62	15	0	1
Mixed Vegetables, frozen, 0.2 package (10 oz)	36	8	0	2
Mixed Vegetables, frozen, 0.2 package (10 oz)	36	8	0	2
Cheddar Cheese, 1 oz	114	0	9	7
Whole Wheat Spaghetti, cooked (pasta), 0.75 cup	130	28	1	6
Whole Wheat Spaghetti, cooked (pasta), 0.75 cup	130	28	1	6
Milk Chocolate Candy, 2 bar, miniature	72	8	4	1
Vegetarian Chili RECIPE, 1 serving	141	23	3	7
	721	118	18	32

SNACK:

Tangerines, 2 small (2-1/4" dia)	62	16	0	1
Cornbread, 0.5 piece	86	14	2	2
Cornbread, 0.5 piece	86	14	2	2
Honey, 1 tbsp	64	17	0	0
	298	61	4	5

Daily Total 1899 341 33 78

Basic Stretching Techniques

This set of full body stretches can be used whether you are just starting out or are more experienced. It will prepare you for just about any workout or physical activity. The stretches themselves are basic and easy to follow. Remember to warm up first and never stretch to the point of pain. Know your body's limits. Hold each stretch for 10-15 seconds, repeating two or three times, depending on how you feel.

Neck:

Relax your neck and shoulders. Allow your head to stretch to the right side by lowering your right ear toward your right shoulder. Feel the stretch along the left side of your neck. Repeat for the other side.

Bicep stretch behind the back:

Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent. Clasp hands behind back with palms together. Straighten arms and gently raise them away from the body.

Tricep stretch behind the back:

Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent. Place both hands in the small of your back, palms facing out, elbows out. Gently push elbows forward and in towards the body. You will feel this stretch in the tricep and shoulder.

Chest stretch:

Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent. Raise your arms out to the side, parallel with the ground, and the palms of the hands facing upward. Stretch the arms back, squeezing your shoulder blades together.

Upper back stretch:

Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent. Interlock your fingers and push your hands out in front of you, as far away from your chest as possible. Allow your upper back to relax. You should feel the stretch between your shoulder blades.

Hamstring stretch:

Standing, put one foot in front of the other, toes pointed up. With hands in the small of your back, bend the opposite knee and hip (not the lower back) until you feel the hamstrings stretch. The upper body comes forward at the hip. Head, neck and back stay in line. Repeat with the other leg.

Quadricep stretch:

Seated on the side of a stable chair, move your outside leg back and behind you, tilting your pelvis forward. You should feel the stretch through the top of your thigh. Repeat with the other leg.

Gluteal/outer thigh stretch:

Sitting tall with legs stretched out in front of you, bend the right knee and place the right foot on the ground to the left side of the left knee. Turn your shoulders so that you are facing to the right. Use your left arm against your right knee to help ease you further around. Use your right arm on the floor for support. You should feel a light stretch in your hip on the side of your bent leg. Repeat with the other leg.

