

SHILOH BAPTIST CHURCH

CHURCH SCHOOL

15 SEP – 9 NOV 14



FAITH + FOOD + FITNESS + FOCUS + FRIENDS

# THE + DANIEL PLAN

40 DAYS to a  
HEALTHIER LIFE

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And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him. Hebrews 11:6



# Health and Wellness

## Introduction

On behalf of Pastor Julian Dangerfield and Staff, we would like to welcome you to the Health and Wellness portion of the Shiloh Baptist Fall Church School.

As you know, the Pastor is responsible for leading, feeding, nurturing, comforting, correcting, and protecting the flock at Shiloh.

One of his primary concerns is the health and welfare of each individual person of the church and community.

He has task the Health and Fitness Ministry to design a program to educate and challenge our members on selecting a health conscience lifestyle.

We have selected the **Daniel Plan** as our core doctrine, which was developed by Pastor Rick Warren along with other medical and nutritional professionals.

# The Daniel Plan

## Who Is Daniel?

In the Old Testament, before he faces the fiery furnace and the lion's den, Daniel's resistance to the Babylonian king Nebuchadnezzar begins by refusing to eat the king's lavish meals and opting to eat vegetables instead.

After the Babylonians ransacked Jerusalem and abducted young Israelites like Daniel to serve the king, it was expected that they would adhere to all the king's customs.

However, Daniel was concerned about his health and challenged the king. After a 10-day trial, Daniel and his friends prove to be healthier than the men in Nebuchadnezzar's service.

Inspired by this story, Pastor Dangerfield is challenging the Shiloh congregation to chose a healthy lifestyle.

# The Daniel Plan

*The Daniel Plan* is framed around The Essentials: **Faith, Food, Fitness, Focus** and **Friends** – life areas that all work together to restore and sustain your long-term health.

As you follow *The Daniel Plan*, you will discover that you have a part to play in getting healthier, but God will energize your efforts.

The Daniel Plan in community, with a group of friends is the “**secret sauce**”. People who do the program together lose 50% more weight!

The Daniel Plan offers practical solutions to improving your health physically, spiritually, relationally and emotionally. Integrating these Essentials can lead to a more vibrant life, ultimately preparing you to live out your calling.

# The Daniel Plan

## Faith

*I can do all things through Christ who strengthens me.*

Philippians 4:13

God is the power and the energy behind all transformational change and that includes making the lifestyle choices necessary for you to become healthy.

It is through God's power that we make change, gaining strength from being rooted and grounded in His love.

As you follow The Daniel Plan, you will discover that you have a part to play in getting healthier, but God will energize your efforts. You are more likely to succeed with The Daniel Plan by focusing on your relationship with Christ.

It is in the intimacy of His embrace that you will find the strength to make the changes you need to make.

# The Daniel Plan

## Faith

- For Good Health, Confess Your Sin
- Eliminate Negative Self-Talk
- Be Grateful, Not Regretful
- Your Life is Shaped by Your Thoughts
- You Need God's Power to Change
- Trusting God is Good For Your Health
- Stop Procrastinating
- Put Down The Chocolate and Pick Up Your Bible
- God's Word Will Transform Your Life
- God is the Prescription for Good Health

# The Daniel Plan

## Food

*But Daniel made up his mind that he would not defile himself with the king's choice food or with the wine which he drank..."*

Daniel 1:8

*The Daniel Plan* is a healthy lifestyle program framed around abundance, not deprivation. You will enjoy eating delicious whole foods; food grown on a plant, not man-made products created in a plant.

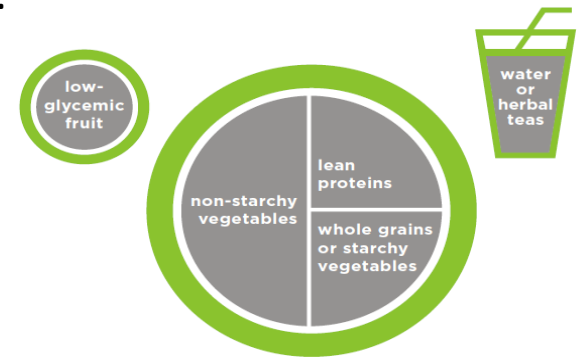
Start by bringing in the good, and with every healthy choice, you will begin to feel better. Focus on all the amazing food you can enjoy.

