

The Power of Half

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follow these two rules and-

- eat what you want
- lose weight
- be healthier
- live longer
- be happier



The Power of Half

ISBN

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Tulsa, Oklahoma

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FORWARD

The reason I wrote this book was my desire to share a few things that may be able to help you stay in better physical shape for life. These are things that have helped me in trying to stay in good (better) shape physically. If we are to fulfill God's purpose for our life it will require us to be healthy and strong. I believe God's will for us is to run and finish the race He has assigned us for this life - healthy - whole and strong.

So, my prayer is that you will pick up a couple of nuggets that will inspire, encourage and help you to be more fit and healthier for the life God has for you to live. May your life be all you desire!

Be blessed,

Pastor Bruce

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INTRODUCTION

First, let me begin by saying I am not a doctor. I am not a nutritionist. I am not a health guru or dietitian. I am not even a good cook. I am simply a person probably like you who over the years has wanted to stay in shape and keep my weight at a healthy level. I have tried all kinds of diets from the Cabbage Soup diet to the no/low carb diets and several others. I have tried different supplements and other plans. While I did experience limited success, it was for only a short time and ended up being a frustrating and disappointing experience.

If you have had similar experiences, I have got good news for you. I have developed what I believe is the easiest and simplest plan to lose weight that really works, and the best part is you can keep the results.

It is a plan where you don't have to count calories. You do not have to count carbs. You don't have to read labels or watch which kind of fats are in the food. You do not even have to eliminate any of your favorite foods. In fact, part of the success of this diet is to not eliminate any of your favorite foods.

As with any plan that changes your normal eating or exercise habits you should check with your doctor particularly if you have any medical conditions, illnesses, or injuries.

Before you start on the plan you will be taken through a simple process to help you design a strategy unique to your goals and needs.

There are only two requirements for this plan to work. First you must truly have a desire to get in better shape by losing weight and second, you must follow the simple guidelines outlined. If you will do these two simple things you should lose weight.



There are only two requirements for this plan to work. If you will do these two simple things you should lose weight.

I have included three bonus chapters that include some additional strategies and some helpful tips that can enhance and improve your weight loss and overall health. They are meant to help you be healthier and get in better shape. These are not necessary for you to experience weight loss but can

be a huge benefit.

I believe you will like the results and the experience of following this plan. There are several different types of diets out there some are what I call “fads” and while they work for some often there just the current trend that many people seem to get caught up in, but if any of those are working for you - great stay with it. However, if nothing has worked for you and you have struggled staying in shape and your weight has yo-yoed up and down | encourage you to give the following plan, a try.

CHAPTER ONE

Get Ready - Get Set



Before we share the secret to this weight loss plan the following is an important process that will create a uniquely designed plan for your specific need.

This process includes setting a realistic goal that is uniquely based on your own personal situation, age, height, body style and shape. Not everyone is built the same nor do they have the same frame or body structure. So, it is unrealistic to think a person who is 6' 2" with a large frame and thick build should weight the same or look the same as a small framed, petite body style. In this chapter you will discover the



ideal weight range for you so you can establish a realistic weight loss goal. Second there must be a realistic time frame to reach your goal. Too often people not only set an unrealistic goal but want to accomplish it in a time frame that is

Not everyone is built the same nor do they have the same frame or body structure, so it is important to set a realistic goal for weight loss that is unique to you.

either impossible or unrealistic and unhealthy. In this chapter you will be taken through a few simple steps

to set the time frame to meet your weight loss goal.

STEP ONE- Set Your Weight Loss Goal

It is important to set a goal that you believe is good for you. It needs to be one that is realistic for where you are in your life and one that fits who you are. Too often we have unrealistic goals because we are influenced by all the images we see of thin perfect bodies on television and in magazines.

The **first thing** you need to do is determine what your ideal weight should be. According to Gallup Poll's 2011 Healthcare Survey our perceptions of the ideal body weight have increased. Women, on average, said their ideal body weight would be about 138 pounds—
up from 129 reported in 1991. Men's ideal body weight also increased, jumping up to 196 versus 180 in years prior.



