



This is the *Health Matters* podcast.

I'm your host Kimberley Payne and this is the show for women who want to improve their spiritual and physical health.

This is a special episode as this week we're going to be celebrating the first 10 episodes with a review of each.



Stephanie Nickel, a former personal trainer, was my very first guest. We'd known each other for many years as she's been a regular contributor on health and fitness topics for my blog since 2013.

Stephanie's session was called, "Eclectically-Interested, Eclectically-Involved" because as Christian women, women in general, we're very busy no matter what stage of life we're at and she said it's a whole lot nicer to call it eclectically-interested and eclectically-involved rather than just plain scattered. She prefers to call it the Butterfly Syndrome – we flit from one thing to the next.

Stephanie explained that it's important for Christian women to exercise and eat because of the benefits. We have more energy, we sleep better, we work more efficiently, we get things done more quickly. There are so many positives that she believes it's part of being a good steward of the body that God gave us. And while we're here on earth we do things with our bodies. We know we need to go here and there, and we need to stay as healthy and strong as we can. Although we can't ward off every disease that comes our way, we all know that if we exercise regularly our body, our immune system works better and can fend these things off.

Eating well is really the same thing because if we eat foods that weigh us down and make us feel slow and sluggish then we won't be able to work as efficiently as we want to, our minds won't be as sharp as they should be, and it's really hard to get those things done that God has given us to do in a day if we're not fueling our bodies in the way we should and keeping them moving like we ought to.

Stephanie talked about how busy women can find time to tend to their spiritual and physical health. She shared a story of how a teacher had commissioned his students with writing down every minute of

every day what they did for an entire week. But then after that they looked at the list of so-called priorities that they had made and then they compared it to the time they had spent on each different area during the week and realized it was flipped on its head. The things they said were most important actually got the least amount of attention and vice versa.

So Stephanie suggested that the first thing we need to do is realize we won't ever find the time to do what's important, we have to make it. We have to choose our priorities well and if, as Christians, we want to put the Lord first in ministry and family and those things that we say are important to us—prayer, Bible study, all of those things—then we're going to have to schedule our day in such a way that that can happen. Because if we just get up and start running as soon as our feet hit the ground it's likely that enough things will come to distract us that those things that we really do want to be most important in our life just won't fit in our schedule.

Stephanie offered us a gift of a free tip sheet with 24 top tips on the 4 disciplines of Bible study, eating healthy, exercise, and prayer.



My second guest was Barb Raveling, author of *I Deserve a Donut* (And other lies that make you eat.) In that episode, we talked about how to renew our minds so we can lose weight and keep it off. I was so impressed with what Barb had to share that I immediately went out and bought her books and started a Bible study with 10 ladies from my church.

In her books Barb talks about boundaries. She explained that boundaries are just limits that we have in place. Volunteering limits that we put in place that determine how much we can eat or maybe when we can eat. What we really like to do is eat whatever we want whenever we want but when we do that we'll have a hard time ever losing weight or maintaining weight. If we want to live with freedom in that area of our lives we have to eat with some sort of boundaries.

She went on to explain that the renewing of the mind. In the Bible, Paul talks about it in Romans 12:2 where it says, "Do not be conformed to the world but be transformed by the renewing of the mind." And he doesn't say, be transformed by finding the perfect diet that'll help us lose weight and keep it off. Or he doesn't say be transformed by exercising like crazy. He says be transformed by the renewing of the mind. The truth is unless we change the way we think about food we'll never be able to lose that weight and keep it off. It's just as important to work on our thinking as it is to work on our physical exercise and eating right.

We talked about some of the lies that make us overeat like "It's just one bite", or "I deserve this", or "It's a holiday."

Renewing the mind includes meditating on scripture and having a conversation with God about temptations depending on what lies we're believing.



In episode 3, I interviewed Rusty Nokes author of the 31 Day Journal, Christ Fit Fusion – The Fusion of Spiritual and Physical Fitness. We talked about how when you address the health and fitness of your spiritual life the other elements of life become easier to manage.

Rusty explained what he meant by a spiritual diet and spiritual exercise with examples. For example, if he told me, as my trainer, that he wanted me to get up tomorrow morning and eat a great breakfast but don't worry about eating again until next Friday morning he's not going to be my trainer for very long.

He went on to explain that many Christians, many religious people in general, eat one spiritual meal a week and that's usually a Sunday morning service or a Saturday night mass or what have you.