# The Daniel Plan

## Food

The Daniel Plan gives an easy guideline to use for any meal:

- 50 percent non-starchy veggies
- 25 percent healthy animal or vegetable proteins
- 25 percent healthy starch or whole grains
- Side of low-glycemic fruit
- Drink—water or caffeine-free herbal ice teas with lemon



Here are some great choices to start with:

NON-STARCHY VEGGIES	PROTEIN	STARCH OR GRAIN	LOW-GLYCEMIC FRUIT
Asparagus	Beans	Beets	Apples
Bell Peppers	Beef	Brown/black rice	Blackberries
Broccoli	Chicken	Carrots	Blueberries
Cauliflor	Eggs	Buckwheat	Gogi berries
Collard greens	Halibut	Green peas	Grapefruit
Cucumbers	Lentils	Corn	Plums
Green beans	Nuts	Quinoa	Kiwi
Kale	Salmon	Sweet potatoes	Nectarines
Spinach	Seeds	Turnips	Peaches
Zucchini	Turkey	Winter squash	Raspberries

*“Then God said, I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.”* Genesis 1:29



# The Daniel Plan

## Fitness

*“Do you not know that your bodies are temples of the Holy Spirit... Therefore honor God with you bodies.”*

1 Corinthians 6:19-20

Exercise benefits your physical, emotional and mental health! Most of us know we need to get moving, but perhaps don't know what to do, how to get started or how to stay motivated!

The Daniel Plan provides this guidance, and encourages you to find creative ways to enjoy it!

# The Daniel Plan

## Fitness

You've decided to get back into shape-good for you! So what's your next step?

### DO'S

- Do choose activities you enjoy; the best activities for you are the ones you'll do.
- Do get an exercise buddy or accountability partner to keep you honest.
- Do start off moderately, with a few minutes of exercise, and slowly increase.
- Do drink lots of water before, during and after your workout.
- Do cool down after exercising to relax your muscles and gradually lower your heart rate.

### DON'TS

- Don't begin exercising without warming up first to prepare your body and mind.
- Don't try to race someone or get competitive when you are just starting out – you'll risk injury.
- Don't obsess over weight loss; concentrate on getting fit and using energy, and the weight loss will come in time.
- Don't let yourself get bored – add new activities to your routine.
- Don't forget about good nutrition. Eat a variety of foods every day, color your plate with as many different vegetables and fruits and consider supplements to ensure complete nutrition and attain your optimal health.

*By following these 10 do's and don'ts you'll be well on your way to realizing your fitness dreams!*

Just remember to take it one step at a time and Win Today! God's strength!

# The Daniel Plan

## Focus

*Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect."*

Romans 12:2

Just as knowing God changes the way we view life and the world, The Daniel Plan teaches us to begin thinking differently about everything we do.

Transforming your mind will reduce stress, improve your decision making and memory, help you think clearer, feel better and ultimately help you to live a healthier life.

# The Daniel Plan

## Focus

*The Daniel Plan* is unique because it is based on the Bible. Making radical changes in our lives requires radical **commitment**, **perseverance**, and **doing a lot of hard work on our hearts**.

There are five key elements to make sure the changes that we make actually stick:

- Lasting change **requires building your life on the truth**. Nothing will change permanently until you dig down to the bed-rock of truth about your life and God's purpose for it.
- Lasting change **requires making wise choices**. You won't change until you choose to change.
- Lasting change **requires new ways of thinking**. If you want to change how you act, you must begin by changing how you feel.
- Lasting change **requires God's Spirit in your life**. You cannot change by willpower alone. You must have God's power.
- Lasting change **requires honest community**. The deepest changes in your life will only

# The Daniel Plan

## Friends

*Two people are better off than one, for they can help each other succeed.”*

Ecclesiastes 4:9

One of the reasons The Daniel Plan has already helped thousands of people succeed in creating a healthier lifestyle is the fact that it is designed to be done in community.

The fact is God created us to thrive in relationship, and together we are crucial to each other's healing and success.

We encourage you to invite a few friends and start a Daniel Plan Small Group.