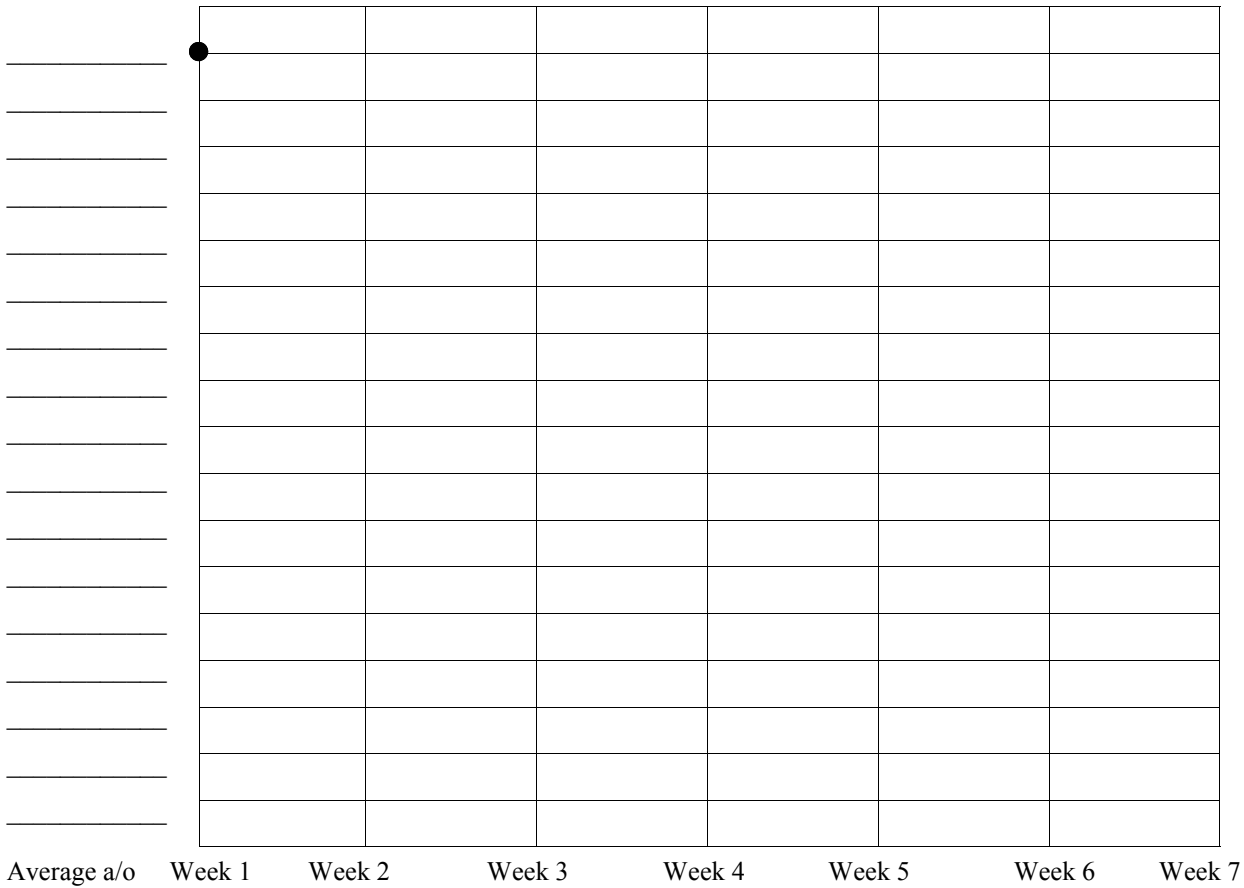
Lower back-cat stretch:

Adopt a position on all fours, pointing your fingers forward and your toes behind. Starting with a flat back, drop your head downward, pushing your shoulder blades upward and outward as you elevate your upper back. Feel the stretch through the lower back. Return to the neutral position. Repeat the opposite direction, pushing your chest downward as you gently arch your lower back. Return to the neutral position.

Full body stretch:

Lie on the floor, extend arms overhead and keep legs straight. Reach arms and legs in opposite directions, feeling the stretch from the fingers all the way to the toes.

As you begin this stage, write on the top line your current weight (your average weight from the last week of your Stage 1 booklet) Then on each line down subtract 2 and put that number (ex. top line = 250, next line = 248 etc) Each meeting day make a mark indicating your average weight for the week and draw a line between the two dots. Use this scale to see if you are progressing. As long as it heading in a downward motion (or even holding steady sometimes), you are doing something right. The chart on the bottom is optional, but sometimes we need to see that we are losing inches to inspire us even when the weight is not coming off.



Other Measures	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Neck							
Waist							
Hips							

Stage 2 Step One Week One Leader's Notes: **Everything in moderation**

Begin by reviewing last week's points. Anyone who got more points this week than last should be enthusiastically congratulated. Remind them they deserve the few minutes every day it will take to track their food and other goals.

1. The word temperate literally means moderate and not extreme. These are just a few verses that tell us we should always be moderate. Talk about the kinds of foods that are most difficult to eat in moderation. Emphasize that even too much "healthy" food could be bad if that's all you ate because you'd be missing out on a lot of nutrients. In my life I finally got till I compared over-eating to drinking in excess - this really helped me put my eating habits in perspective. Eating in excess is very socially acceptable while getting drunk is despicable. Yet according to this verse they are much the same.
2. Generally those of us who are addicted to food, have a somewhat addictive personality, so they might often discover there are other things they have become addicted to. Christ wants us to do EVERYTHING in moderation, not just eating.
3. Encourage everyone to share.
4. One of the things it will be good to help the group to get to today is that when they Biblically diet, they may not have to completely "give up" anything that they love. They may just need to learn to eat it in moderation. "Everything is permissible" Kick around ideas that help the members eat their favorites in moderation (for example, buy a pack of cookies, when they get them home pre-bag them into "moderate" sized portions and allow themselves one pack at the end of any day they have enough calories left to eat them—Ice cream lovers may need to allow themselves one scoop per day, etc) Help the group discover that if they feel Christ is urging them to completely give up something even for just a short while, they should follow that urging.
5. Hopefully during these next six weeks the fact that "our body was made for the Lord" will be a motivator to eat well.
6. Give everyone time to answer and encourage group members to find ways to help one another. They could send notes to other members or give them a call on Monday.
7. Anytime people see us doing something contrary to our nature, they'll notice. When we can tell them it's because of what Christ has done for us, it makes a big difference.

