

Journey Newsletter

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Foundational Scriptures

Romans 12:1

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

III John 3:2

Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

Living Our Best Lives Through Healthy Eating



By: Min. Soundra Simpson

A few weeks ago while out enjoying my weekend, I couldn't help but notice shoppers as they entered the mall. Naturally, and regardless of sex or race, everyone ranged in various shapes and sizes. There were some who appeared to be in good physical condition; while others being overweight struggled to breathe in the hot Carolina sun.

To be honest, I've had challenges to be consistent in my efforts to achieve my desired weight. Trying to juggle everyday

life events of working, school, family and ministry made exercising and eating right a daily challenge. My days easily ran well into the nights which result in preparing something quick before retiring to bed for the evening. So yes, I completely understand the demands that life can sometimes place upon our lives without an open invitation.

Nevertheless, our body is the temple of the Holy Ghost (I Cor. 6:19-20) and we have a spiritual and physical obligation to take care of the place where God dwells. And so it is that we dedicate this issue to healthy living by eating right, exercising and sharing best practices that will hopefully change our lives.

If you have tired and failed now is the time to pick yourself up and begin again. Everyday is an opportunity to give it one more try. Guest what? I commit to helping you every step of the way. You are not alone, so let's take one step at a time. Selah!

- LET'S GET PHYSICAL -



.....EXERCISE CAN.....



***Exercise** - Something done or performed as a means of practice or training, to move or put into action.*



1. Improves Your Mood

We are all well acquainted with experiencing some degree of stress in our lives. However, one of the benefits of exercising will help bring calm to situations that are beyond our control. Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed than you were before you worked out. Exercising also helps us to look and feel better when done on a consistent basis. Need a confidence and self-esteem booster? Yes, this is also an added booster as a result of getting up off the sofa! Regular physical activity can even help prevent bouts of depression.

2. Fights Chronic Diseases

Exercising has been proven to fight against such diseases as high blood, osteoporosis, type 2 diabetes and even certain types of cancers. In addition, regular physical activity can help boost high-density lipoprotein (HDL), or "good," cholesterol while decreasing triglycerides. This response to becoming physically fit helps to keeping our blood flowing smoothly by lowering the buildup of plaques in our arteries. The benefit to our personal lives is truly worth the return on our investment of a little dedicated time.

3. Weight management

Want to drop those excess pounds? You got it...exercise! When you engage in physical activity, you burn calories. The

3. Weight management

15 minutes to your daily program. It doesn't require expensive equipment, something as simple as a brisk walk is effective.

4. Boosts your energy level

Do you walk from the car to the house and feel winded and exhausted? Regular physical activity can leave you breathing easier because physical activity delivers oxygen and nutrients to your tissues. In fact, regular physical activity helps your entire cardiovascular system — the circulation of blood through your heart and blood vessels work more efficiently. When your heart and lungs work more efficiently, you'll have more energy to do the things you enjoy.

5. Promotes better sleep

Becoming active has been proven to help guaranteed a more sound sleep without tossing and turning throughout the night. A good night's sleep can improve your concentration, productivity and mood. However, if you exercise too close to bedtime, you may be too energized to fall asleep. If you're having trouble sleeping, you might want to exercise earlier in the day.

(Cont. on Next Page)



8 Tips to Great Exercising

1. **Be Consistent** - Develop a daily exercise routine that works for you and be dedicated to working out everyday. Start slow, maybe 15 minutes each day and gradually increase your minutes over time. Commit to making this your personal space and something that you're doing to improve your overall health. You can do it!!!
2. **Follow an Effective Exercise Routine** - Maybe not all at once, but effective exercise plans include strength training, interval training and cardio and/or aerobic exercises. Do your homework and learn what works best for you based upon your personalized weight goals.
3. **Set Realistic Goals** - Set a weight loss goal that is realistic and one that will not jeopardize your health or worst....cause you to give up. Don't forget to consult your doctor on best practices.

4. **Use the Buddy System** - Let's be honest, losing weight can be challenging and frustrating. Don't try to do it alone, but find a partner to work along side you and to hold you accountable.
5. **Personalize your own plan** - Make your plan fit your lifestyle. The goal is to find dedicated time and commit to exercising on a daily basis. Maybe you can't join a gym or hire a personal trainer....move the coffee table and start stepping!
6. **Get excited** - This is a time to feel great pride in knowing that you're not only working on a personal goal, but you're improving your overall health.
7. **Be attentive to your body** - Try exercising at a time when your body has the most energy and when you feel motivated.
8. **Be patient** - Remember, there will ups and downs along the way, but be patient and commit to your personal health to never give up. I'll say it again, get up and get started.

.....EXERCISE CAN CONT.....

6. Be Fun

Exercising is not only healthy, but also fun. If you need your own personal private moment or dedicated time for the family to becoming fit, exercise is the idea plan. Physical activity doesn't have to be a dreadful task or expensive, but can include walking, dancing, cycling, hiking, running or swimming. The key is finding a physical activity that you enjoy, and being faithful to exercising every day! The results are bound to benefit your spirit, soul and body.



A Prayer to Lose Weight

Guide me lord, as I strive to lose weight
You are my light and my anchor, and with
you I know all things are possible.

Help me this day to make healthy choices and
give me the strength to fight against destructive
cravings that negatively effect my health.

You said, "The LORD upholdeth all that fall,
and raiseth up all those that be bowed down.
As I bow before you today, raise me up
help me towards my goals.

I have been taught that anything that replaces
God is an idol. Help me to reject any unhealthy
habit in which I seek false comfort. For you
are my one true comfort and salvation. Amen.

(source: www.prayersfor special help/no author listed)



Simply Eating Healthy

Diet - A selection of food that is personally designed to improve a person's physical condition.