# The Daniel Plan

## Friends

*But if we live in the light, as God is in the light, we can share fellowship with each other. Then the blood of Jesus, God's Son, cleanses us from every sin. If we say we have no sin, we are fooling ourselves, and the truth is not in us.*

1 John 1:7-8

- Authentic fellowship is not superficial, surface-level chit-chat. It's genuine, heart-to-heart, sometimes gut-level, sharing.
- It happens when people get honest about who they are and what is happening in their lives. They share their hurts, reveal their feelings, confess their failures, disclose their doubts, admit their fears, acknowledge their weaknesses, and ask for help and prayer.

Because it's the only way to grow spiritually and be emotionally healthy. The Bible says, *"Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed"*.

# September 2014

## Fitness Calendar At A Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 7:00pm Fellowship Hall - Daniel Plan and SoulAerobics by Martha Peterson	16 6:30pm Fellowship Hall – Optional Bible Study Walk by Rich Ratliff	17	18	19	20 9:00am Fellowship Hall – Optional Walk/Jog by Edye Lewis
21	22 7:00pm Fellowship Hall - Daniel Plan and Strength & Balance by Edye Lewis	23 6:30pm Fellowship Hall – Optional Bible Study Walk by Rich Ratliff	24	25	26	27 9:00am Fellowship Hall – Optional Walk by Martha Peterson
28	29 7:00pm Fellowship Hall - Daniel Plan and Zumba by Andrea Daly	30 6:30pm Fellowship Hall – Optional Bible Study Walk by Rich Ratliff				

# October 2014

## Fitness Calendar

### At A Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 9:00am Fellowship Hall – Optional Walking by Martha Peterson
5	6 7:00pm Fellowship Hall - Daniel Plan and Zumba by Andrea Daly	7 6:30pm Fellowship Hall – Optional Bible Study Walk by Rich Ratliff	8	9	10	11 11:00am – 4:00pm Fellowship Hall/Bldg 1 429 HEALTH FAIR
12	13 7:00pm Fellowship Hall - Daniel Plan and Strength & Balance by Edye Lewis	14 6:30 pm Fellowship Hall – Optional Bible Study Walk by Rich Ratliff	15	16	17	18 9:00am Fellowship Hall – Optional Walking by TBD
19	20 7:00pm Fellowship Hall - Daniel Plan and SoulAerobics by Martha Peterson	21 6:30pm Fellowship Hall – Optional Bible Study Walk by Rich Ratliff	22	23	24	25 9:00am Fellowship Hall – Optional Walking by Edye Lewis
26	27 7:00pm Fellowship Hall - Daniel Plan and Strength & Balance by Edye Lewis	28 6:30pm Fellowship Hall – Optional Bible Study Walk by Rich Ratliff	29	30	31	



# November 2014

## Fitness Calendar

### At A Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:00am Fellowship Hall – Optional Walk/jog by Edye Lewis
2	3 7:00pm Fellowship Hall - Daniel Plan and SoulAerobics by Martha Peterson	4 6:30pm Fellowship Hall – Optional Bible Study Walk by Rich Ratliff	5	6	7	8 9:00am Fellowship Hall – Optional Walking by Edye Lewis
9	10 7:00pm Fellowship Hall - Daniel Plan and SoulAerobics by Martha Peterson	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

# Instructor's Plans

## Instructors

- Martha Peterson [queen\\_pete@hotmail.com](mailto:queen_pete@hotmail.com)
- Andrea Daly [amdaly@gmail.com](mailto:amdaly@gmail.com)
- Edye Lewis [edye49@cox.net](mailto:edye49@cox.net)

## Planner

- Rich Ratliff [cowboy-1958@hotmail.com](mailto:cowboy-1958@hotmail.com)

## Coordinator

- Phaylyn Hunt [mshunt930@gmail.com](mailto:mshunt930@gmail.com)

# Church School Exercise Plan

## 15 September 2014

- Shiloh Baptist Church Fellowship Hall
- Class time: 7:00pm
- Individual requirements: Work out attire, mat, towel, water, and signed consent form.

Instructor: Martha Peterson

Subject/Class: The Daniel Plan (**Faith**) and SoulAerobics/Cultural Moves

- Focus:
  - Cardio-vascular fitness
  - Fun Dances
  - Cool Down
  - Meditation/Stillness
- Duration: 1 hour and 45 minutes

# Church School Exercise Plan

## 20 September 2014

- Shiloh Baptist Church Fellowship Hall
- Class time: 9:00am
- Individual requirements: Work out attire, mat, towel, water, and signed consent form.