The first step is determine what your weight loss goal will be and should be based on your unique situation...

Even though these numbers represent an average, it does not mean that these numbers are a right fit for you. There are a lot of variables that effect a person's ideal weight - age, gender, frame size, muscle mass, physical condition and other factors.

Every person's situation is a little different.

There are several different methods and ideal weight calculators available. They all have their positive points as well as negative. You can use any of them to help add some perspective as you settle on what you feel is a good target weight for you.



You need to figure out what your ideal weight should be.se weight.

If you want to calculate your ideal weight range here is an easy formula to use.

Women:

The first step is to see how many inches **over** five feet you are or if you are **less** than five feet tall, how many inches under five feet you are.

- Take that number and multiply it by **5**.
- Take that result and if over 5 feet add it to 105 to get your ideal body weight.

For women **less** than 5 feet, subtract that number from 105 to get your ideal weight.

- Take 10% above that and 10% below this number to create your ideal weight **range**.

Formula: (Height difference from 5 feet) x 5+105=ideal weight in pounds*

Example: If you are a 5'6" woman, your ideal weight would be 6'x5=30, and then +105=135 pounds."

Since we are not all built the same, there is a range surrounding your ideal body weight, which is plus or

minus 10%. So, the **ideal weight** for a woman who is 5'6" would be 135 pounds, but the **ideal range** for that woman would be 122-149 pounds.

(if you are over 50 the range can be expanded to 15% on the up side. So, for the example about a woman age 50+ the ideal range would be – 122-155)

Women's Formula for ideal weight –

- *Height difference from 5 feet times 5*
 - *If over 5 feet add to 105*
 - *If under 5 feet subtract from 105*

Men:

The first step is to see how many inches over 5 feet you are.

Take this number and multiply it by 6.

Then, add 106 to get your **ideal body weight**.

Then take 10% above this number and 10% below this number to get your **ideal weight range**.

Formula: (Height difference from 5 feet) x 6+106=ideal weight in pounds*

Example: If you are 6 foot tall man, your ideal body weight would be 12'x 6=72, and then +106=178 pounds, plus or minus 10%. So, the ideal body weight range would be 160-196.

**Both of these calculations were based upon the Devine (1974) and Robinson (1983) formulas for calculating a healthy body weight.*

Now that you have the range of your ideal weight, which will be about 25 pounds, you need to decide where in that range you should be. Here are a couple of guidelines to help you.

1) A person who is 40 +/- 5 years with a medium build and average muscle mass would be in the middle of the range.

2) A person 35 or less with a small frame and average muscle mass would be toward the bottom of the range.

3} A person 50 plus with a large frame would be at the top of the range.

Now evaluate yourself - age, frame size (small, medium, large), muscle mass (little, average, more) and then select where you feel your SHOULD be in that range.

The **second thing** you need to do in setting your weight loss goal is to determine your current average weight. What I want you to do is weigh yourself every morning when you get up for the next seven days and write down your weight. At the end of the seven days add up all seven weights and divide by seven. This is what your current real weight is. This is important because some people can vary 3-5 pounds from day to day because of various reasons.

Now the **third and last thing** you need to do is take the ideal weight figure you came up with and subtract it from your current weight. For example, if your current weight is 185 lbs. and your ideal weight is 170 lbs. Then your weight loss goal would be 15 lbs.

Your Current Weight _____

Minus Your Ideal Weight _____

YOUR GOALS IS _____ lbs.

STEP TWO - Determine Your Time Frame

This is an extremely important part of this plan. This plan is not a fast loss or quick fix solution to being overweight. If you have a class reunion coming up in a couple of weeks or some other special event and you are looking for a way to quickly lose 10 or 20 pounds this plan is not for you. However, if you are looking for a way to really lose weight and keep the weight off this plan will work.



