**2017 LEAD Conference**

**Springfield, Missouri**

**Growing Physically**

1 John 3:2 Paul speaking says, "Above all things, I wish that you may prosper and be in health, even as your soul prospers."

1. **Health**
   1. One of the best things a person can do to better their health is to Lower Added Sugar: 6 - 9 teaspoons per day the Recommended Daily Allowance. July 1, 2018, added sugar will appear on all Nutrition Labels.
      1. A 20oz Mountain Dew or Coke is double the RDA.
      2. People over 200 lbs. that drink 20 oz. of soda per day. If they quit 1 bottle per day and no other changes, they can lose 30lbs in 1 year.
      3. For even better health, exchange that with 20oz bottled water.
   2. A High Protein Diet consists of meats, fish, dairy, nuts.
   3. Testosterone: If a man decides to better his diet, for the purpose of losing weight or just to be healthier, men should stay away from processed foods or foods containing GMO products because they don’t contain the ingredients necessary to keep a high level of testosterone.
      1. Ways to increase testosterone naturally are
         1. Strength training
         2. Zinc-natural sources are: high protein rich foods, raw milk, raw cheese, yogurt. It is really hard for a vegetarian to get enough zinc. Things that deplete zinc:
            1. Meats with farming methods that use chemical fertilizers and pesticides.
            2. Over cooking your food.
         3. Vitamin D - One big source is being in the sun.
         4. Limit sugar from your diet.
         5. Reduce stress.
         6. Healthy fats are good: Organic and free range, (Why? Meats, eggs, olive and olive oil, coconuts and coconut oil, and raw nuts are all healthy and necessary fats.)
   4. Dental health: If you have dental insurance, you will have two no-cost cleanings per year. Use it!
   5. Sleep is very important in being healthy. One of the best ways to have healthier sleep is to go to bed earlier with no lights/sounds – meaning NO TV!
2. **Fitness** - Some of you might not like what I am going to say, but it is true. If you ask your wife or children to go get something because it is easier for them, DON'T. Every time you get up from your chair, that is a squat, and after you are up, those are steps counted in your daily total. If someone keeps getting stuff for you, it will keep getting harder for you to get up.
   1. The biggest hurdle in getting fit is discipline. If you are good at self-discipline good! If not, finding a workout partner really helps.
   2. Scheduling your workout on your calendar is important. Write it in like any other appointment. Make it a priority.
   3. Weight lifting is a good way to get fit. Lifting will give you more energy and the only natural way to increase metabolism is muscle mass. The more muscle you gain, the more your metabolism increases.
   4. Set a work out routine: pray first, stretch, always do a warm up set with 1/2 of your first set weight.
   5. Going to a gym is good, but you don't have to. A set of dumb bells goes a long way. Do your chest and back before your arms. Full length of motion. Don't max out unless you are a competitive power lifter. Do at least 8-10 reps per set. The older you are the more reps per set.
3. **Fitness for Boys in Sports** - Tell the school coach you want your child to do full range of motion and at least 8-10 reps because you want him to be an all-around good athlete his entire life. There is a lot of life after high school. Muscles are still developing [until 18-21](x-apple-data-detectors://embedded-result/3185) years old.