Instructor: Edye Lewis

Subject/Class: Saturday Walk/jog

- Focus:
  - Warm-up stretching
  - Cardio
  - Ability groups
  - Cool down stretching
- Duration: Ability group driven – 30 minutes to 1 hour

# Church School Exercise Plan

## 22 September 2014

- Shiloh Baptist Church Fellowship Hall
- Class time: 7:00pm
- Individual requirements: Work out attire, mat, towel, water, and signed consent form.

Instructor: Edye Lewis

Subject/Class: The Daniel Plan (**Food**) and Strength & Balance

- Focus:
  - Muscle Building/Improve heart rate
  - Exercise using body weight & equipment
  - Exercise using resistance bands
  - Balance training
- Duration: 1 hour and 30 minutes

# Church School Exercise Plan

## 27 September 2014

- Shiloh Baptist Church Fellowship Hall
- Class time: 9:00am
- Individual requirements: Work out attire, mat, towel, water, and signed consent form.

Instructor: Martha Peterson

Subject/Class: Saturday Walk

- Focus:
  - Warm-ups
  - CardioVascular
  - Toning
  - Meditation/Stillness
- Duration: Ability group driven – 30 minutes to 1 hour

# Church School Exercise Plan

## 29 September 2014

- Shiloh Baptist Church Fellowship Hall
- Class time: 7:00pm
- Individual requirements: Work out attire, mat, towel, water, and signed consent form.

Instructor: Andrea Daly

Subject/Class: The Daniel Plan (**Fitness**) and Zumba

- Focus:
  - Latin Dance
  - Cardio
  - Toning (Arms, Abs, Legs)
- Duration: 1 hour and 30 minutes

# Church School Exercise Plan

## 4 October 2014

- Shiloh Baptist Church Fellowship Hall
- Class time: 9:00am
- Individual requirements: Work out attire, mat, towel, water, and signed consent form.

Instructor: Martha Peterson

Subject/Class: Saturday Walk

- Focus:
  - Warm-ups
  - CardioVascular
  - Toning
  - Meditation/Stillness
- Duration: Ability group driven – 30 minutes to 1 hour



# Church School Exercise Plan

## 6 October 2014

- Shiloh Baptist Church Fellowship Hall
- Class time: 7:00pm
- Individual requirements: Work out attire, mat, towel, water, and signed consent form.

Instructor: Andrea Daly

Subject/Class: The Daniel Plan (**Focus**) and Zumba

- Focus:
  - Latin Dance
  - Cardio
  - Toning (Arms, Abs, Legs)
- Duration: 1 hour and 30 minutes

# Church School Exercise Plan

## 11 October 2014

- Shiloh Baptist Church Fellowship Hall/Bldg 1429
- Class time: 11:00am – 4:00pm
- Individual requirements: Sign-up for participations

Instructor: Health and Fitness Ministry

Subject/Class: Health Fair

- Focus:
  - Doctors (Blood pressure, Diabetes, HIV/AIDS, etc)
  - Holistic Doctors (Alternatives and natural remedies for illness/pain)
  - Sports Doctors (Sports injuries and solutions)
  - Chiropractors (Alternatives for pain)
  - Dentists (Oral hygiene and maintenance)
  - Nutritionist (Healthy food choices)
  - Health Agencies (Diabetes, Heart, Tobacco, etc)

# Church School Exercise Plan

## 13 October 2014

- Shiloh Baptist Church Fellowship Hall
- Class time: 7:00pm
- Individual requirements: Work out attire, mat, towel, water, and signed consent form.

Instructor: Edye Lewis

Subject/Class: The Daniel Plan (**Friends**) and Strength & Balance

- Focus:
  - Muscle Building/Improve heart rate
  - Exercise using body weight & equipment
  - Exercise using resistance bands
  - Balance training
- Duration: 1 hour and 30 minutes

# Church School Exercise Plan

## 18 October 2014

- Shiloh Baptist Church Fellowship Hall
- Class time: 9:00am
- Individual requirements: Work out attire, mat, towel, water, and signed consent form.

