

Plant Based Cooking Seminar



August 21, 2018

Plant Based Cooking incorporating the 12 step program and CREATION Health!



Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.

Scripture Text: "Do to others as you would have them do to you."

(LUKE 6:31)



CREATION Health

Choice – Temperance, Water

Rest, Time

Environment – Sunshine, Air, Products

Activity – Exercise

Trust - in God our Creator

Interpersonal Relationships

Outlook

Nutrition





Exercise

Exercise - Action is a law of life. Muscle tone and strength are lost without exertion, but exercise improves the health of body, mind, and spirit multiplying vitality and health.

- Q: What is the best form of exercise?

- A: The one that you will do on a consistent basis!

1. **Aerobic exercise** -- sometimes referred to as cardiovascular or cardio respiratory conditioning. This is any exercise that increases your heart rate and makes your heart and lungs work. It makes you huff and puff.
2. Strength training -- exercises that challenge your muscles and bones, using your own body weight, free weights or equipment.
3. Flexibility and balance training -- exercises that help you improve your ease of movement and range of motion. These exercises also help prevent you from falling.



Aerobic Exercise

New research on the endocrine functions of contracting muscles has shown that both aerobic and anaerobic exercise promote the secretion of **myokines**, with attendant benefits including growth of new tissue, tissue repair, and various anti-inflammatory functions, which in turn reduce the risk of developing various inflammatory diseases.



Among the recognized benefits of doing regular aerobic exercise are:

- Strengthening the muscles involved in respiration, to facilitate the flow of air in and out of the lungs
- Strengthening and enlarging the **heart** muscle, to improve its pumping efficiency and reduce the resting heart rate, known as **aerobic conditioning**
- Improving circulation efficiency and reducing blood pressure
- Increasing the total number of red blood cells in the body, facilitating transport of oxygen
- Improved mental health, including reducing stress and lowering the incidence of depression, as well as increased cognitive capacity.
- Reducing the risk for diabetes.

As a result, aerobic exercise can reduce the risk of death due to cardiovascular problems. In addition, high-impact aerobic activities (such as jogging or using a **skipping rope**) can stimulate bone growth, as well as reduce the risk of **osteoporosis** for both men and women.



In addition to the health benefits of aerobic exercise, there are numerous performance benefits:

- Increased storage of energy molecules such as fats and carbohydrates within the muscles, allowing for increased endurance
- **Neovascularization** of the muscle **sarcomeres** to increase blood flow through the muscles
- Increasing speed at which aerobic metabolism is activated within muscles, allowing a greater portion of energy for intense exercise to be generated aerobically
- Improving the ability of muscles to use fats during exercise, preserving intramuscular **glycogen**
- Enhancing the speed at which muscles recover from high intensity exercise



Some downfalls of aerobic exercise include:

- Overuse injuries because of repetitive, high-impact exercise such as distance running.
- Is not an effective approach to building lean muscle.
- Only effective for fat loss when used consistently.

Both the health benefits and the performance benefits, or "training effect", **require a minimum duration and frequency of exercise**. Most authorities suggest **at least twenty minutes performed at least three times per week**.



