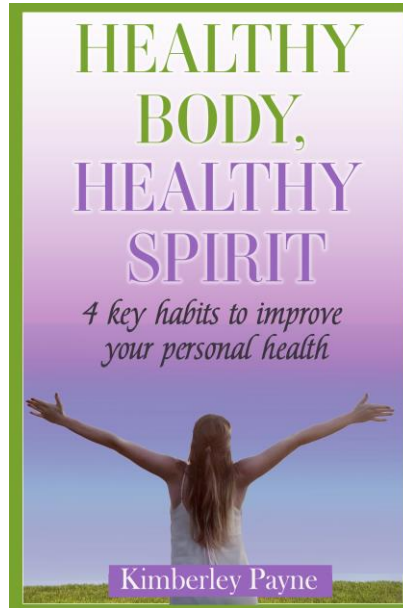


## HEALTHY BODY, HEALTHY SPIRIT

4 KEY HABITS TO IMPROVE YOUR PERSONAL HEALTH



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### Caution:

This program provides a general overview on this topic and may not apply to everyone. The information contained in this book is intended to be solely informational and educational. In view of the complex, individual, and specific nature of health and fitness problems, this book is not intended to replace professional medical advice. It is assumed the participant will consult a medical or health professional before beginning this or any other weight-loss or physical fitness program. The author expressly disclaims any responsibility for any liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this book.

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**JumpStart** runs for 2 weeks, Monday to Friday, with the weekends off to catch up on any days missed, repeat challenges you like, or just take the time to rest and relax.

*As prayer and Bible study are to the spirit what exercise and healthy eating are to the body Jump Start helps launch you into a healthy daily routine.*

#### *B – Bible Study*

Each week, you're provided a new scripture to memorize. Each day, you're provided the same scripture verse but a different word is missing. This will help you to memorize one scripture by the end of the week.

#### *E – Exercise*

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#### *E – Eating Healthy*

Each day, you're provided a simple healthy eating challenge to encourage you to start thinking about what you're putting in your mouth.

#### *P – Prayer*

Each day, you're provided with a prayer that's based on the P.A.T.H. to prayer model where P stands for praise, A stands for admit, T stands for thank, and H stands for help.

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## **Introduction**

The following 7 health and fitness experts were interviewed on Kimberley Payne's podcast called *Health Matters – Healthy Spirit Healthy Body*. They all agree that prayer and Bible study are to the spirit what exercise and healthy eating are to the body.

During the interview, each guest expert shared on topics of spiritual and physical health specific to their own journey. At the end of every interview, they moved on to the BEEP round where each guest expert offered quick tips on the four disciplines of Bible study, eating healthy, exercise, and prayer – or BEEP.

This is a collection of the four key habits to set your life on track from 7 of these health and fitness experts.

You are invited to listen to the full interviews on iTunes at <http://apple.co/1bOTCX0> or on Stitcher Radio <http://bit.ly/HMStitcher>

## **B- Bible Study**

“Read familiar passages slowly and carefully; you never know when the Holy Spirit will give you new insight.”

~ Stephanie Nickel

“Do it consistently, I'm talking about every day. And you might not be in the Word for an hour or two hours a day and that's okay. But every day. So for me—and again there's no scientific formula—I like to read in my New Testament and I'll start a book and I'll just systematically read a chapter or two a day. And then I'll go to the Old Testament and read a chapter a two in whatever book I'm in there. And I like to get into the Proverbs a little bit and the Psalms a little bit and have that balance. You know again there's that balance, physically and spiritually. But whatever you do, every day.”

~ Rusty Nokes

“For Bible study, the quick tip is to do it daily. To be in the Word daily. With technology we have apps that give us access to it all the time. We can have a Bible on our phone and we can get devotions emailed right to us. So we have that access to do that daily. To be in the Word daily and studying God's Word daily is my tip on Bible study.”

~ Rachel Almstedt

“For Bible study, my quick tip is to find two or three Bible passages that counter whatever issues you’re facing. Such as anger or insecurity or maybe you’re discontent. Find those two or three passages and write them down and keep them with you so you can speak truth over those things that are holding you back from fully living your life for Jesus.”

~ Jennifer Waddle

“If anger or temper is your problem, look up every verse in the Bible that talks about it, memorize them, and learn what to do with them. Have them prepared. Maybe even make a list of them and have them ready to look at them. Bible study is more than reading your Bible. You have to spend time. Other people write Bible studies but you can write your own. It’s a verse by verse slow reading and looking up what the words mean and then applying it to your life.”