Instructor: **TBD**

Subject/Class: Saturday Walk/jog

- Focus:
  - Warm-up stretching
  - Cardio
  - Ability groups
  - Cool down stretching
- Duration: Ability group driven – 30 minutes to 1 hour

# Church School Exercise Plan

## 20 October 2014

- Shiloh Baptist Church Fellowship Hall
- Class time: 7:00pm
- Individual requirements: Work out attire, mat, towel, water, and signed consent form.

Instructor: Martha Peterson

Subject/Class: The Daniel Plan (**Living the Lifestyle**) and SoulAerobics/Cultural Moves

- Focus:
  - Cardio-vascular fitness
  - Fun Dances
  - Cool Down
  - Meditation/Stillness
- Duration: 1 hour and 45 minutes

# Church School Exercise Plan

## 25 October 2014

- Shiloh Baptist Church Fellowship Hall
- Class time: 9:00am
- Individual requirements: Work out attire, mat, towel, water, and signed consent form.

Instructor: Edye Lewis

Subject/Class: Saturday Walk/jog

- Focus:
  - Warm-up stretching
  - Cardio
  - Ability groups
  - Cool down stretching
- Duration: Ability group driven – 30 minutes to 1 hour

# Church School Exercise Plan

## 27 October 2014

- Shiloh Baptist Church Fellowship Hall
- Class time: 7:00pm
- Individual requirements: Work out attire, mat, towel, water, and signed consent form.

Instructor: Edye Lewis

Subject/Class: The Daniel Plan (**Progress reports and discussion**) and Strength & Balance

- Focus:
  - Muscle Building/Improve heart rate
  - Exercise using body weight & equipment
  - Exercise using resistance bands
  - Balance training
- Duration: 1 hour and 30 minutes

# Church School Exercise Plan

## 1 November 2014

- Shiloh Baptist Church Fellowship Hall
- Class time: 9:00am
- Individual requirements: Work out attire, mat, towel, water, and signed consent form.

Instructor: Edye Lewis

Subject/Class: Saturday Walk/jog

- Focus:
  - Warm-up stretching
  - Cardio
  - Ability groups
  - Cool down stretching
- Duration: Ability group driven – 30 minutes to 1 hour



# Church School Exercise Plan

## 3 November 2014

- Shiloh Baptist Church Fellowship Hall
- Class time: 7:00pm
- Individual requirements: Work out attire, mat, towel, water, and signed consent form.

Instructor: Martha Peterson

Subject/Class: The Daniel Plan (**Progress reports and discussion**) and SoulAerobics/Cultural Moves

- Focus:
  - Cardio-vascular fitness
  - Fun Dances
  - Cool Down
  - Meditation/Stillness
- Duration: 1 hour and 45 minutes

# Church School Exercise Plan

## 8 November 2014

- Shiloh Baptist Church Fellowship Hall
- Class time: 9:00am
- Individual requirements: Work out attire, mat, towel, water, and signed consent form.

Instructor: Edye Lewis

Subject/Class: Saturday Walk/jog

- Focus:
  - Warm-up stretching
  - Cardio
  - Ability groups
  - Cool down stretching
- Duration: Ability group driven – 30 minutes to 1 hour

# Church School Exercise Plan

## 10 November 2014

- Shiloh Baptist Church Fellowship Hall
- Class time: 7:00pm
- Individual requirements: Work out attire, mat, towel, water, and signed consent form.