You need to set a realistic time frame to reach your weight loss goal...

Crash diets can work temporally but, often there are unwanted consequences with these types of diets. Our bodies were designed with a survival mechanism just in case there is a time of famine. Because of this mechanism, it is easier for the body to store fat. If we go on any extremely restrictive calorie diet or some type of starvation diet the body begins to store what we eat as body fat and burn energy from muscle tissue. In other words, it messes up your body's metabolism. Then if you resume the same caloric intake before the diet, you will even put more weight

on in the form of more fat. Very low-calorie diets are better administered by bariatric specialists to treat extreme cases of obesity.

Our goal is to have a proper diet that will increase and speed up your metabolism, so it burns calories and not store them as fat. Hopefully this plan will not only

burn the calories you are consuming but begin to nibble on the fat stored in your body.



Crash diets can work temporarily but, often there are unwanted consequences...

So, with that in mind our goal is to lose one to two pounds

per week. | recommend using a goal of one pound per week to set your time frame.

The way to determine your time frame is to take the weight loss goal you came up with earlier in this chapter and divide it by 1. For example, if your goal is

to lose 15 pounds to get to your ideal weight, then your time frame would be 15 weeks, 15/1.

$$\frac{\text{Your Goal}}{\text{Your Time Frame}} / 1 = \text{weeks}$$

Congratulations! You have completed the first part of the plan. You should now know how much weight you need to lose and how long it is going to take you.

Don't be discouraged about the time frame because what you are about to discover is this plan is not like other diets you have tried. In fact, I don't like to call this a diet but instead I call it a "PLAN".

I like the idea of having a strategic plan for anything I am trying to achieve or accomplish. I believe the



***“The Power of Half”
is not a diet it is a
“strategic plan” for a
healthier lifestyle.***

opportunity for success is much greater when you have a plan that includes goals, strategies and steps to accomplish the goals.

If you are ready let's move on to the heart of this plan and why it works.

CHAPTER TWO

Go - Your Off



Before we share the secret strategy of this plan there is one more step that will be very helpful in applying the simple strategy of this plan.

You need to make a list of what you normally eat every day. This includes meals and snacks. Make yourself a work sheet that you can begin to list each item.

What I want you to do is write down what your two favorites, yet regular breakfast meals consist of - include the portion size or number of the items you eat e.g., 2 eggs or 3 strips of bacon or 2 pancakes or large bowl of cereal or 4 oz steak, etc., then do the same for lunch and the same for your evening meal.

For example:

➤ Breakfast:

- Normal Favorite Meal #1
 - large bowl of Honey Nut Cheerios
 - 2 slices of toast with butter jelly
 - 80z Glass of juice
 - Cup of coffee

- Normal Favorite Meal #2
 - 2 Eggs over medium
 - 3 pieces of bacon
 - hash browns
 - 2 Slices of toast with butter and jelly
 - 80z Glass of juice
 - Cup of coffee

You will do the same thing for lunch and supper. If you regularly eat out include the meals, you normally order - include those fast-food drive throughs. Then make a list of any in between snacks, meals, and treats you regularly eat each. This may include a cappuccino, candy bar, ice cream cone, piece of fruit, popcorn and soda pop, etc. Make sure to include the size or number of the snacks you eat.

If you have a camera phone, I suggest the next 7 days

take a picture of your plate at each meal and a picture of every snack you eat. Do it for a week.

The key is to make sure you list everything you normally eat throughout each day and the quantity of each. Again, write them down and if possible, take pictures. Now keep this information because it will be helpful later in this process.

The secret strategy for this weight loss plan is simple but it works. You do not have to count calories or carbs. You don't have to give up your favorite food.



In fact, if you love chocolate or ice cream you are able to enjoy them as part of this plan. The simple strategy and only guideline for this plan is -

**REDUCE THE PORTION OF EVERY
THING YOU EAT BY 50%.**

That is, it. **THIS THE POWER OF HALF.**

That is all there is to it. It is simple and easy, and the amazing thing is it works. Let me take you through what may be a typical day for you.