~ Brenda Wood

“One of the things I used to tell kids regarding Bible study is that it’s kind of like if you go back to your school years. Half the battle in getting a passing grade is just showing up for class. I used to think you could just show up for class, take good notes, listen to the lecture, and you could still pass the class with a C by getting your homework in, and even a D on the test. You can still pass the class. It’s just showing up and putting yourself in that position. Regarding Bible study I think it’s so true if you just have a routine of showing up, opening that Word and placing yourself before the Lord. Our walk with Him and what He can do in our hearts and in our minds is crucial. He wants to bring things to our mind at certain times of the day but if you don’t show up for class you’re not really going to have been exposed to his lesson. And so when it comes time to be tested at different points you’re going to be in a more deficient spot because you weren’t there for the lecture.”

~ CJ Hitz

“For Bible study, every day, morning, noon or night, just choose a time. Be comfortable, get into a room, close the door, turn off the TV and study and read that Word. Even if you get online and both of you study together that’s again as you say, Kimberley, finding that accountability partner. If you do it every day it’s just like daily nuggets. It helps nourish the mind, body, and spirit.”

~ Renee Wiggins

## [E- Eating Healthy](#)

“One of the benefits of healthy eating is the psychological boost that comes from knowing we're doing something good for ourselves. Even before we see results, eating healthy is good for us.”

~ Stephanie Nickel

“I'm all about balance—protein, carbs, and fats. I'm not a stay-away from carbs guy. You know, I'm not going to go overboard either. But our bodies, our brains, our first source of energy is carbohydrates. You know as well as I do that Doritos is not your best source of carbohydrates. And sugar and ice-cream are not your best source of carbohydrates. A lot of times people already know what they need to do or not do. Eating: So healthy and clean, and again, consistency. Balanced and grazing throughout the day.”

~ Rusty Nokes

“My quick tip on eating healthy is to go green. Look for ways to add in the green foods, whether it's going darker in your salads, adding greens into a smoothie or making some purees and adding them into your family favourite dishes that you're already eating.”

~ Rachel Almstedt

“For eating healthy, with summer on the way, now is the time to think colourful meals. I'm thinking green and yellow, red and orange. Really fill your plate with colourful foods because this is the perfect time of year to be able to do that and get fresh things. I also suggest serving two or three vegetables at dinner instead of just the one traditional vegetable.”

~ Jennifer Waddle

“Make changes one at a time. One of the basic things you can do is add fruit and vegetables to every meal. That is the standard Canadian health guidelines right now. It's really important to have fruit and vegetables. Everybody knows that. Just to add a banana, and an orange, and a cup of green beans to your day. That's something right. And it'll help fill you up as well.”

~ Brenda Wood

“For me, smoothies have been a huge help and you can always keep ingredients in your freezer whether it's frozen fruit or ground flax seed—it's one of my key ingredients in getting a healthy omega fat in you—getting a good protein powder that is pure and healthy.”

~ CJ Hitz

“Stop counting the calories, just eat in moderation. You may say, 'Renee what does that mean?' Look at what you used to eat and then cut it in half. That's one, cut in half what you used to eat. Two, eat more fruits and vegetables. Eat them at breakfast, lunch, and dinner. That way you

can at least get three of your vegetables in. They say strive for 5 to 9 for fruits and vegetables. And then the third one is to cut down on the high fats. Stop the frying. Bake more. Bake more meats and more dishes as opposed to frying. So those three things: looking at portion control, eating more fruits and vegetables, and cut down on the frying. Because the better you eat helps this temple. And you want to eat to nourish the physical temple just as Bible study helps with the mental temple.”

~ Renee Wiggins

## E- Exercise

“As women of a certain age, we might think that rapid physical decline is part of a given. It doesn’t have to be if we include regular cardio and resistance training to our regular schedules.”

~ Stephanie Nickel

“Exercise: same thing, be consistent. And you don’t have to work out an hour in the gym. If you find yourself there one day, that’s great. But maybe for you it’s walking around the block a couple of times. That’s fine if that’s where you have to start. Be consistent. I can go out and play badminton and get a workout. I can go out with my kids and play 4-square and call that my workout for the day. It doesn’t have to be some extreme workout that leaves you in a puddle of sweat. But something every day. Something consistent.”