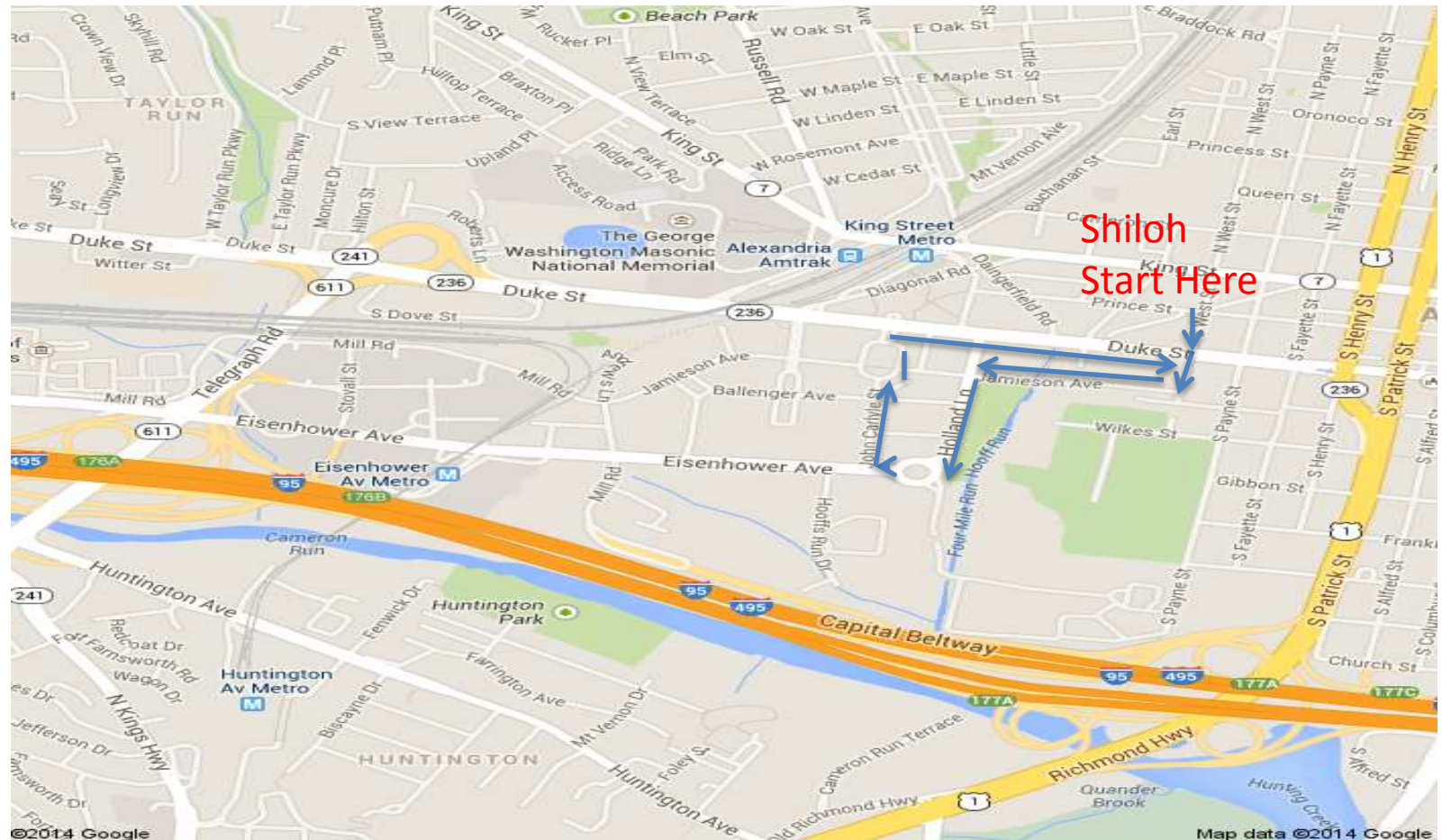
Instructor: Martha Peterson

Subject/Class: The Daniel Plan (**Progress reports and discussion**) and SoulAerobics/Cultural Moves

- Focus:
  - Cardio-vascular fitness
  - Fun Dances
  - Cool Down
  - Meditation/Stillness
- Duration: 1 hour and 45 minutes

