



This is the *Health Matters* podcast.

### **You Can be Fit after 40**

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

In this episode, we'll be talking about basic tips for achieving and maintaining health and wellness after 40 through exercise and clean eating.



This week we're talking with Liz Faison. Liz and her husband started Fit for Christ because being fit is not only physical, but spiritual and emotional. They noticed a huge gap in the personal training industry when addressing the total wellness of a person. They also didn't agree with the highly charged sexual atmosphere, and wanted to provide a safe environment for women and men to train, while maintaining their integrity. Liz trains women and her husband trains men. They also pray with each client at the end of each session. They offer nutritional recommendations to balance the physical training, and provide training in person and via SKYPE. You can learn more about Liz at [www.fitforchrist.us](http://www.fitforchrist.us). Welcome Liz.

**Liz**

Hi, how are you Kimberley?

**Kimberley**

I'm doing well. Not so bad here. I'm fighting allergies. The rain has gone crazy and I hope I won't be sneezing during our talk here.

**Liz**

That's okay. We'll go with it.

**Kimberley**

Now I am a woman over 40 and I'd like to know if you could tell us, what are three things a woman over 40 can do daily for better health?

**Liz**

First of all, it may seem very simple, but the first thing you can do is get up in the morning and drink 2 cups of warm water. It literally just starts to cleanse your body, it gets your metabolism going and it allows your colon to contract naturally. So that's one of the very first things. It seems very simple but it works.

The second thing is more broad and that's weight training. If there was ever a magic bullet or something that every woman over 40 should do that's weight training, or strength training. You need that resistance to build your muscles. And unless you're overeating you will not bulk up. You will not bulk up. Very, very, very few women have bulked up. There are some medical conditions that may cause that but the average woman will not if she watches her calories.

And the third thing is get enough sleep. Enough said there. Seven to nine hours. Sometimes when I say that people say that's almost impossible. But it's very important. If you don't get enough sleep the hormone that controls your appetite literally goes off kilter. It just affects everything.

**Kimberley**

I totally agree with you about those things. With weight training, I've been weight training for years now, and I definitely am not "bulked up". I've firmed up my muscles and that's what a lot of people want, they want to firm up their muscles.

Now when you said about water, I've heard that a number of times now but I've never heard "warm" water. Why do we have to drink warm water?

**Liz**

It just relaxes the colon more. You kind of shock your colon if you drink super cold ice water. I have been blessed with a very sensitive digestive system so I'm super careful about everything that I do and for me I've noticed that when I drink the warm water it relaxes my stomach more. And then I started doing a little more research on that and that's the principle that the warm water actually relaxes the colon.

**Kimberley**

Well that's very interesting. When it comes to getting fit what do you say is the biggest hurdle most women have in getting fit?

**Liz**

I think there are two ties for number one actually. I think for everyone—and this is across the board men or women—is time. But I think the second thing is feeling like they're being selfish in taking care of themselves.

My husband and I have six children and I was in corporate America for many years and actually for me staying fit was a matter of sanity not vanity. I lost my mom at a very young age—not very young, but at 17—and I lost her to a brain aneurism. The doctors specifically said that her weight had something to do with that because even though you're born with the aneurism already weakening the arterial wall when your blood pressure is high it's like popping a balloon. And you literally pop the balloon. Because her weight was so high, her blood pressure was very high. So for me, when I look at it that way I don't feel like I'm being selfish I feel like I'm being very responsible to be around for my children.

### **Kimberley**

I love the saying, "it's a matter of sanity not vanity". It's so true. I know that whenever I'm feeling stressed, the best thing I can possibly do is just go out for a 20-minute walk and coming back right after that, having that time to talk to God during that but also the endorphins that are released. Yeah, it's a matter of sanity not vanity. I love it.

So what are some of the results you have helped clients achieve?

### **Liz**

We have been incredibly blessed to be lead by the Lord to do this. The only reason I'm saying this is because it kind of leads into our results. I believe that your health—as mentioned previously—is not just physical, it's emotional and spiritual. And especially as women. We tend to carry things that become strongholds and mental blocks. If your mind is telling you that you can't lose weight or if you have some unforgiveness in your heart then it's really become a stronghold and it makes you angry it's very difficult for you to get the results that you're looking for.