By: Min. Soudra Simpson

Like that of billionaire, Oprah Winfrey, I to have my lists of favorite things, which include enjoying a plate of southern foods. My personal menu can include anything from fried chicken, collard greens, baked macaroni and cheese, rice and gravy, butter beans, candid yams, mixed corn, homemade pound cake and sweet tea. Even though this menu sounds absolutely delicious, the bottom line is, unless it's prepared properly and eaten in extreme moderation, it can be bad for our health.

Healthy eating is not about adhering to unrealistic food restrictions or eating to stay at a weight that is unhealthy or one that can cause potential health problems, but it's learning how to eat foods that you love. Can I eat fried chicken? Of course I can, but stopping by the local fast food restaurant daily is out of the picture.

Selecting the proper food choices have been proven to fight against disease, cancer, diabetes and even depression. Prescribing to a daily healthy diet can give a needed energy boost, improve memory gains and stabilize our moods from swinging between highs and lows.

Personally speaking, I can eat rice and gravy every day of the week, but learning what to eat and how to eat in moderation is the key to health success.

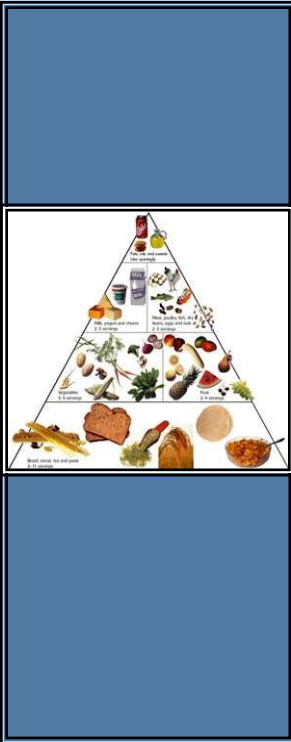
For example, switching from white rice to brown rice is more suitable. Give careful thought to stop eating when you feel full verses continuing to push through the plate. Our brain is smart enough to send triggers to our bodies to say, "I'm full." Stay away from spending an extra dollar to supersize an item in your lunch or dinner.

Eating a healthy breakfast (i.e., yogurt, oatmeal, fruit smoothies, hard boiled eggs, whole grain cereals and waffles) is excellent for jump starting our metabolism. Redirect how you eat by eating several smaller meals throughout the day verses three larger well balanced meals. Smaller meals, like that of breakfast helps to maintain our metabolism from morning to night.

Incorporating whole grains such as whole wheat, brown rice, millet, whole wheat pasta and barley to your diet is an excellent food choice. Be sure to look for whole grain or 100% whole wheat in the ingredients.

To add protein to our daily diet regiment is to add a blast of energy. Protein is our building block for growth, energy, maturing cells, tissues and organs. A lack of protein can reduce muscle mass, lower immunity, weaken the heart and respiratory system.

There is so much more to learn about healthy eating. Begin today by visit various websites and commit to live your best life from this day forward.



Proverb 23:1
When you sit down to eat with a ruler, observe carefully what is before you.

Proverb 23:1
I
am
the
bread
of
LIFE.

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MIN. SOUNDRA SIMPSON, MCE
President & Founder

NOTE: *No portion of this newsletter should be used or printed without the Editor's written consent.*

2011 * Schedule of Services * 2011

September 17- Paths Crossed will be blessed with the anointed word of **Evangelist, Angenetta McLeod** from Decatur, Ga. She is co-pastor of House of Prayer of Miracles. Service begins at 5:00 P.M.

October 15 - Paths Crossed will celebrate 6 years of ministry with guest speaker, **Pastor Tia Lynch** of Refuge House of God of Charlotte. Service begins at 6:00 P.M.

November 19 - Come enjoy pre-Thanksgiving with Paths Crossed and be blessed with the preached word with **Min. Soundra Simpson**. Service begins at 6:00 P.M.

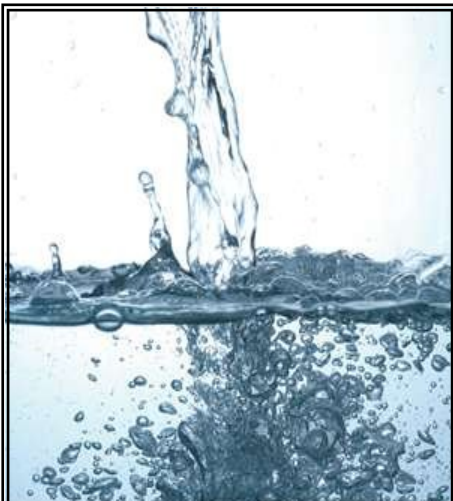
December 17 - **Min. Soundra Simpson** will be closing out the year with a Word from the LORD for 2012. Come and celebrate the holiday season with Paths Crossed.

“Women from all walks of life called to world-wide ministry.”

PATHS CROSSED NETWORK MINISTRIES, INC.

H2O yes, refreshing water!!!!

By: Min. Soundra Simpson



WATER keeps every part of our body working properly. In particular, it helps to flush waste and keeps our bodies at the right temperature. Water is also good for preventing kidney stones and prevents constipation that can occur from taking certain medications. We continue to lose water throughout the day due to sweating, urinating, and bowel movements. This lost of water needs to be replaced in order to stay healthy. Failure on our part to drink needed water can cause dehydration which is not having enough fluid to get blood to our organs. However, all liquid helps you to stay hydrated, but water by far is the absolute best. In essence, water has no sugar or calories. A common recommendation is to drink six or eight 8 ounce glasses of water daily. This number can increase or decrease depending upon your health, exercise program or the climate in which you live. One way to know if you're drinking enough water is by the color of your urine. Urine that is clear or pale yellow is an indicator that you're consuming the right amount. Now, let's drink up!!!