In the morning you normally have a bowl of cereal, two pieces of toast and 8 oz glass of orange juice and Mid-morning you pick up a large cappuccino.

On the “Power of Half” **Plan** reduce the bowl of cereal by half, have only one piece of toast and half glass of juice and mid-morning have a small cappuccino mid-morning.

For lunch you go to Wendy’s and have a double cheeseburger and large fries. Instead have a single and small fry.

For your evening meal you have a 3-piece fried chicken dinner with mashed potatoes and corn. Instead have 2 small pieces of chicken, half the potatoes and half the corn.

If you go out to eat with your spouse split a meal instead of ordering your own. My wife and I have been doing this for several years. It works great. If we go to a Mexican Restaurant, we order fajitas for one.

Stop biggie sizing everything. When it comes to snacks use the same strategy. If you have popcorn get the mini microwave bags or just pop half as much. If you have ice cream have one scoop instead of two.

Remember the list of meals and snacks you made at the start of this chapter? Hopefully, you were able to take pictures. Here's where that process comes into play. Take that list and type it out and reduce it so it



can fit in your wallet or purse or take a picture of the list with your phone camera. Then keep this with you and look at it when you get fix a meal, get a snack or go out to eat. This will help remind you of what your normal portions have been. You don't want to

You don't want to sabotage your plan by not actually cutting your portions in half. It does no good to fool yourself or lie to yourself to have a bigger portion.

sabotage your plan by not actually cutting your portions in half. It does no good to fool yourself or lie to yourself to have a bigger portion. Believe me,

half the portion will be plenty. Your taste buds may say you want more but when the food is gone stop and in about 15 minutes you will feel full.

Whatever you eat - just cut the portion in half.

THERE IS POWER IN THE HALF.

CHAPTER THREE

Keep Going



Now that you have started the “Power of Half” plan just keep going. Remember, forget about counting calories or watching fat grams or eliminating your favorite food. The power of this plan is in the half.



Weight fluctuations will happen. Don't get discouraged. It is possible to see an increase of 1 to 5 pounds a day. Weight fluctuations are normal.

Whenever you go to eat just take half what you normally have done in the past. If you have a day or special event where you eat more than half don't think you have failed and quit. The next meal or snack go back to eating half - keep going.

Weight fluctuations will happen. Don't lose faith in your weight loss program or get discouraged if one day the scale says you are up 2 pounds. Weight fluctuations are normal. It is possible to see an increase of up to 5 pounds a day.

Why Weight Fluctuations Happen

Weight fluctuations happen to everybody. They can be caused by many different factors, such as consumption of a big meal, excess salt intake, water retention, constipation and hormonal changes. One thing you should know is that the extra weight that you see on the scale does not come from an increase in body fat; it can be water, waste products or other substances that are temporarily present in your body.

Remember, part of the equation for this plan is the time frame. The goal is to lose one pound per week. There are 3500 calories to a pound of weight.

Your body is going to have to burn 3500 more calories than it needs to live the life you normally live. It takes time to lose weight that results in a permanent loss. It has taken time to gain weight. Most people have gained unwanted weight over a period of years. If you take in 10 calories per day more than you use. You will gain about 1 pound per year or 10 pounds in 10 years. So, if you weighed 125 pounds at age 25. You will weigh 135 pounds at age 35, 145 pounds at age 45 and 155 pounds at age 55.

Now that we are working on losing weight we want

to reverse the process by burning 50 calories more each day than we take in. The key to this plan is not to shock your body and cause it to slow your metabolism down. If that happens it undermines the weight loss process. So, KEEP GOING! There will be a week or two you may not lose a pound but there will be some weeks you lose 2 or 3 pounds just keep going. You can do this!

THERE IS POWER IN THE HALF.

