Moving My Health Forward

April 2025

As For Me And My Body ~ Overview

Candice McField, MBA

FAITH & FITNESS

The struggle is REAL!

I want to improve health, but I struggle to take action and follow through.

Romans 7:19-20

"For I do not do the good I want, but the evil I do not want is what I keep doing. Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me."

Romans 8:2

"For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death."

Romans 12:2

"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."

The cross of Christ is a bridge between God and us.

Same for our fitness/health journey

START

Starts with our mind

- Fitness is a state of mind!
- Fitness is NOT 1 dimensional
  - Nutrition
  - Exercise
  - Sleep
  - Genetics

You are the only one in your race,

how can you be the best you?

What are your goals that will take you there?

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Understanding High Blood Pressure and Its Impact

Dr. Justin Hoskins

	Normal
Systolic (top #)	less than 120
Diastolic (bottom #)	less than 80

What causes hypertension

- risk factors: genetics, smoking, age, alcohol, high salt, obesity, sedentary life
- other underlying causes (ei. kidney issues)
- Salt & water retention → increased blood volume
- blood vessel constriction

Changes in body with hypertension:

- heart muscle thickening
- artery walls thickening

→ Outcomes: cardiovascular, kidney & other major issues !

What to do?

- ✓ Reduce salt
- ✓ Low-fat dairy
- ✓ Exercise
- ✓ No smoking
- ✓ Weight reduction
- ✓ Dash diet
- ✓ Less sodium
- ✓ Physical activity
- ✓ Less/No alcohol

you've got this!

→ EAT A DASH DIET!

→ look it up & follow

Follow these & if necessary medication.

Get regular check ups, live a healthy lifestyle!

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Limiting Factors & Relapse Prevention

Candice McField, MBA

How to go from GOOD to GREAT?

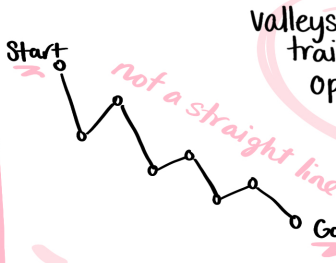
- know limiting factors
  - ↳ what's holding you back?
- break through / remove limiting factors

Outcome goals
- limiting factors
+ behavior goals
= Arise to a new you

Relapse prevention (Joshua 4:6-7)

- journal - so you can look back & see that you got through struggle before
- identify limiting factors: food at home, eating out, etc.
- improve your self-regulation: identify goal & Set boundaries with measurement, 20 minutes/day for you
  - what's your check engine light?
- increase social support: accountability, support, encouragement from others
  - As For Me & My Body Community

Weight loss actually is



DO NOT GIVE UP!

Failure is a time to learn & MOVE FORWARD!

What to do about it...

- Write down where you struggle (physical & spiritual)
- Set goals to tackle & have accountability.

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Navigating Purpose & Life

Michelle Ponce, MA

1. Who am I now?
2. Be present.
3. Prioritize self-care.

1. Finding Your Identity

- as an individual
- in family
- in career
- in life

→ We all evolve in who we are.

2. Being present

- **FULLY THERE** — *presence strengthens connections*
- **MAKE TIME COUNT** — *prioritize meaningful moments*
- **INTENTIONAL** — *exercise, breathe, reset, recharge*
- **SET BOUNDARIES** — *unplug to connect*

3. Self-Care → Be your own advocate!

- Seek support from others
- Be your own superhero
- model self-care & healthy habits
- normalize self-care in conversations
- communicate boundaries & availability → "No" is a complete sentence

★ All aspects of life come together & work together.

- physical - emotional - environmental - social
- spiritual - professional - nutritional - financial

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Navigating Mental Health

Dr. James Francis

Progression of feelings

FEELINGS
to
THOUGHTS
to
BEHAVIORS
to
HABITS
to
CHARACTER
to
DESTINY

if you want to change your behaviors work on feelings & thoughts
... for example

★ Use feelings wheel.
So helpful!

JOURNAL PROMPTS

1. What is happening?
2. What am I feeling?
3. What is God teaching me?
(What am I learning)

↳ journaling allows you see patterns & move forward

Negative core beliefs

- they are all lies!
- challenge them with truth
- remove lies & plant truth

8 components of memory

1-5. 5 senses
6. feelings
7. thoughts
8. body sensations

→ memory made

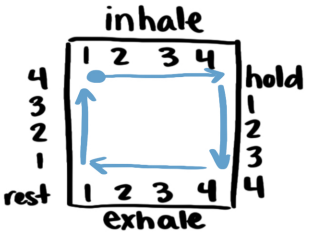
Consolidation & now long term memory

how trauma forms

STRESS

Stress leads us to fight, flight, freeze

↳ then try deep breathing



Square breathing

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Navigating Spiritual Formation

Minister Wes Anderson

Spiritual health is important to help other areas of life.

We need self-control.

faith! Hebrews 11:6, Romans 14:23

↳ where is it taking me?

- will faith allow me to be mobile & consisent?
- Does outside noise/information allow me to move foward?

faith helps us move - it is not still

BAD FEAR - 2 Timothy 1:7

this fear is not from God!

- have I bought into the current pressures by the mass media?
- has it impaired me?
- has it affected my ability to make daily decisions?

Healthy fear can drive us forward & wake us up!

↳ lead us to the future

BECAUSE HE LIVES WE CAN FACE OUR FUTURE!

FUTURE THINKING

- What does it look like?

  2 Corinthians 5:7
- what is coming down the pike?

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Questions & Answers

~ Dr. Justin Hoskins
~ Candice McField
~ Michelle Ponce
~ Dr. James Francis
~ Minister Wes Anderson

? 60 & older blood pressure
- under 140/90 is good

? Self-care - what is your self-care?

- Michelle: 10-15 minute meditation, music in car, go for walks (short/long), evening reflection & meditation
- Wes: pray before gets out of bed, community support, gardening, people who respect your self-care
- JJ: prayer, counseling, check in emotionally

? What is consistent or difficult for stages of life?

- Wes: everyone - anxiety & worry is a struggle - media, news big contributors
- Justin: earlier in life to tackle habits the better → but never too old to start 1 small step
- Candice: small steps to reach bigger goals
- Michelle: career wise,
  - what makes you thrive right now?