



Fit at Forty – Quarter 1

Sister, sister, sister. Can I just tell you that I do not want to write this article? Therefore, it will be short and to the point. Part of me knew this would happen but, as my lord would say, it is what it is. So here we go . . .

I already know myself and I knew that any type of restrictive diet was not going to work for me. The more I am told I cannot have something, the more I start to feel punished instead of healthy. Therefore, keto, intermittent fasting, smoothie cleanses and other diets that want you to eliminate an entire food group or time period of eating was out. I started watching these YouTube videos on walking. One I really liked to spoke about how this woman and her husband walked 15 minutes daily and lost 60 pounds in just a few months. They eventually worked their way up to walking an hour a day and incorporated more exercises once they reached their goals. This sounded like one of the most doable plans I had heard yet! Seeing as how I had a couple of weeks off from work, my lord and I started walking 2.7 miles Sunday through Friday. I loved being outside and it was so peaceful to hike the trail by our house. I lost 7 pounds the first week and 5 pounds the next week. I was eating a mostly plant based diet and counting calories, which is what works for me. I love plant-based diets because I love veggies. (Mushrooms taste like meat and I will not argue about this. LOL!) Cutting out meat did not make me feel deprived, but I still ate meat maybe twice a week. In addition, I was making sure to drink a gallon of water every day. There were a few mornings I didn't feel like walking, but I went anyway because I was slowly building a routine that I didn't want to break. It started feeling like my day was not complete without my walk! This was exciting to me.



Author: Sister Yemina H/O Captain Yadin
Edits: Tehila Israel LA Camp
Health Articles

Final Approval: Adalayah Israel Hs. of Captain Amaziah



So what happened? Life happened. We are transitioning to a new city, and I also started a new job that is more demanding on my time. Not only am I in an unfamiliar city, but I am also not in my own space right now. All of this has become one big excuse for me to put my health on the back burner. But let's be clear, there really is no excuse. We make time for the things important to us and I have started to notice that every time I go through a major life event, my eating is the first thing to go. I give myself permission to break my healthy habits when my routine breaks. This will not work.

I haven't weighed myself, but I can see the truth and the truth is ugly. Disappointment is running through my veins, but I am not giving up! 2 Corinthians 13:5 is true and in my forty plus years, I have learned that being honest with myself is the first step to success. Now I am making new plans to overcome these lions in my streets.

1. I will walk around the neighborhood that I am in.
2. I will control my portions and track my calories again. This includes drinking enough water daily.
3. I will increase my fasting.

If I can stick to these 3 principles and remain disciplined, this will be my last year being fat. There really is no excuse. A scripture I keep on repeat is Wisdom of Solomon 6:17-18; desire discipline. I will leave you with one of my favorite quotes and to every sister, old or young trying to lose weight, examine yourself and remove the excuses out of your life. If we miss the Kingdom because we could not apply Sirach 37:29, it will be such a shame.

**DO OR
DO NOT.
THERE IS
NO TRY.**

Author: Sister Yemina H/O Captain Yadin
Edits: Tehila Israel LA Camp
Health Articles

Final Approval: Adaliyah Israel Hs. of Captain Amaziah