CHAPTER FOUR

Get Moving



We live in a sedentary society with most people having little to no regular physical activity. We are doing less and even less of what keeps us healthy and happy. Being physically active is an important key to staying healthy. It is time we get moving!

I realize some have physical challenges that may reduce or limit their physical activity, but every person can become more active and improve their physical strength.

Getting in shape requires some time and effort. Being fit requires doing some type of physical activities that will improve endurance, flexibility, and strength.

People who are active are healthier, feel better, and perform better in school, work and daily activities and you will be able to better fulfill God's purpose for your life.

There are three major areas of physical fitness I like

to work on:

1) **Stretching**

This will improve flexibility and — flexibility improves your range of motion which increases the ability of your joints to move. It also improves posture, helps prevent injuries, and can even relieve stress. Start with the simplest stretching exercises such as - toe touches, trunk rotations, arm twirls and knee bends. (All stretches should not be forced. Flexibility is achieved over a period of time)

Click on the link below for illustrations of some of the simple stretches you can do –

[CLICK HERE - SAMPLE STRETCHES](#)

2) **Muscle tone**

Muscle fitness is vital for staying healthy. As we age, we begin to lose muscle and muscle tone. By trying to maintain good muscle fitness and muscle tone, you will help your body to stay healthy and maintain good mobility into your golden years. Be sure to check with your doctor before starting any muscle fitness program.

What has worked for me is do some simple resistant training. There are many muscle groups in the body but the areas | try to focus on are the arm muscles, chest muscles, abdomen, back, neck and legs. I use resistant bands while doing exercises to work those muscles. You can simply do isometric exercises such as pushups, leg lifts, etc. Even taking a couple of cans of soup in each hand and doing a series of exercises can help tone the muscles in your arms, chest, back and abdomen. The key thing here is toning the



3 Major Areas

1) Stretching

2) Muscle Tone

3) Endurance

Work on all 3 areas!

muscles you have. This will not increase muscle mass but, the objective is to keep the muscle you have fit and strong.

Can you stand on one foot with your eyes closed? I suggest doing this exercise at least three times a week - standing straight up and looking forward with your eyes closed. Now stand on one foot trying to keep your balance and then do the same thing on the other foot. Your goal is to be able to

balance yourself on each foot at least 15 seconds. The first time you do this you may find it difficult to keep your balance even a few seconds. If you have to open your eyes to keep from falling that's okay. Stand near a counter or something you can use to steady yourself if needed.

Keep practicing this until you are able balance yourself at least 15 seconds and then keep doing it every week. This has tremendous benefit in improving balance and strengthening your legs.

3) Endurance

We want to boost our endurance, so we have better stamina for a better quality of life. If you easily run out of breath walking upstairs or taking the garbage out or tire easily when shopping or any other routine of life you need better physical endurance. This involves “aerobic” training. Now before you turn the page, I am not talking about running a mile or marathon but simply doing a few things that can improve your physical endurance.

Again, I know some may have health challenges that limit what they can do, but most can do more than they currently do even if physically limited.

Then there are those of us who don't have any physical limitations that just have procrastinated doing anything to improve our physical endurance.

Just get moving if nothing else. Here are just a few things you can do in your normal day that can get you started:

- * Walk instead of drive, whenever you can.
- * Park farther from the store, office, etc. and walk.
- * Walk briskly in the mall.
- * Take the stairs instead of the escalator or elevator.
- * Go for a half-hour walk instead of watching TV or playing video games.

It is time for you to get moving and moving more. Your physical activity is important to your overall health, and it will help with your weight loss.

CHAPTER FIVE

7 Helpful Tips

That will help you lose weight and be healthier.



1. ELIMINATE THE STRESS

High stress can prevent you from losing weight and even lead to unwanted weight gain. There are two factors that contribute to weight gain because of stress.

First, when a person is under abnormal stress, they have a tendency to eat more and usually unhealthy food types. Whether eating to fill an emotional need



***Eliminate stress!
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gain.***

or grabbing fast food simply because there's no time to prepare something healthy, a stressed-out lifestyle is rarely a healthy one. Often, eating becomes the activity that relieves the stress.

