



A Step Above

Personal Training Concepts

Some people, no matter how old they get, never lose their beauty - they merely move it from their faces into their hearts. ~ Martin Buxbaum

Jinjer's thoughts . . .

FAITH-FILLED FITNESS An Approach to Living A More Peaceful and Healthier Lifestyle



With the current spotlight on youthfulness, aging can be a hard pill to swallow. No matter how old we are, inside our hearts we still feel eighteen. The problem is that our appearance defies our inner selves. Even in our forties, we think we should still be able to do what we did in our twenties. As we age, some of us have to get past the young-adult mentality. Yes, in our teens and twenties, we might have run track, participated in gymnastics, and even been the all-star college basket-ball player. But even if we've remained active, it doesn't matter because, with age, our healthy, young bodies eventually give way to lifestyles. Change is never easy, regardless of age. As we all struggle with life changes we *can't* let ourselves give up. We need to remember: The world may tell us we are not as beautiful as when we were younger; but, in the spiritual, we find just the opposite. Our bodies are a precious gift from God, and we tend to live fuller lives when we honor that gift.



What can we do to learn how to maintain a more peaceful and healthier lifestyle? I find that keeping the right attitude about life in general is the hardest. With that said, it's very hard trying to stay positive, especially when I've had the worst day ever and don't really feel like training. Those are the days when I have to turn to God the most.

Psalm 32:8 says: *I will instruct you and teach you in the way you should go; I will counsel you and watch over you.*

I've found that praying before I exercise and giving thanks to God after I finish have been most rewarding in my training program. There is no set method; nevertheless, it has provided me great peace and relaxation with an awesome sense of accomplishment. Some of my clients say to me, "You are so healthy because of your disciplined to workout." Others say, "Well you own a gym; so, no wonder you're in great shape." The point is: we all have some type of physical, mental, emotional and/or spiritual pain.

It doesn't matter if you are considered overweight or underweight. When you finally make the decision to exercise frequently, that decision is a positive one — or should I say a win-win situation.

Exercising is not just about losing weight. As we age, it is more about maintaining the strength and balance or ability to do every day activities. Truth is, you can't afford **NOT** to get moving. Exercise is the key to remaining strong, energetic, and healthy as you get older. It can help you manage symptoms of illness and pain, maintain your independence, and even reverse some appearances of aging. Being healthy and fit is a daily decision. Making exercise a part of your everyday life can be very fulfilling, build confidence and transfer positively into your everyday job, activities, and social functions. No matter what your age, your health or your fitness level — you can benefit from moving more. And, when you exercise with the right attitude, you will find it makes a big difference — and it goes a long way. It's no longer work. For some individuals,

FAITH-FILLED FITNESS (continued)

exercise becomes a place of refuge and relaxation — a means of escaping the stresses of life. For others, trying to fit exercise into an already over-crowded schedule can add more stress into their already immensely stressful lives — so they avoid it.

Motivational techniques can assist you with staying enthusiastic and motivated. Some of these motivational strategies you can use are: **positive self-talk** (words you use when you're having conversations with yourself: "Come on, Jinjer, just one more, you can do this!"), **using imagery** or **visualization** (clear, mental images of things and/or ideas that are not physically or visibly present: seeing yourself as if on a video that everyone is watching), **setting specific, realistic and inspiring goals and completing them** and **surrounding yourself with people who support you**. I tell my clients when they first sign up with me that they have to do these three things. (1) They can't use the "F" word -- by the way that word is "Fat. " In no way, shape, fashion or form can they call themselves fat. 2) They are not allowed to get on a scale after I do their beginning assessments until I take their final assessments at the

end of their training program. (3) They must look at themselves in the mirror every day and tell themselves "Gee I'm cute!" and "Wow, I've lost five inches already. " When I train them, I let them know that they will leave my place doing the "impossible" they said they couldn't do when they came. What is the impossible? — When they profess their statements with "I've never been able to do ..." and then find out they can.

Hebrews 11:1: *Now Faith is being sure of what we hope for and certain of what we do not see.* (NIV).

Being sure describes *faith as seeing*, all knowing, which is your "*substance* of things hoped for."

Romans 8:24: *For in this hope we are saved. But hope that is seen is NO hope at all. Who hopes for what he already has?* (KJV)

An old saying, "Believe and receive or doubt and go without." Another is "Doubt knocked on the door and Faith answered and **no one** was there.

"Romans: 8:25: But if we hope for what we do NOT see, with

perseverance we wait eagerly for it.

Since 1997, God has become my discipline in health and fitness . When I started my walk with Christ, it was tough learning how to waive that white flag and surrender myself. But like a cat going round-and-round chasing his tail, I realized I was getting very tired and getting nowhere; so, I finally had to give in. That was the hardest part, pride. And from time to time it can still be hard. All the same, I have found the more I seek Christ, the more I hear the Spirit speak within me. Christ has given me the strength and perseverance to over-come, and I know he will never forsake me.

Philippians 4:13: *I can do all things through Christ which strengtheneth me.* (KJV)



Orange Pork and Pineapple on the Grill

75% less sat fat • 66% less sodium than the original recipe. Here's a Polynesian-inspired recipe you'll turn to all summer long. It's luscious and ready in just 20 minutes.

Prep Time: 5 min **Start to Finish:** 20 min **Makes:** 4 servings

- 4 boneless top loin pork chops, cut 3/4 inch thick (about 1 1/4 pounds total)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 fresh pineapple, peeled and cored
- 3/4 cup Yoplait® plain fat-free yogurt
- 1/3 cup low-sugar orange marmalade
- 2 tablespoons coarsely chopped toasted pecans
- 1 tablespoon snipped fresh thyme



- Sprinkle both sides of pork chops with salt and pepper. Sprinkle both sides of pork chops with salt and pepper. Cut pineapple crosswise into eight 1/2-inch-thick slices; set aside. Combine yogurt and 2 tablespoons of the marmalade; set aside. • For a charcoal grill, grill chops on the rack of an uncovered grill directly over medium coals for 4 minutes. Turn; add pineapple to grill. Brush chops and pineapple with remaining marmalade. Grill 3 to 5 minutes more or until an instant-read thermometer inserted in pork registers 160°F and pineapple has light grill marks, turning pineapple once.
- Arrange pineapple and chops on serving plates. Spoon yogurt mixture over chops and pineapple; sprinkle with nuts and thyme. • Cost-Saving Tip: Instead of using a peeled fresh pineapple from the produce section of the grocery store, use a 15.25-ounce can pineapple slices (juice pack)—it contains 8 slices, perfect for 4 servings.

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