VARIETIES

Indoor

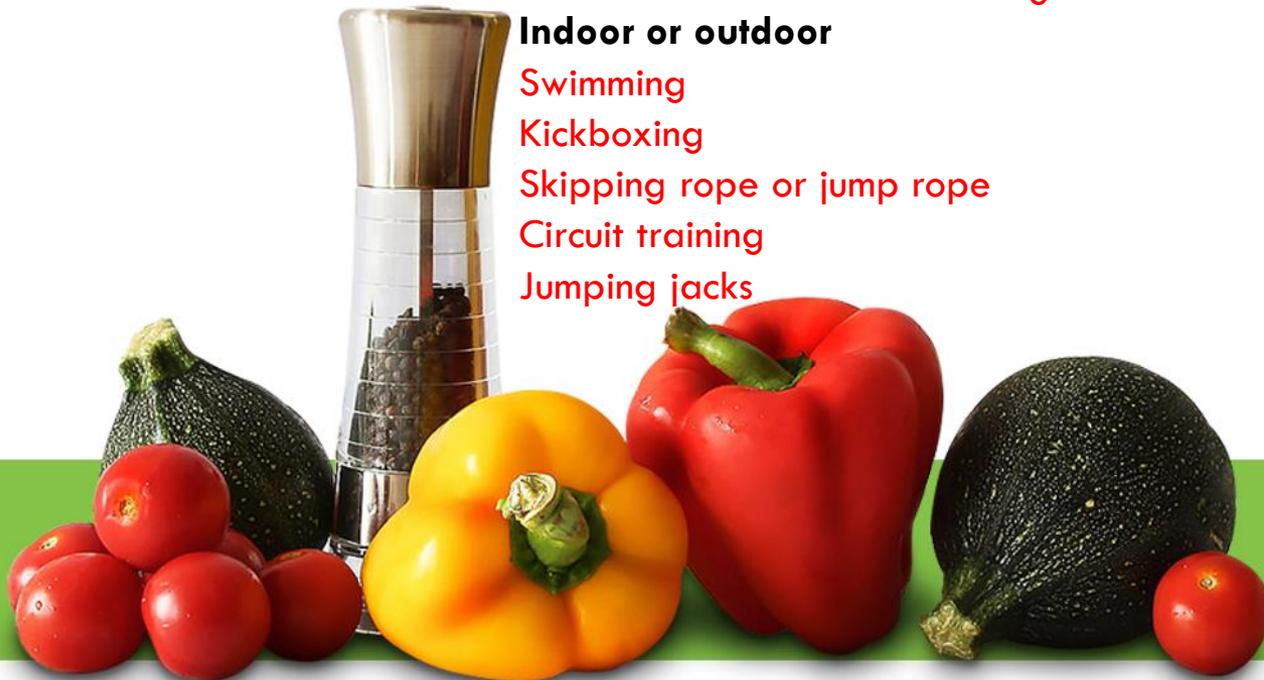
Stair climbing
Elliptical trainer
Indoor rower
Stairmaster
Stationary bicycle
Treadmill
Jogging

Outdoor

Walking
Cycling
Jogging
Running
Cross-country skiing
Cross-country running
Nordic walking
Inline skating
Rowing

Indoor or outdoor

Swimming
Kickboxing
Skipping rope or jump rope
Circuit training
Jumping jacks



Strength training

New research on the endocrine functions of contracting muscles has shown that both aerobic and strength training (anaerobic exercise) promote the secretion of **myokines**, with attendant benefits including growth of new tissue, tissue repair, and various anti-inflammatory functions, which in turn reduce the risk of developing various inflammatory diseases.



Flexibility training

Flexibility exercises can improve overall ease of movement, decrease stress on the joints, and reduce risk of injury. Because flexibility exercises help improve blood flow to the muscles, stretching an injured muscle will speed up your recovery.

Although they are not specifically recommended in the Physical Guideline for Americans, the American College of Sports Medicine recommends that you incorporate flexibility exercises a minimum of two to three days per week into your overall fitness program.

Most fitness centers have posters with stretches for all muscle groups that you can do after an aerobic exercise, when your muscles are warmed up. Mindful movement exercises, such as [yoga](#) and tai chi, are also excellent for developing flexibility, and Pilates can improve flexibility, as well as core stability.



BALANCE TRAINING

GOOD BALANCE CAN HELP PREVENT FALLS. BALANCE TRAINING HELPS IMPROVE YOUR EQUILIBRIUM AND YOUR ABILITY TO WITHSTAND AND QUICKLY RECOVER FROM SITUATIONS THAT MAKE YOUR BALANCE UNSTABLE. IN ADDITION, BALANCE IS ESSENTIAL FOR VARIOUS SPORTS AND FITNESS ACTIVITIES.

To improve balance, you must improve your core strength so you can have a good base of support and control movement. Core strength can be improved through Tai Chi, Pilates, and core specific floor exercises. Yoga is also excellent for developing core strength and balance.

Older adults at risk of falls should do balance training three or more days a week.

Examples of these exercises include backward walking, sideways walking, heel walking, toe walking, and standing from a sitting position. Tai Chi exercises also may help prevent falls.

Other simple exercises to improve balance include:

Standing on the balls of your feet with your arms straight out to the sides, then slowly lowering your arms to your sides.

Standing on one foot with your eyes closed

Walking very slowly, focusing on lifting and placing each foot



2018 SERIES OVERVIEW

JANUARY – DESSERTS

FEBRUARY – SOUPS

MARCH – SAUCES, GRAVIES, DRESSINGS

APRIL – SNACKS

MAY – SALADS

JUNE – SANDWICHES

JULY – PICNIC FARE

AUGUST – ENTREES

SEPTEMBER – INTERNATIONAL FARE

OCTOBER – BREAKFAST ITEMS

NOVEMBER – HOLIDAYS

DECEMBER – DRINKS, SMOOTHIES



Entrees - <http://plantbaseddietitian.com/around-the-globe-in-50-delicious-main-dishes/>



Joshua 24:15: Choose this day whom you will serve.