You've got your Bible reading, your prayer, your fasting, but you've also got other spiritual disciplines that sometimes you don't think about, like forgiveness. It takes a lot of spiritual strength to choose to forgive somebody.

So sometimes those spiritual exercises like being patient, walking away from an argument, or doing an act of service back—take a lot of strength. That's spiritual exercise along with your normal disciplines of reading and praying and fasting.

He explained the three principles that ChristFit is based on: 1) Eat a healthy spiritual and physical diet, 2) Exercise spiritually and physically, and 3) Do them both consistently. Those are the three principles throughout that journal.

Rusty offered the first 36 pages of his Christ Fit Fusion journal free.



In episode #4, I interviewed Rachel Almstedt on Simple Healthy Living.

Rachel believes that the biggest roadblocks to health for women are time and not knowing where to start. That's very overwhelming and frustrating and leads people on a continually downward cycle that's hard to break out of without having someone there to support you.

Three simple solutions she offered were 1) drink water. It may even seem too simple but she's seen clients make huge gains in their energy level and even their food choices just by adding water.

The second simple solution is to breathe. We're rushing through our days and our breaths are very shallow which leads to holding on to a lot of tension and anxiety. By stopping and breathing, it slows everything down, it relaxes everything and it gives a whole new perspective on what we're doing.

The third simple solution is to think green with our foods. That's the biggest thing that's missing from most of our diets today are the leafy greens. By adding those in, we can see great benefits. The leafy greens are like the leaves of a plant that exchange oxygen and carbon dioxide. When we eat those, we are supporting our lungs, we're supporting our immune system, we are boosting our energy.

Rachel offered a free complimentary coaching session to identify your top roadblocks and give you some specific strategies that you can implement into your life.



Jennifer Waddle, author of "Prioritize your Life and Get all Your Ducks in a row by Following the Imprint of God" was the 5th guest and we talked about how God calls us to take good care of ourselves.

Jennifer explained what she meant by the title getting all your ducks in a row. She read an article about the life of ducks that whenever a duckling is hatched whatever creature it sees first becomes his imprint. And that is the creature he will follow, sometimes over his own mother. So it got her thinking that when she came to know the Lord Jesus as her Saviour, He became her divine imprint, her first love, the one that she wanted to follow in life.

Jennifer explained that if you were to list all the roles that you play in life such as wife and mom and grandmother, sister, friend, neighbour etc. that list can get really long and we can feel overwhelmed and go through life with our priorities out of line. So she really wants to encourage women to get back to the basics and get back to starting our day with God, His Word and just listening to Him to see what He would have for our lives that day.

Jennifer offered two gifts. One is called, "Your Amazing Life Blueprint" which gives information on how to live your life from your God-given calling. And the other gift is "35 ways to stop worry in its tracks".



In the 6th episode, I talked with Brenda Wood, author of God, Gluttony & You, about how gluttony is the 'permissible' Christian sin. and how our lack of self-control is a blemish on our call to holy living.

Brenda defined gluttony as eating more than our body needs and said the dictionary says gluttony is an excess in eating. It's extravagant indulgence in the appetite for food. And just plain old greedy. It's eating more than our body needs.

As a recovered bulimic, Brenda shared a poem she wrote: This is her speaking, *“My body is blubber, my dieting weak. I’ll never be model thin like that size 3 I seek. Oh God how can you love me? I’m concerned about myself. I’m disgusting the way I gobble food off the shelf.”* And God says in return, *“No, you don’t understand child. My son died for you. He demonstrated a love that is beyond self and true.”* Brenda speaking, *“What’s that you say God? Jesus died for me? But you don’t understand I’m not up to much. I fail, and fall and falter and such. You surely don’t want me. I’m worthless. I sin. I’m human. I’m weak. I’m not even thin.”* And God says, *“No, you don’t understand child. You’re not worthless to me. I’ll give you the reason to live and to be.”* Brenda, *“Look up to you and know my own worth? You love me that much no matter my girth? Why God is it possible that you died for me but now I see. Now I see, now I see.”*

Brenda offered a gift called Excuses or Reasons – intentional and unintentional sin.



CJ Hitz, author of *“Smoothies for Runners”*, was my 7th guest. We talked about nurturing body and soul and he shared about how he started running in his 30s and eating smoothies to support this new activity and the impact it had on his life.