I had a client—this just shows that—what happened with her is such a picture of what it means to carry the burden when the Lord says that you carry your baggage, your burden. Her burden had become extra weight. She had not forgiven her mom. And she was 57 and her mom had been gone for 25 years and her mom was very critical. We prayed and worked out and prayed and worked out. I gave her a meal plan. We worked so hard for almost 7 months and she lost—are you ready?—3 pounds. And she was going to weight doctors, I mean trying everything. We just kept praying and one day I looked at her and I said, "The Lord keeps putting it on my heart that you have to forgive your mom. You have to write her a letter. You have to do something tangible where you are literally taking a step of forgiveness and it requires a tangible action from you." We prayed and she cried and it was the purging and the Lord just instantly healed her heart—I don't want to say instantly. I don't want it to seem like it was just like we snapped our fingers and it was that easy. It wasn't. It was consistent storming the gates of heaven and going to the throne. And literally after that and after she wrote the letter a week later which in two months she lost 46 pounds.

**Kimberley**

Wow. What a testimony to how a woman's spiritual, emotional and physical health how it all works together.

**Liz**

Amen. And it does. It really does.

**Kimberley**

Now, we're going to move on to the BEEP round. Liz will give quick tips on the four disciplines of Bible study, eating healthy, exercise, and prayer or BEEP. So what do you have for us for a quick tip for Bible study?

**Liz**

Bible study, do it first thing even before you workout. I do it within the first 15 minutes of waking up. I have my scriptures set aside. I have my guide. I don't turn anything on. I don't turn my computer on, my TV. I don't even wash my face first. I do my Bible study first and it sets the tone for the rest of my day.

**Kimberley**

And your quick tip for eating healthy?

**Liz**

If it comes in a box don't eat it. God didn't make it in a box. Eat your food closest to the form that God made it.

**Kimberley**

"If it comes in a box, don't eat it." Wow, that's fantastic. I love it. And your quick tip for exercise?

**Liz**

Weight train, weight train, weight train. And I do 30x5. 30 minutes of cardio, 5 days a week. 30 minutes of weight training, 5 days a week.

**Kimberley**

So you do weight training every day. You obviously do different muscle groups on different days.

**Liz**

Oh definitely. If we're maxed out and we're on vacation or something we may do three days of total body but we skip a day in between. Or we'll do high intensity interval training. Or do body weight exercises especially if you're traveling because you don't have access to a gym or to weights.

**Kimberley**

I love body weight training. It's nice to shake it up. Those are fun, especially if you can do it outdoors.

**Liz**

Oh yeah, on the beach? Wonderful.

**Kimberley**

And your quick tip for prayer?

**Liz**

Put on your spiritual armour every single day when you pray. My daughter and I have done that—my youngest daughter—since she was three. We put on our armour every morning and every night before we go to sleep. The second thing is we always ask for the fruit of the Spirit. We do those two things and we pray for our children's future spouses, and our future grandchildren, great-grandchildren and that our lineage will know Christ intimately.

**Kimberley**

That reminds me of Stormie Omartian's books. Reading her books got me into praying for the generations and future spouses of my children as well.

Now for those listeners who aren't familiar with the armour, what do you mean by putting on the armour every day.

**Liz**

We actually start at the top of our head. I drew a diagram, a little stick figure, because I didn't want to forget and we actually put it on the back of our door of our house, on the inside so we would see it before we leave. And the armour is the helmet of salvation, the breastplate of righteousness, the belt of truth, the shield of faith, the shoes of the gospel, and we take up the sword of the Spirit, which is God's Word. That's why your Bible study is so important.

**Kimberley**

That was a really neat activity to do with your children but you can also do it yourself and just have that on the back door, to have that picture there before you even leave so that you remember to do it if you haven't already.

**Liz**

Exactly. It's so important. We go into a war zone every day. And you have to have on your armour. Soldiers don't go into battle without proper equipment. They don't go into battle without being properly attired. We're in a battle. We are in a battle.

**Kimberley**

I agree entirely. Now, I understand that you have a gift for our listeners. Can you tell us about that?

**Liz**

I would love to. I have the "5 Do's of Being Fabulously Fit After 40" and I'd love to give those tips out. There's one thing you can do each day for five straight days. You will be able to find that on our Facebook page. And I think that you're going to provide that link?

**Kimberley**

Yes. I'll definitely have the link in the show notes. But what is your Facebook page called?

**Liz**

It's [www.fitforchrist.us](http://www.fitforchrist.us) but there's actually another Fit for Christ in England, of all places. So if you go on to Facebook and you put in Fit for Christ / yes then you'll find us.

**Kimberley**

So on Facebook it's FitForChrist/yes. Thanks again to Liz Faison for her expert advice and thank you for joining us today.

This interview has been brought to you by [Women of Strength – a devotional to improve spiritual and physical health](#). You can discover more about this book and other health programs at [www.kimberleypayne.com](http://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](http://www.kimberleypayne.com)

