

January-February 2025

Most people know that the purpose of losing weight is to reduce unnecessary FAT in the body... but do you know why this is important?

Excess body fat can lead to:

- Cardiovascular disease; fatty material can build up in your arteries and increase blood pressure and/or cause strokes
- Metabolic syndrome- e.g. Type 2 diabetes, heart disease, stroke
- Musculoskeletal disorders: osteoarthritis.
- Some cancers: endometrial, breast, or colon cancer.
- Digestive problems: Excess bloating, gas, and loose stools.
- Sleep apnea: Fat stored around the neck can make it difficult to breathe at night.

Did you know?

It is important to do weight training as you lose body fat.

Weight loss can also lead to loss of muscle - unless you incorporate weight (strength) training!

Training with weights

- Can help you manage or lose weight, and it can increase your metabolism to help you burn more calories!
- Can increase bone density, and improve metabolism, thus contributing to weight management.
- Enhance joint stability and flexibility, thus reducing the risk of injuries - particularly after age 50, and can also improve your posture and balance.

Can These Bones Live Again?

YES! When we use weights, we will:

- Build stronger bones.
- Strengthen both muscles and bones in adults and children (weight training is approved for kids 12 years and older).
- Prevent bone loss associated with aging (osteoporosis).
- Make our bones denser and replace old bone with new bone.
- Improve balance, agility, coordination and stamina.



- Look leaner!

So, with the start of this new year, ***don't just lose weight***, *PICK UP SOME WEIGHT*- weight training, that is!



The **Health and Wellness Ministry** is here to help you "**Get Fit and Don't Quit!**" We will be offering fitness classes this year - stay tuned for dates and times!

The Health & Wellness Ministry wants to ensure the CCF members and friends become actively involved in pursuing their personal health, wellness, and fitness goals. Our mission is to obey the spiritual mandate given to us in the Bible: to honor God with our temples (1 Corinthians 6:20), and to teach others how to be good stewards of their temple.

To learn more about the Health and Wellness Ministry, please see Caj Hunter or send an email to ministries@ccfword.org.