

Fitness Plan Exercise Tips

- + **Important: please consult your physician before beginning a workout program**
- + Take the stairs instead of elevator
- + Choose activities that are fun and not exhausting--consider physical condition
- + Wear comfortable, properly fitted footwear and loose fitting clothing appropriate for weather and activity
- + Surround yourself with supportive people
- + Don't overdo it. Do low - to moderate level activities especially in the beginning. You can slowly increase your duration and intensity as you become more fit.
- + Keep a record of your activities. Reward yourself at special milestone. Nothing motivates like success.
- + Find an exercise plan that works for you. If you need help getting started, contact Deacon Harold Somerville for a **free** consultation.

Fitness Plan Food Tips

- + Keep a food journal
- + Drink milk for vitamin D, or orange juice for vitamin C or take a Multi Vitamin
- + Drink 8 glasses of water daily
- + Substitute **sugars** with artificial sweeteners
- + Substitute **sodas** with carbonated water
- + Substitute **white bread** with wheat or rye bread
- + Limit **red meat** intake to 2 days per week
- + Incorporate seafood into your meal plan
- + Lunch should be your largest meal
- + Try to eat all 3 meals before 8 pm including snacks
- + Proportion is the key to healthy eating. If you eat seconds, skip desert or a snack
- + If meal is heavy, try to walk afterwards
- + Try fruits/pretzels, trail mix, instead of chips
- + **Never** skip breakfast – most important meal of the day
- + **Never skip a meal**

"A Great Way to
Get You Started
on the Road to
Natural Health
and Wellness!"

Need Assistance Getting
Started: Contact
Deacon Harold Somerville
@410-699-1689



Mission:

To help individuals work towards a more **Healthy** and **Spiritual** lifestyle through a daily balance of proper exercise and the intake of fruit, vegetables, and nutrients as well as spiritual meditation.

Corinthians 6:19 NIV

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God?



My testimony: Against All Odds – I did it!

Deacon Harold Somerville of Work In Progress

It can be done! I did it and so can you. I had to learn the hard way by over indulging in food and not treating my body as a temple. I was diagnosed with high blood pressure and diabetes.

At an early age, I was taking medication to help improve my health. I then took control of my life by changing my lifestyle and my poor eating habits. I began to eat healthier and exercising daily.

Through my hard work and dedication, I began to drop the weight. I was taken off my medications within a six-month time period. I have adopted this lifestyle

and it works if you work it.

I encourage and motivate you to take the step ... get control of you life and future. I will be there to encourage and guide you into a healthy way of living. It is my desire and passion to help people to become more physically fit. I have provided a baby steps food guide to help with your eating routine and I will also be available to be your personal fitness mentor to start you on a workout schedule to get you on the road of healthy living.

The balls in your court ... what are you going to do?