~ Rusty Nokes

“My quick tip for exercise is to listen to your body. We have so many crazy exercise programs out there. They’re great for a lot of people but they can cause a lot of injuries. When we’re starting our journey towards health keep it simple and really listen to our bodies. If something hurts our bodies, it’s not good for us. Even if everyone else on the block is training for a marathon if running hurts your knees, don’t do it. Really listen to your body and find a kind of exercise that is going to help your body get stronger and not injure it. “

~ Rachel Almstedt

“You know I don’t love exercise so my tip is that every minute counts. For example, I’ll see how many jumping jacks I can do while my coffee is brewing. Or if something is in the microwave I can do leg bends or arm bends. I can walk up and down the stairs during the commercials when I’m watching TV. I think every minute counts when it comes to exercise.”

~ Jennifer Waddle

“It’s very simple, move every day. You don’t necessarily have to belong to a club. You don’t have to do jumping jacks. I’m approaching a delicate age and there are certain things I don’t want to do anymore but I can move. Because if you don’t move you will lose it. You have to actually move your body in some way. Just a walk to the corner store. It’s not that bad. Half a block.”

~ Brenda Wood

“One thing that always keeps me going is I set a goal. I’m always setting a goal for something I want to compete in. For me it’s running. So a good way to do that is to sign up for a race. And as you know when you sign up for something your accountability goes up big time because you’ve got this looming now. It’s on the calendar and if you don’t train for it, race day is going to show up and you’re going to be disappointed and think why didn’t I train more for this. You’ll stay a little more consistent with things. So I think just setting a goal, signing up for something.”

~ CJ Hitz

“Exercise three to five times a day. I know in this world we don’t have time, but if you can divide it into 10 in the morning, 10 at lunch, and 10 at dinner because it’ll help build a better, stronger foundation so we can help better serve God and others. So get in that exercise. Walking—find an exercise that you like to do like walking. You can do some strength training, even flexibility exercises. A lot of people forget those. Three things, well really four, that I want to say: 3 to 5 times a week or either divide it into 10-10-10, aerobic exercise like walking, strength training with weights because you can do it right there at your office or at home, and as well flexible exercises that you can do at your office or at home.”

~ Renee Wiggins

## P- Prayer

“I think the best way to start our day is to commit it to the Lord even before we crawl out of bed in the morning. I think that’s the very best way to start.”

~ Stephanie Nickel

“The Bible tells us to pray without ceasing. Before my feet hit the floor, I just wake up and say, ‘Good morning. Thank You Jesus for another day. Before I even get out of this bed help me get my mind right and get ready to go out there and do whatever it is You got me planned to do that day.’ And then just talking to Him throughout the day. I’ve got my moments in my prayer closet. I’ve got my moments on my knees. A lot of times I’m praying while I drive. It’s just

another one of those spiritual exercises, disciplines if you will, so I'll just talk to Him throughout the day."

~ Rusty Nokes

"This comes right from a sermon I recently heard is that when we go into prayer is to pray boldly and to ask God boldly with our petitions. In this sermon, it's just like when a child asks their father to fix the toy boldly. They know their dad can do it and they boldly don't have any doubts. And that is how we should come before our Heavenly Father in prayer."

~ Rachel Almstedt

"We pray when we are driving and when we are in the grocery store. We pray all the time, I hope, and that's wonderful. However, I don't want us to forget that we need to make time for that deep, quiet prayer without interruption. That's when we go into our room, we can close the door, we can kneel before the Lord, and we can cry out to Him. We can be so silent before Him. And I want that to be the prayer tip is that we don't forget to go to that secret, quiet place with Him on a regular basis."

~ Jennifer Waddle

"Oh, people are so hung up on prayer. It's just talking to God like I'm talking to you. Don't worry about the position you're in, whether you're standing or speaking in Latin. I always think it's interesting if you're at some prayer rally or something and the prayers get longer, and deeper, and more complicated. God just wants a, 'Hi, how are you? Let me know how things are going today.' Just be simple with Him and He will treat you with decency and listen in return."

~ Brenda Wood

"It's simple in terms of we know how powerful it can be yet so many times we want to solve things ourselves and sometimes God can be a last resort. I think if we really begin to look at this whole thing like Daddy just wants us to hop up on his lap and talk with Him. It's not a pressure thing. It's not, 'I got to get so many minutes in prayer or I'm a horrible believer.' It's really about a privilege of hopping on a Father's lap who just wants us to talk with Him and share everything on our hearts, our concerns, give Him our praise. So that's part of it, it's just flipping that mindset to it's a privilege to talk with Daddy."