# Church School Exercise Plan

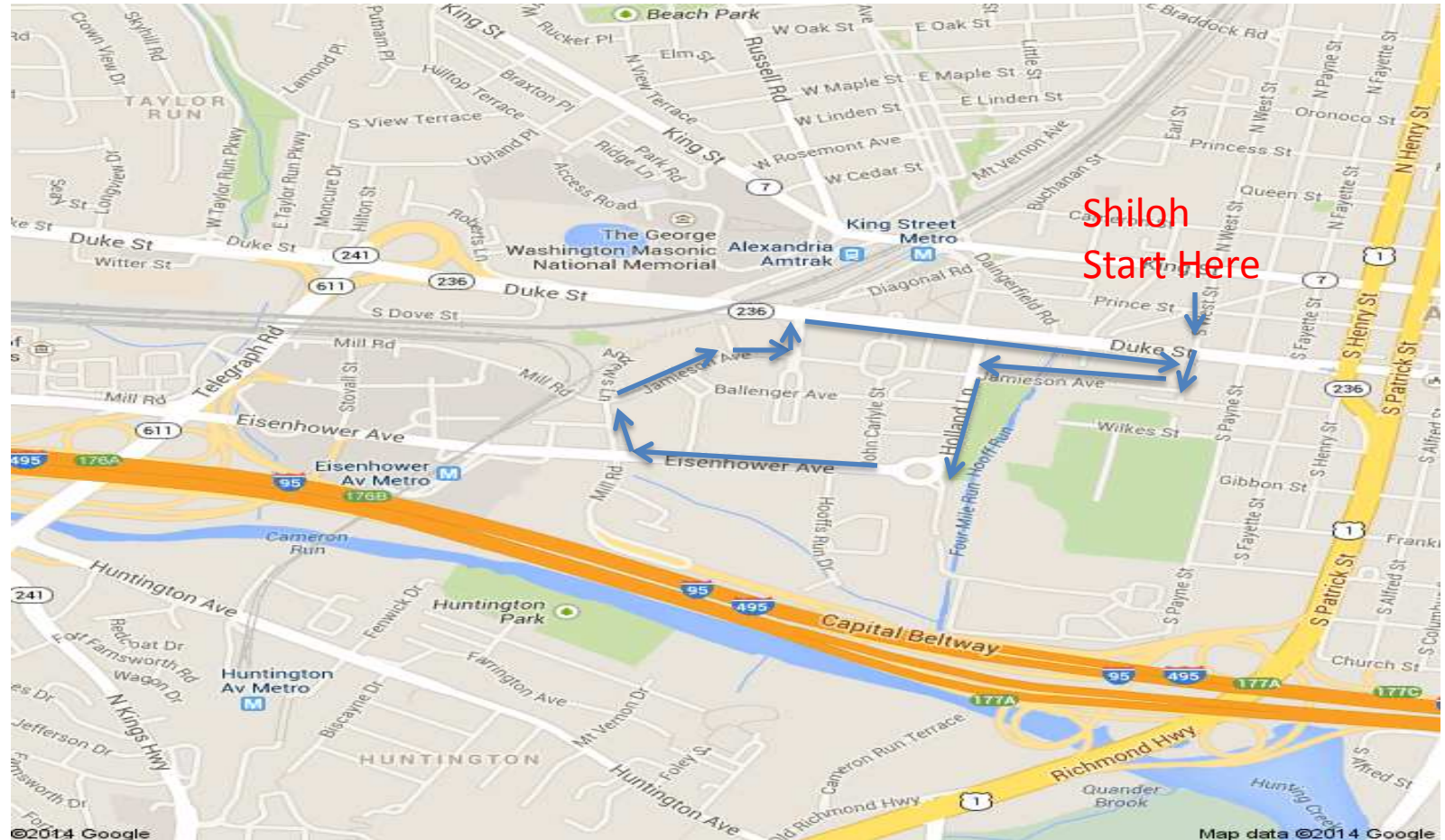
## Walk/Run Route 1 (1 Mile)



Directions: Start at the corner of Duke and S West St, right on Jamieson Ave, left on Holland Ln, right on Eisenhower Ave, right on John Carlyle St, right on Duke St, finish at the corner of Duke and S West St.