Encourage everyone to look at the Action Steps for Week One of this Stage. Everyone should measure portions for at least these first several weeks so they can begin to see exactly how much they SHOULD be eating. The measuring cups action step probably won't be too hard for anyone. The one I had most trouble with was "creating a leftover storage system" We don't cook, so we don't have leftovers. If they do eat leftovers, encourage them to find small single serving containers so that they can measure those servings and only thaw what they need instead of thawing everything and then feeling guilty if it doesn't get eaten. Another idea is to take everything they cook and put it in those leftover storage containers even before it's cooked (make mini-meatloafs for example) and freeze it raw. If they won't be using the left over storage system encourage them to familiarize themselves with the portion size guide included on the goal page.

Point out the calorie calculator so group members will know where they need to be with calories. The calculator is also available in Excel format online at www.sycamoretreechurch.com/caloriecounter.htm

(If members of the group don't have access to a calorie list, they can still bring me a list of stuff they eat on a regular basis that don't have nutritional information.)

Wondering how many calories you can have everyday and still lose weight?

The simple way to figure it is here:

Women's Calorie Calculator

Men's Calorie Calculator

<i>Lifestyle</i>	<i>Calculation</i>	<i>Lifestyle</i>	<i>Calculation</i>
sedentary	your weight x 12 = calorie needs	sedentary	your weight x 13 = calorie needs
light exercise	your weight x 13 = calorie needs	light exercise	your weight x 14 = calorie needs
moderate exercise	your weight x 14 = calorie needs	moderate exercise	your weight x 15.25 = calorie needs
moderately heavy exercise	your weight x 15 = calorie needs	moderately heavy exercise	your weight x 16.5 = calorie needs
heavy exercise	your weight x 16 = calorie needs	heavy exercise	your weight x 18 = calorie needs

_____ your weight
 X _____ your lifestyle #
 = _____ your BMR

- 500 to lose 1#/wk
 = _____ avg calorie needs

That's your approximate Basic Metabolic Rate (BMR), your daily calorie needs, if you don't want to lose weight. To lose one pound per week you'll need to burn about 3500 calories each week or about 500 per day, So subtract 500 from your BMR to get your average calorie needs per day. Round this number to the nearest 10 then subtract 100 for your minimum calories per day and add 250 to find your maximum calories per day.

-100 = _____ minimum + 250 = _____ maximum

Your daily calorie minimum should never drop below 1200 calories per day or your metabolism will slow down too much and STOP your weight loss. If you'd like to attempt to lose 2 pounds per week, you may subtract another 500 calories per day as long as your calories don't go below 1200.

You may also increase your exercise each day to burn 500 calories.



Here are a few examples for a 200 lb person who wants to burn 225-275 calories
 Walking 2 miles in 30 minutes; 30 minutes of light aerobics;
 Light swimming for 30 minutes;
 Sacking Grass & Leaves for 45 minutes;
 General House cleaning for 1 hour;
 Dancing for 40 minutes



Every 50 pounds of weight you carry will burn about 70 extra calories

Every 10-25 pounds you lose, you'll need to re-evaluate your calorie limits.

There is a more detailed calorie calculator in the appendix
 It's got a lot more detail and may be more accurate; however, this simple one will give you a good place to start.

PLUS, Track your weight and other measurements in the appendix!

Set Your Goals

Stage 2: Healthy Habits

In this stage your goals will gradually be given to you. For instance, your nutrition goals are given to you in week one: Eat within your calorie range and measure portions. So, this week choose one Fitness Goal, one Spiritual Goal and one Motivational Goal. Remember, you're going to try to do them every day this week. **YOU CAN DO IT!!**

FITNESS GOAL

- ___ Get 10 minutes of cardio exercise
- ___ Do something active outdoors
- ___ Stretch for 10 minutes
- ___ Go for a walk
- ___ Track calories burned
- ___ Work in the yard
- ___ Use a stress/squeeze ball
- ___ Use 1 piece of fitness equipment
- ___ Do 15 minutes of exercise while watching TV
- ___ Get 8 hours of sleep
- ___ OTHER _____

MOTIVATION GOAL

- ___ Tell 1 person about your goals
- ___ Write thoughts in a journal
- ___ Write 5 "I did great today" things in a journal
- ___ Collect another motivational picture
- ___ Read an inspirational quote
- ___ Listen to a get-up-and-go song every day
- ___ Give yourself a 5-minute mental pep talk
- ___ Read from a motivating story or book
- ___ Talk to a positive friend or family member
- ___ Reward yourself
- ___ OTHER _____

SPIRITUAL GOAL

- ___ Read one Chapter from the New Testament
- ___ Increase prayer time by 5 minutes
- ___ Write a note to God in your journal
- ___ Listen to Christian Music for 15 minutes
- ___ Read a Christian Devotional
- ___ Say a prayer when I get angry
- ___ Give up offensive language
- ___ OTHER _____

NUTRITION GOAL

You may substitute learning these portion cues for one of your nutrition actions steps any week They will help you tell how much you are eating.