~ CJ Hitz

"Make it a habit just like brushing your teeth. You don't have to get out of your bed. Stretch like an animal stretch and say your prayers right there. Say your prayers before you even go out of the house. Just a few minutes every day. Some people can't do it or forget to do it but I think if you do it every day for 21 days you build a good habit. So you can pray as soon as you go out the door, at lunch, at dinner, pray before you go to bed. Write out a little schedule. You can



have a prayer group over the telephone. At 5 o'clock the phone rings and every body prays. So if you need to pray in a group, pray. Because prayer helps heal the soul, body and mind. Prayer helps. Believe me, it does."

~ Renee Wiggins

## **Guest Bios**

### ***Stephanie Nickel***

Freelance writer and editor, regular contributor to HopeStreamRadio, labour doula, and former personal trainer Steph Beth Nickel is eclectically-interested and eclectically-involved. She had the privilege of co-authoring Paralympian Deb Willows' memoir, Living Beyond My Circumstances, and blogs about a number of topics. Steph is an active member of The Word Guild and InScribe Christian Writers' Fellowship. Steph lives with her husband of over 30 years in Southwestern Ontario and has three grown children. [Visit her on her website.](#)

### ***Rusty Nokes***

Rusty Nokes has been a Certified Fitness Trainer since 1998 and has competed in everything from bodybuilding to endurance events. While struggling through divorce, addiction and homelessness God inspired him to write the 31 Day Journal, Christ Fit Fusion – The Fusion of Spiritual and Physical Fitness.

Christ Fit Fusion is built on three key principles: 1) Eat a healthy spiritual and physical diet, 2) Exercise spiritually and physically and, 3) Do them both consistently (If you live the right lifestyle the results will take care of themselves). Spiritually and physically, you will weather the storms of life much better when you are Christ Fit.

### ***Rachel Almstedt***

Sick, tired and overweight, Rachel Almstedt became determined to overhaul her own physical, spiritual and emotional habits. Using her strong faith, natural foods and a relaxed lifestyle she went from rock bottom to Ultimate Health. From this experience, her background in education and training as an Integrative Nutrition Coach, Rachel founded Pray Live Eat in February of 2014 where she makes healthy living simple, fun and delicious through group classes and private coaching. You can find her on the web at Pray Live Eat.

### ***Jennifer Waddle***

Jennifer considers herself a Kansas girl, married to a Colorado hunk, with a heart to encourage women everywhere. She is the author of several books, including Prayer WORRIER: Turning Every Worry into Powerful Prayer. She is a regular contributor for LifeWay, Crosswalk, Abide,

and Christians Care International. Jennifer's online ministry is [EncouragementMama.com](http://EncouragementMama.com) where you can find her books and sign up for her weekly post, Discouragement Doesn't Win. She resides with her family near the foothills of the Rocky Mountains—her favorite place on earth.

### ***Brenda Wood***

Brenda is an internationally known motivational speaker, a former TV hostess, and a recovered bulimic who has gained and lost thousands of pounds. She's actually fought the food fight and won the battle. Brenda lives just north of Toronto, Ontario and loves to write, read, and walk. You can learn more about Brenda at [her website](#).

### ***CJ Hitz***

CJ is an author and speaker with a heart and passion to see people walk closely with Jesus. He and his wife Shelley speak in churches, schools, camps and retreats across the United States and abroad. CJ received his Bachelor's Degree in Sociology at Anderson University in 1996 and added a Secondary Education Social Studies degree at Bowling Green State in 1998. He's an avid runner, loves the outdoors passionately, enjoys strong coffee, dark chocolate, Mexican food and Oregon Ducks football having grown up 80 miles south of Eugene. He also does impressions of Scooby Doo & Shaggy whenever he gets the chance and would love to try out for the next Scooby movie. CJ and his wife reside in Colorado Springs, CO. [Visit his website](#).

### ***Renee Wiggins***

Renee, a health and wellness consultant has mentored, trained and changed lives in the health and wellness industry for over 30 years. She's a strong believer and encourager in living an authentic healthy lifestyle. Renee specializes in designing customized lifestyle programs that are tailored to client needs, goals and habits. Her areas of expertise are diabetes and weight management. [Visit her website](#).

##

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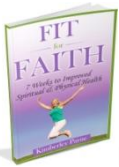
receive an email to inspire and encourage you to continue on your spiritual and physical health journey.

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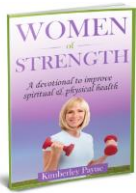
### **About the author**

Kimberley Payne is a motivational speaker and writer. Her writing relates raising a family, pursuing a healthy lifestyle, and everyday experiences to building a relationship with God. Kimberley offers practical, guilt-free tips on improving spiritual and physical health. [Visit her website.](#)



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