# Church School Exercise Plan

## Walk/Run Route 2 (1.5 Miles)

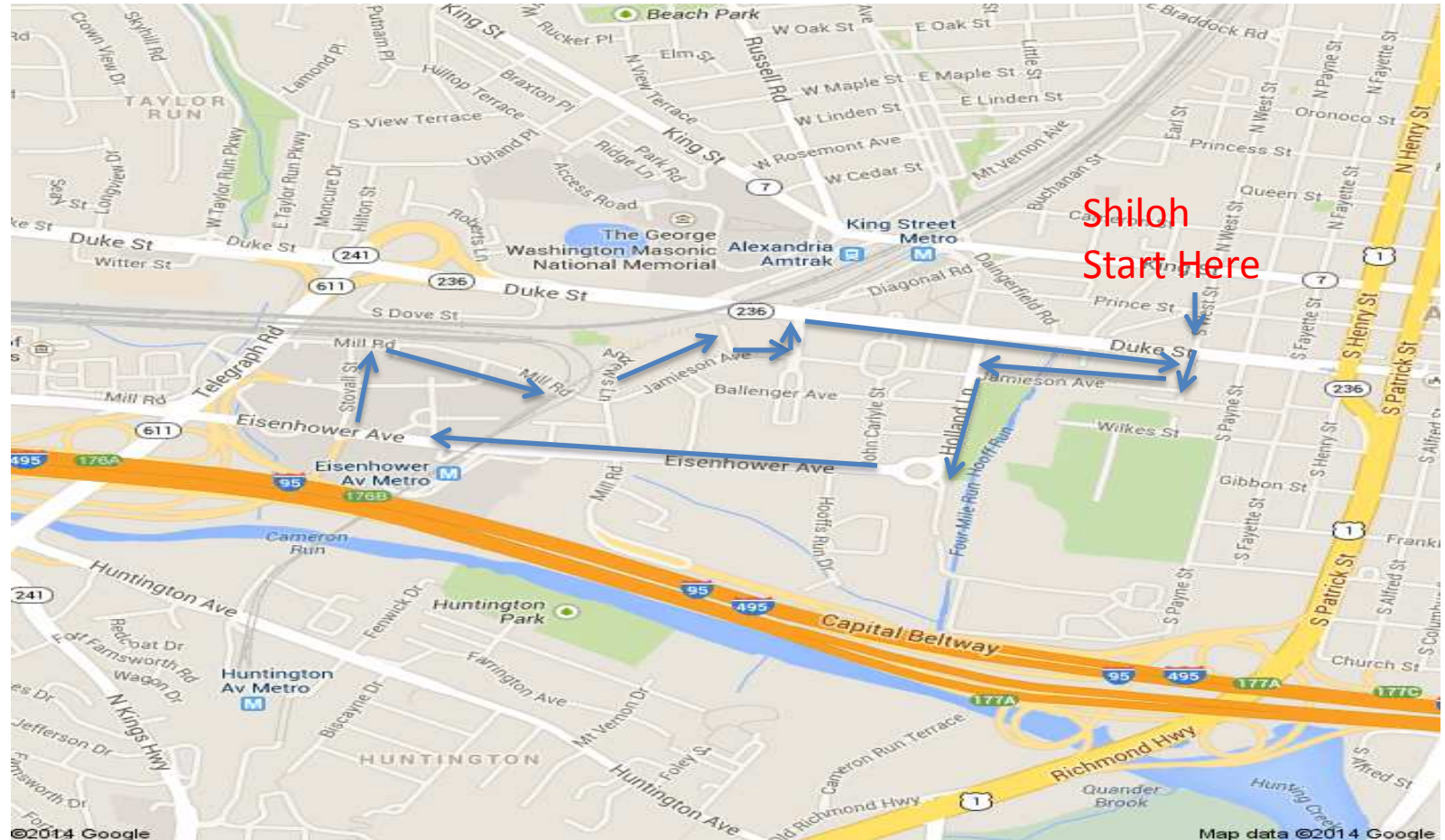


Directions: Start at the corner of Duke and S West St, right on Jamieson Ave, left on Holland Ln, right on Eisenhower Ave, right on Mill Rd, right on Jamieson Ave, left on Dulany St, right on Duke St, finish at the corner of Duke and S West St.



# Church School Exercise Plan

## Walk/Run Route 3 (2.2 Miles)



Directions: Start at the corner of Duke and S West St, right on Jamieson Ave, left on Holland Ln, right on Eisenhower Ave, right on Stovall St, right on Mill Rd which turns into Jamieson Ave, left on Dulany St, right on Duke St, finish at the corner of Duke and S West St.

## Church School/Daniel Plan Sign-in

### Monday Evening Education and Exercise Class

**Instructor:** \_\_\_\_\_

Date: \_\_\_\_\_

[illegible]

## Church School/Daniel Plan Sign-in

## Tuesday Evening Bible Study Walk

**Instructor:** \_\_\_\_\_

**Date:** \_\_\_\_\_

[illegible]



## Church School/Daniel Plan Sign-in

## Saturday Morning Cooperate Walk

**Instructor:** \_\_\_\_\_

Date: \_\_\_\_\_

[illegible]