Second, the body responds to stress by becoming stingy about how it uses calories and begins storing calories primarily in the form of fat, usually around the abdomen.

So, begin to reduce the stress in your life – chill out!

You may ask “how do you do that “? Here are five ways to reduce stress

- 1) “Cast your cares upon the Lord, for He cares for you.” (1Peter 5:7) The Lord cares for you and He wants to help you so cast those cares of life on Him and don’t take them back.
- 2) Stop worrying! Jesus said. “***Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.***” (Matthew 5:34.) So, stop worrying.
- 3) Don’t be anxious. The apostle Paul tells us, “***To be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God***” (Philippians 4:6)
- 4) Learn to Say No! Stress relief can be as straightforward as just saying no, however for most it is easier to say yes often causing them to be over extended and over committed. Learning to say no is a healthy option for stress relief.

- 5) **Get Order in Your Life.** Disorganization creates and magnifies stress in a person's life. You may need to work on getting things in better order by getting rid of clutter - plan your days better - make decisions quicker, don't procrastinate.

We live in a world filled with many opportunities to get stressed out. Instead choose to enter His rest and be at peace. Get rid of your stress, it is much healthier.

2. DON'T SKIP MEALS

We want to keep the body burning fuel. That fuel is calories. If you've ever gone camping you know to keep a fire burning you need to keep adding wood to the fire. Stop adding wood and the fire goes out.

It is important to never skip a meal or go on any type of starvation diet unless it is a healthy fast. The idea is to eat frequently to prevent hunger pangs, and to keep your energy levels consistent which in turn will increase and speed up your metabolism - (it Keeps the fire burning).

It is better to eat smaller meals 5 times a day to keep

your body stoked. Your body is designed to burn fuel, so, keep adding fuel throughout the day, just enough to keep the fire burning.

Don't overeat. In fact, if you eat 3 or less meals a day add a couple of meals. Skipping meals, believe it or not, can cause you to add weight. It causes two problems.

- 1) your body reacts to the reduction of calories by beginning to store energy in the form of fat.
- 2) 2) You will have a tendency to overeat when you eat your next meal.

Don't skip meals.

3. STOP WHEN YOU'RE FULL

Just do it. You do not have to clean your plate! Overeating is a major contributor to weight gain and hindering weight loss. Even when you are eating half, if you get full before you are done - stop.

4. DON'T BE FOOLED BY PACKAGE LABELS

“Low Fat”, “High in Fiber”, Healthy, “Vitamin Enriched”, etc. while these maybe a good thing often these foods have added calories to keep them sweet and tasting good. You think because they are supposedly “healthy” you can eat as much of them as you want. They lead to overeating.



5. START YOUR DAY WITH A GLASS OF WATER

You need to hydrate your body the first thing in the morning. The best way to do that is with water. Drink plenty of water throughout the day.

6. TAKE SUPPLEMENTS

Even if you try to eat healthy foods, they still are deficient of all and enough of the proper nutrients the body needs. Taking a good multivitamin, plus a quality omega 3 supplement along with a CoQ-10 this can be very helpful in your overall health.

7. FASTING - DETOX

Not only are our foods deficient of nutrients, many of are filled with chemicals and toxins. Our body does a pretty good job of eliminating toxins through our liver, skin(sweating), kidney and other functions of the body, however, it may be helpful to give your body a break. It can be beneficial to do a detox fast a few times of year. I prefer the 24-hour water only fast. I have found 7 pm to 7 pm usually works best. Make sure, not to eat a heavy meal before you start the fast. Drink lots of filtered water (or tea - sugar free).

Also, having a fasted lifestyle can be very helpful in being healthy. What | mean is don't let anything become addictive or controlling. We do not want to let the flesh dominate our life. We are to keep the flesh under and in subjection. (1Corinthians 9:27)

So, it is good to fast whatever areas you may be weak in the flesh towards. For example, if it is difficult for you to get up in the morning make yourself get up extra early for a week or two. If you have a weakness toward a certain food or drink fast it for a period of time. I really like a certain brand of ice cream. | could eat it every day and a lot of it, but refuse to be controlled by ice cream so, I just don't eat any for a

month. There are many other examples. The key is to live a fasted lifestyle to keep the flesh under.

THERE IS POWER IN THE HALF.

CLOSING



“But (Jesus) answered and said, “It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’”

Matthew 4:4

The goal of this book has been to encourage, motivate and help people to get in better shape for the life God has created for them. While this book has been focused on getting in shape physically, we need to give attention to the health of our spirit and soul. We are a three-part being spirit, soul and body. (1Thes. 5:23) We should work at keeping all three in shape.

I challenge you to make sure your spirit and soul get and stay in shape. You can become spiritually flabby and dull. Just like proper diet and exercise are key to getting in shape physically they are key to getting in shape spiritually. The diet for your spirit is the Word



Being physically active is an important key to staying healthy. It is time we get moving!

of God make sure you increase the intake of God's Word on a daily basis. Exercise your spirit by being a doer of the Word. Get your soul in shape by renewing your mind with the Word

and getting your emotions directed in a positive way. I have several resources on my website. Click on the link below to access a number of free stuff that can

help you grow spiritually and breakthrough the barriers holding you back from living out the abundant life God has for you.

[CLICK HERE](#)

You have a purpose and a destiny. In order to live your life of purpose and fulfill your potential you need to be strong and healthy. I pray God will give you wisdom and grace as you live your life of purpose.

THERE IS POWER IN THE HALF.

FINAL WORD

The most important ingredient to having a healthy life is having Jesus as the Lord of your life. All the other things we work on and have in our lives are meaningless without the one who gives meaning to life - Jesus.

Romans 10:9 tells us if how we can make Jesus Lord of our life. It says, “if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved and then in verse 13 it says “for whoever calls on the name of the Lord shall be saved.” If Jesus is not the Lord of your life | invite you to call on His name right now just pray the personal prayer of commitment below.

Personal Prayer of Commitment

Father, | now realize that the first step to having a healthy and whole life is to believe that Jesus Christ is Your Son and that He was crucified, buried, and resurrected to provide eternal life and all of its benefits for me in this life as well as in the life to come with You in heaven.

I renounce every work of darkness, and I accept You now, Jesus, as my personal Savior and Lord.

Thank You for empowering me with the Holy Spirit to stay healthy and strong to fulfill my purpose in every area of life — in my family, my job, my business, my school, and in my nation and the nations of the world in Jesus' name.

Thank You, Lord, for giving me Your strategies and Your ability to live the life you have given me. I have absolute victory in You, Lord Jesus! Thank You!

Signature

Date

Get started today! You can do this.

(You) can do all things through Christ who strengthens (you). (Philippians 4:13)

Begin adjusting what you eat by half and start stretching, using your muscles, and moving.

Your best days are in front of you! God needs you healthy and strong to finish your race, that is your divine purpose.

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. (Hebrews 12:1-2)

THERE IS POWER IN THE HALF.

Lose Weight and Be Healthier - the easy way!

Discover what the Power of Half can do for you!

The Power of Half

ABOUT THE AUTHOR

Bruce Edwards is a pastor with over 40 years of leadership experience in business and ministry. He has been married to his wife Trudy for over 45 years. They have two children and 6 grandchildren. He has a master's degree in Business management and degree in pastoral ministry. He served over 28 years at Victory Christian Center in Tulsa, Oklahoma as Senior Associate Pastor.

He works with churches and ministries helping them in various ways to experience "breakthrough" for greater success and impact. As a pastor he has a passion to help people experience the abundant life provided through Jesus and is committed to teach and communicate the principles of God's Word with clarity, simplicity, and boldness.