CJ shared why healthy eating is important. What he realized was how important getting good nutrition in your body was for recovery. We make the most gains in our fitness while we’re at rest. So it’s important to rest. That goes for sleep. But part of that is with recovering by getting good things in our body. What we’re putting in our body is really the rebuilding materials for what our body is going to become.

The unique part of his book is that in each smoothie he gives a description of some of the key ingredients and why those are important for our bodies. For example, how blueberries really serve as a high antioxidant and something that’s going to relieve inflammation- it’s a natural ibuprofen. God’s given us so many of these natural foods that are geared to bring health to our bodies and that serve as healing agents.

CJ offered his books and one of his most popular smoothie recipes called *“CJs Original Blend”*.



My 8th guest was Renee Wiggins, author of *“Transformation: Give UP the struggle”* and we talked about how no matter what we’re going through in life, we need to keep our eyes on the prize, keep God first, by praying, meditating, saying affirmations, and hanging with positive people.

Renee had been a guest on my first Health Matters telesummit and I was delighted when she agreed to be part of my podcast.

Renee explained how affirmations can help when we're stressed. When people just dwell on the negative, negative words like, "You're not going to make it", they start criticizing themselves and get those negative words in their head. And what happens is they plant those seeds of negative thoughts when they should be planting positive thoughts in their minds. For example, Renee often says, "The past has no power over me unless I let it". She recommends that every day we choose one affirmation. Or we can say that same affirmation over and over again to help lift us through any storm.

Renee also shared about the importance of hanging around positive people. People that we know we can trust.

Renee offered an eBook called "Is Eight Enough?" about sleep



John Hayden, author of GodFit, was my 9th guest and we talked about how fitness relates to our relationship with God and how our ability to be a servant for His kingdom is crucial for discipleship.

John explained his program, GodFit, as a 6-week training program and devotional combined in order to pursue how God is calling us to serve. The main purpose of the program is to figure out how God can use our spiritual and physical fitness in order to serve others. The 6-week program is founded on 6 disciplines -- solitude, meditation, prayer, simplicity, study, and service.

John shared how staying physically fit encourages discipleship and he's a big believer in serving others to showcase God's love. And fitness is a big part of that. It enables us, it gives us confidence to make decisions on what we can and can't do.

John offered a gift of six free body weight workouts.



On our 10th episode I interviewed Sabrina Memminger, author of "Remembering Who You Are", and we talked about celebrating who God made us outside of our external factors, socio-economics, education, position, and status in life.

Sabrina shared the 5 Keys to Mpack Life philosophy. The first key, M is for Move. In order to live our God-sized dream or to live in our passion and our purpose we have to move from where we are to where God has called us. The second is Power. We have to be connected to The Power source and that is God. He is the author and the finisher of our faith. A is about Activating. God has placed in each of us gifts, talents, and resources that we may not be aware of but God has called us to stir up the gift that is within us. C is about Creating. God created in the beginning, He spoke and then He saw. He also called us as the men and women of God to create with Him the life that He's called us to live. And T is about Transformation. We can't walk through the mission in our life, we can't accomplish that mission, without committing ourselves to be transformed by the renewing of the Word of God.

Sabrina offered an audio of how you can create the FAB (Favour, Abundance and Blessing) life that God has created us to live.

That wraps up the highlights of the last 10 episodes. If you've missed any interviews, you can visit my website at www.kimberleypayne.com/podcast to access the show notes, download the transcripts, and receive the gifts from the guest experts.

Thanks for listening today! We've had some fantastic guest interviews up to this point and more wonderful ones coming up.

This review episode has been brought to you by [*Fit for Faith – 7 weeks to improved spiritual & physical health*](#). You can discover more about this book and other health programs at www.kimberleypayne.com.

If you liked this episode please help spread the word by leaving a rating and review on iTunes.

This has been the Health Matters Podcast, believing that prayer & Bible study are to the spirit what exercise and healthy eating are to the body.

Blessings on your journey to health.

About Kimberley Payne

Kimberley Payne is the host of the *Health Matters – Healthy Spirit Healthy Body* podcast. She is author of *Fit for Faith – a 7-week program to improve spiritual and physical health* and is a motivational speaker offering workshops and online courses based on her book. She hopes to inspire women to live happier, healthier lives that glorify God. She is happily married and lives with her husband in a village east of Toronto, Canada where she hikes and bikes. Visit her website at www.kimberleypayne.com