Bread, Grains and Pasta (6-11 servings per day)

- 1-ounce slice whole wheat bread = size of index card
- ½ bagel = size of can of tuna
- ½ cup rice, cereal, or pasta = small Walkman
- 1 two-ounce muffin = cupcake wrapper
- 1 small roll = yo-yo
- 1 four-inch pancake = compact disc
- 1 two-ounce piece of Italian bread = bar of soap

Fruits and Veggies (2-5 servings of both per day)

- 1 medium orange or apple = tennis ball
- ½ grapefruit = car headlight
- ¼ cup dried fruit = large egg
- 1 cup green salad = adult fist
- ½ cup cooked vegetables or fruit = billiard ball
- 6 ounces of 100% vegetable or fruit juice = hockey puck
- 1 small potato = computer mouse
- 1 broccoli spear = two small beanbags

Protein and Meat (2-3 servings per day)

- 3 ounces beef, chicken, pork = small pack of tissues
- 1 ounce of nuts = ping pong ball
- ½ cup of cooked dry beans or peas = man's wallet
- 1 egg = stick shift knob
- 2 tbsp. of peanut butter = two tea bags

Dairy (2-3 servings per day)

- ½ cup nonfat frozen yogurt = child fist
- 1-1/2 ounces of nonfat cheese = 9-volt battery
- 1 ounce of cheese = pair of dice

Fats & Oils

- 1 pat of butter or margarine = Scrabble tile
- 1 tsp. of butter = tip of thumb to first joint

Snacks and Desserts

- 1 ounce of chips = medium size handful
- 1 three-inch piece of cake = small stack of business cards
- 1 cup of ice cream = baseball

Nutrition Tracker Stage 2 Week 1: Week of _____

OK, it's time to begin the journey. A walk from where you are now to a healthy lifestyle. For the next six weeks, counting calories will be important. We're going to retrain our bodies to eat within limits. Record everything you eat & add your daily total. Figure your calorie highs & lows on page Week 1-7 or online and write them here:

Between _____ & _____ calories per day.

	Food Eaten	Calories		Food Eaten	Calories
1			31		
2			32		
3			33		
4			34		
5			35		
6			36		
7			37		
8			38		
9			39		
10			40		
11			41		
12			42		
13			43		
14			44		
15			45		
16			46		
17			47		
18			48		
19			49		
20			50		
21			51		
22			52		
23			53		
24			54		
25			55		
26			56		
27			57		
28			58		
29			59		
30			60		

Stage 2 Week 1 Continued: Week of _____

	Food Eaten	Calories		Food Eaten	Calories
61			91		
62			92		
63			93		
64			94		
65			95		
66			96		
67			97		
68			98		
69			99		
70			100		
71			101		
72			102		
73			103		
74			104		
75			105		
76			106		
77			107		
78			108		
79			109		
80			110		
81			111		
82			112		
83			113		
84			114		
85			115		
86			116		
87			117		
88			118		
89			119		
90			120		

Tracking My Progress

Stage 2 Week 1

Dates: _____

Weigh In	Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Avg/Wk	Points
(5 pts each day)									
Nutrition Tracker		Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Points
Days I Track My Calories (1 point/day)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Days I was within my calories (1 pt/day)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Spiritual Tracker (1 pt/mark)		Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Points
My Spiritual Goal		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Fitness Tracker (1 pt/mark)		Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Points
My Fitness Goal		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Motivational Tracker (1 pt/mark)		Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Points
My Motivational Goal		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Action Steps Completed		Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday	POINTS
Stage 2 Week 1 Goals		1 point for each mark!							
MEASURE MY SERVINGS		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Don't forget to track your average weight on the chart in the back of the booklet!

Attending This Week's Meeting (5 points) _____

Action Step 1 Completed: (Buy or dig out your measuring cups) (5 points) _____

Action Step 3 Completed: (Create a Leftover Storage System) (5 points) _____

Reading this week's Articles (1 point each) _____

Total Points to Report to my Group this Week _____
out of a possible 93 points

What I did best this week:

What I want to improve on next week: