

*ACF Shall be a thriving Christian community that models integrity, excellence and compassion to mobilize and empower Africans worldwide to impact their generation and Africa*



## Faith and Works

In Total Physical Fitness and Spiritual  
Awareness

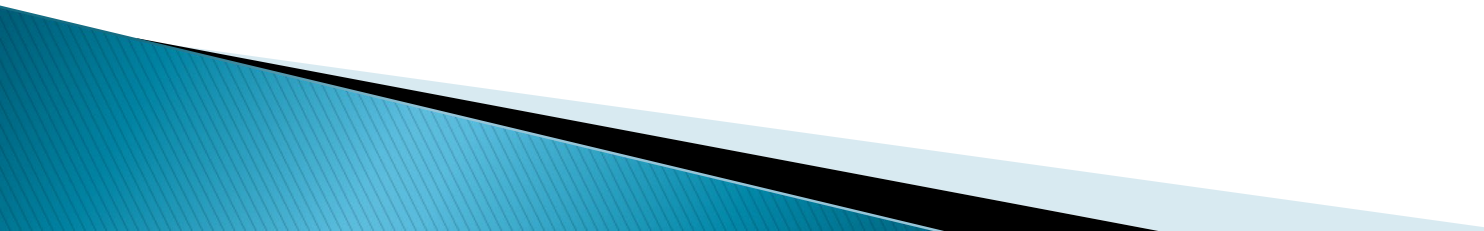
Prof Felix Adah, MS (Human Nutrition), PT, PhD

ACF USA National Conference St Louis 2025

# Introduction

- ▶ Objectives: At the end of the meeting, you will understand
  - The dangers of not being fit
  - The causes of a lack of fitness
  - The role of the foods we eat
  - The role of a sedentary lifestyle
- ▶ Improving fitness strategies:
  - Nutrition
  - Exercise
  - Prayers and Lifestyle changes

# Introduction

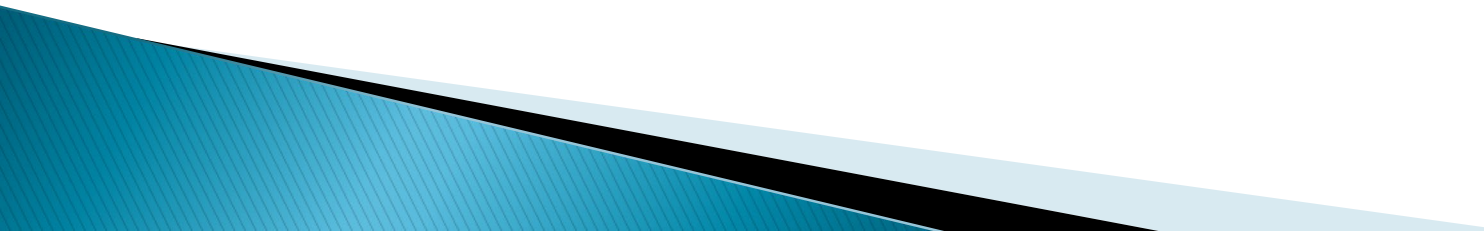
- ▶ Disclaimer: I am not being paid for this; the presentation here is for informational purposes only and not a prescription. To use any of the information, you need to consult your Healthcare provider.
  - ▶ The reason for this topic and the expectation.
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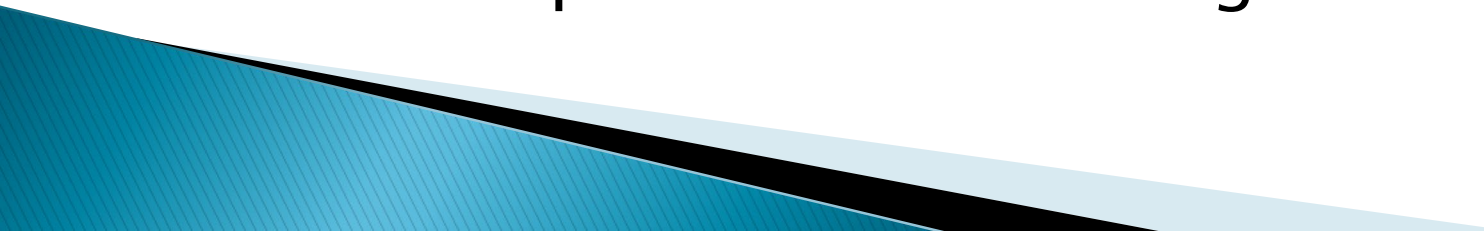
# Introduction

- ▶ Fitness may or may not have anything to do with body size even though an overweight individual may present more obvious risks than a normal weight individual.
- ▶ Don't rejoice yet by saying that I am not overweight. Recent report says that 85% of people living in America are overweight (Dr Joel Fuhrman in his Eat to Live Book). That means, 85 % of us here are overweight and probably more are not fit.
- ▶ Other things like inflammation, not readily seen may also be complicating our health.

# Introduction

- ▶ It is being speculated that we can live without heart attack or have reduced incidences of strokes by lifestyle modification.
  - ▶ What we eat and how much we eat may play a big role.
  - ▶ What type of activities and how much we do them are also issues to consider.
  - ▶ Another factor may be how much faith we have in God. The Bible says exercise profit a little but godliness is everything.
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# Introduction: Some backgrounds from the Bible

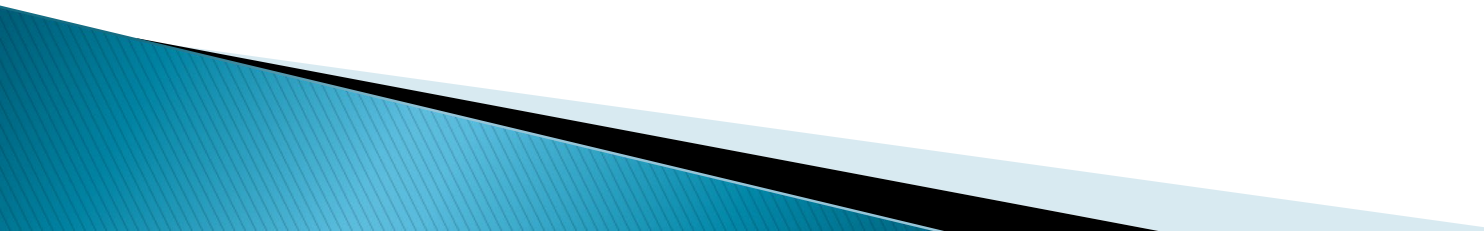
- ▶ The Bible says first was the physical , then you have the spiritual and the spirit overrides or rules over the things of the physical. Our physical bodies exist and has to follow how God intended it to be.
  - ▶ Our spirituality or faith alone is not enough for fitness. Physical activity or diet alone is not enough. We need a synergy of both the spirit and other things.
- 

# More from the Bible

- ▶ Eph 6:12: For we wrestle not against flesh and blood but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.
  - In fitness of the body, we are wrestling against our flesh
  - And all other spirits that want to take opportunity to attack us because of our failures to control our flesh.

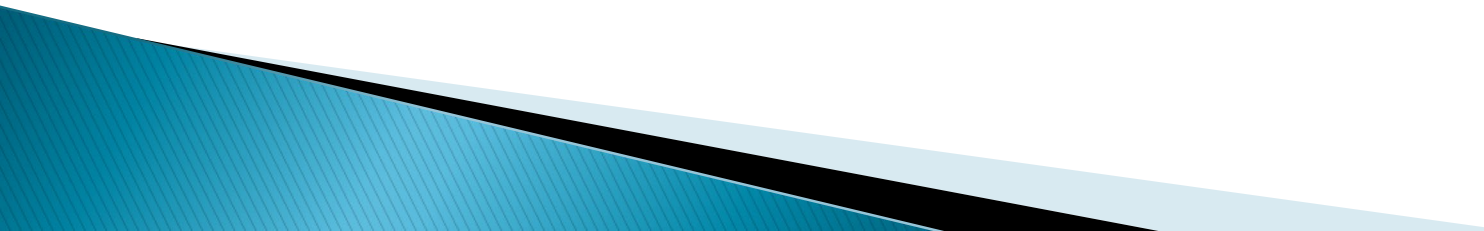


# More from the Bible

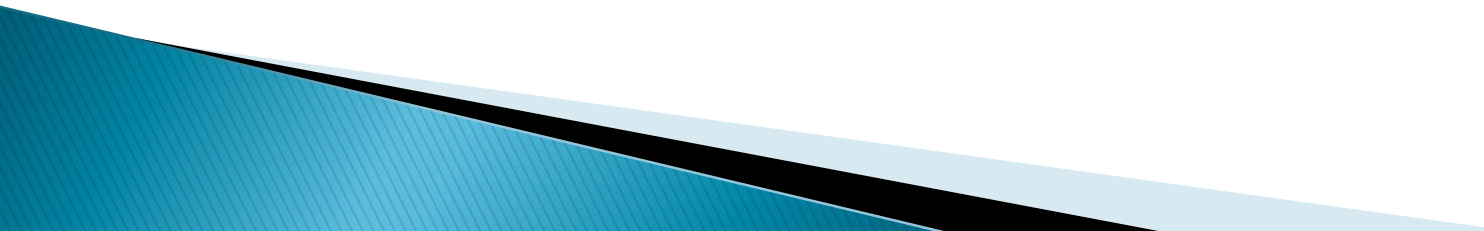
- ▶ 1 Tim 4:8: For bodily exercise profitted little but godliness is profitted unto all things having promise of the life that now is, and of that which is to come.
  - ▶ God is a jealous God, if he says anything else outside him is good and profitable, DO IT.
  - ▶ You can measure the effects of exercise and it will make you to glorify God
- 



# More from the Bible

- ▶ 1 Cor 3:16: Know ye not that you the temple of God, and that the spirit of God dwelleth in you?
  - ▶ Your temple is holy; do not defile it with things you can avoid.
  - ▶ I know this talks of sins. If we keep doing things that can perpetually hinder our lives, that is close to sin if it is not sin, in my opinion
- 

# More

- ▶ Paul said that he wrestles against the flesh, putting it under subjection. Putting this under this context of this message, he meant that what he should eat or do, he does not, what he should not eat or do, that's what he eats or does.
  - ▶ Anything the body likes, watch out, as it may not be good for you, except sex.
- 

Lack of fitness, hidden under metabolic syndrome? It is not about being Overweight

- ▶ **Metabolic syndrome (MetS) refers to a clustering of several interrelated cardiovascular risk factors of metabolic origin, which promote the development of cardiovascular disease and diabetes.**
  
- ▶ **• Abnormalities associated with MetS include:**
  - ▶ – **Elevated plasma glucose**
  - ▶ – **Elevated plasma triglyceride**
  - ▶ – **Low high-density lipoprotein**
  - ▶ – **High blood pressure**
  - ▶ – **Abdominal obesity (increased waist circumference)**

# Signs and Tests

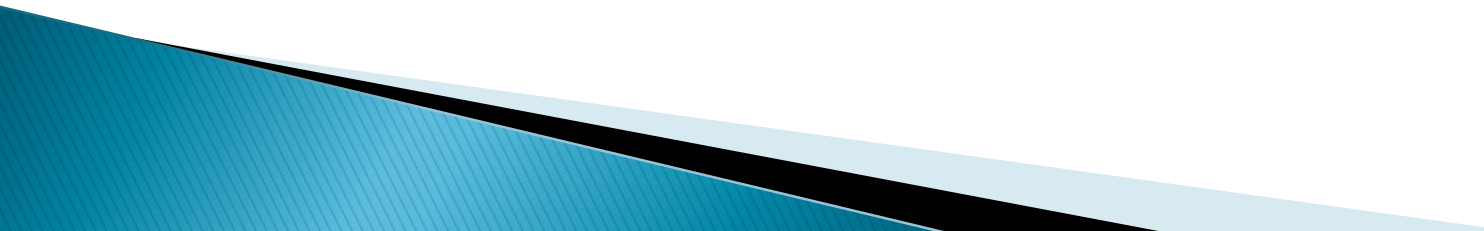
- ▶ Metabolic syndrome is present if you have three or more of the following signs:
  - Blood pressure equal to or higher than 130/85 mmHg
  - Fasting blood sugar (glucose) equal to or higher than 100 mg/dL
  - Large waist circumference (length around the waist):
    - Men – 40 inches or more
    - Women – 35 inches or more
  - Low HDL cholesterol:
    - Men – under 40 mg/dL
    - Women – under 50 mg/dL
  - Triglycerides equal to or higher than 150 mg/dL

# Some Complications of lack of Fitness or Overweight

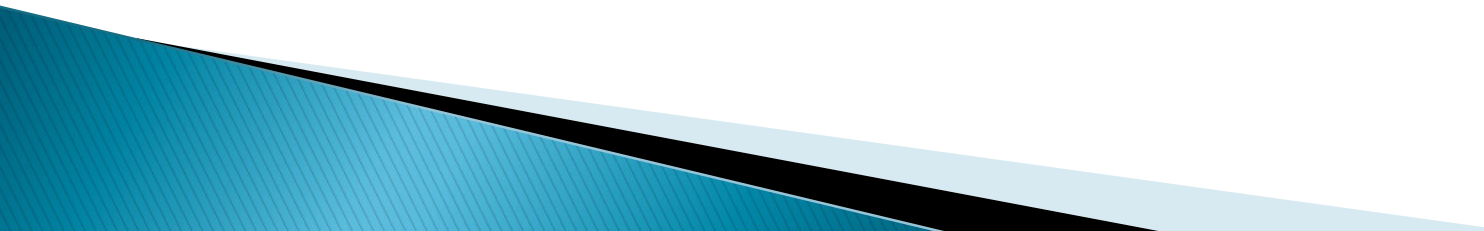
- ▶ Type 2 (non–insulin dependent) diabetes
- ▶ Cardiovascular disease
- ▶ Stroke
- ▶ Hypertension
- ▶ Dyslipidemia
- ▶ Hyperinsulinemia, insulin resistance, glucose intolerance
- ▶ Angina pectoris
- ▶ Congestive heart failure
- ▶ Cholecystitis
- ▶ Cholelithiasis
- ▶ Osteoarthritis
- ▶ Gout
- ▶ Fatty liver disease
- ▶ Sleep apnea and other respiratory problems
  - Polycystic ovary syndrome (PCOS)
  - Fertility complications



# Equations

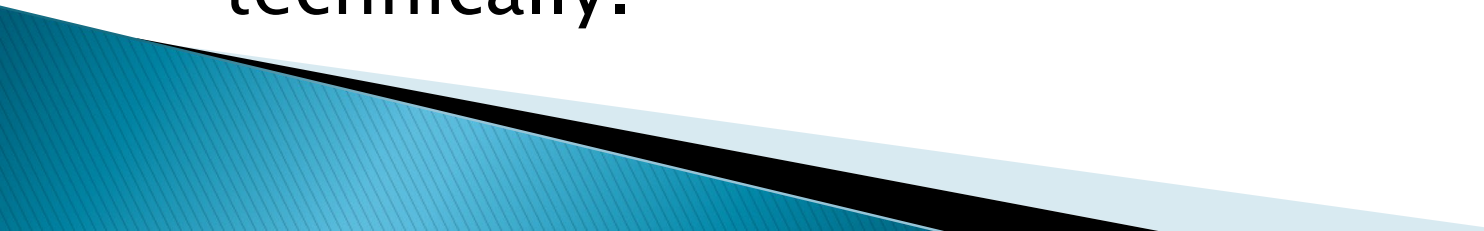
- ▶ If cal consumed = Cal burnt: no wt gain
  - ▶ Cal consumed > Cal burnt: wt gain
  - ▶ Cal consumed < cal burnt: wt lose (negative calorie which leads to weight reduction)
  - ▶ If each direction moves linearly, you make progress in that direction accordingly.
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# In addition to the equation: other causes of lack of fitness

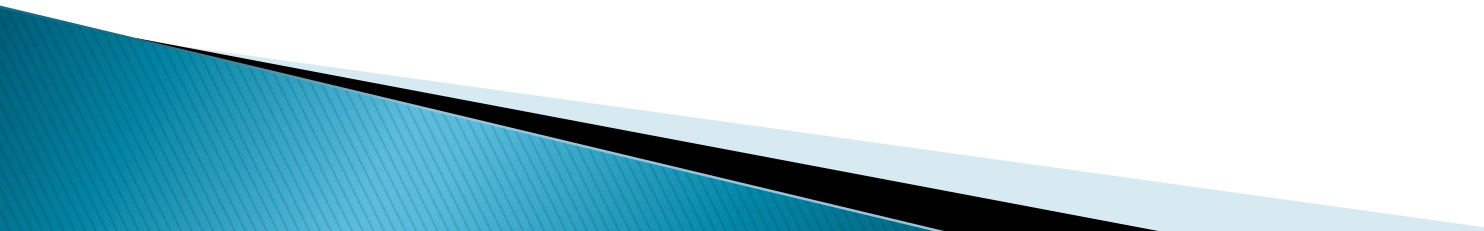
- ▶ Genetics
  - ▶ Bad food or foods you cannot mobilize. At a certain age in life, certain foods you cannot mobilize well. At about 50, you cannot metabolize carbohydrates well. Your muscle has begun to shrink and is being replaced with fat. The energy you will normally burn is reduced.
  - ▶ The muscle is the machine of the body for calorie utilization
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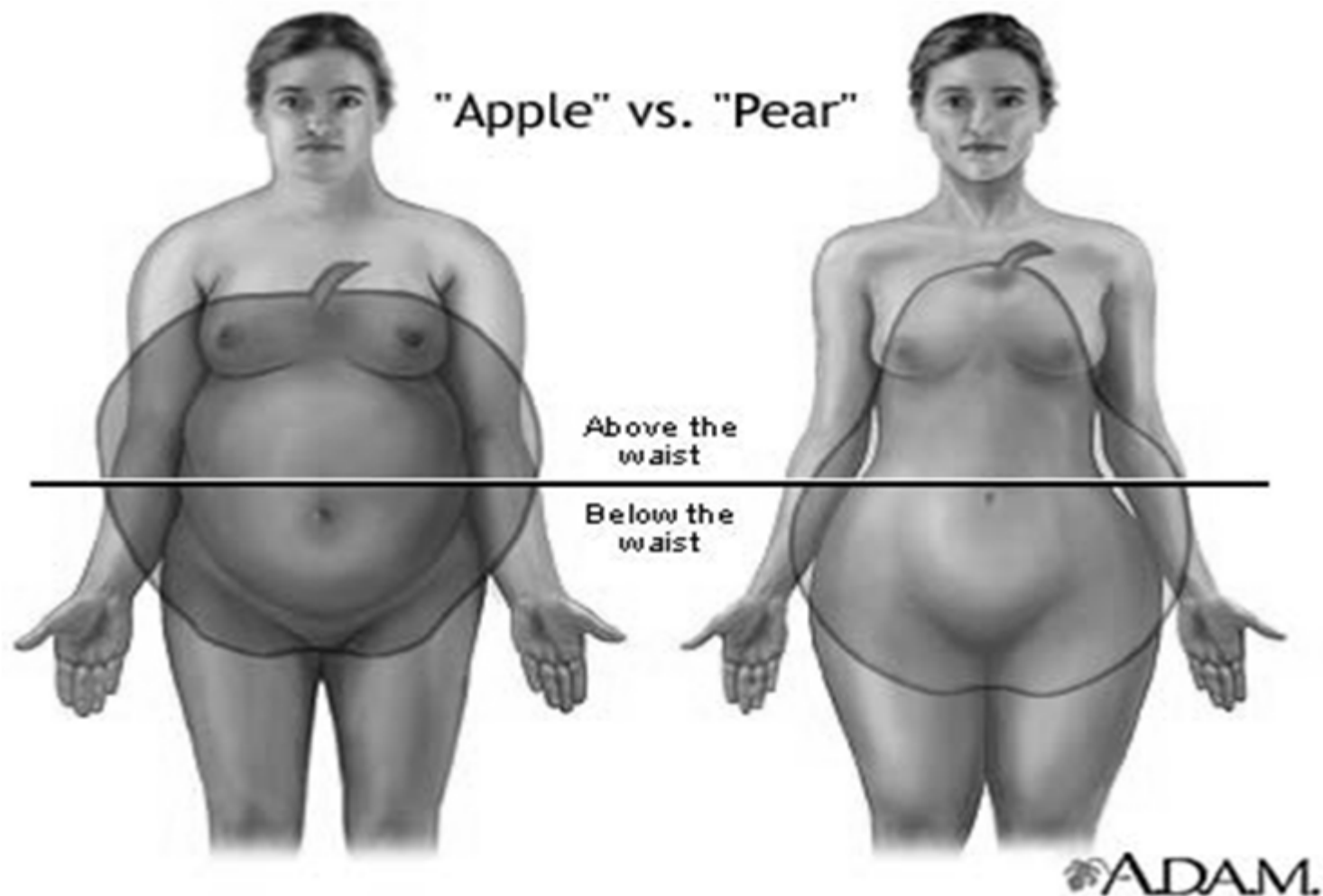
# Other Causes: 4-9-4 Cals

- ▶ If you eat fufu or rice the amount you used to eat, you are likely not going to burn all.
  - ▶ If you eat meat as before, your body will only use small portion of it for repair and for other cellular activities. The rest will be stored as fat
  - ▶ If you eat oil (cooking oil, oil from fat etc), this is not used immediately. It is stored and especially if you have no need for additional energy.
  - ▶ Minerals and vitamins do not add to your weight technically.
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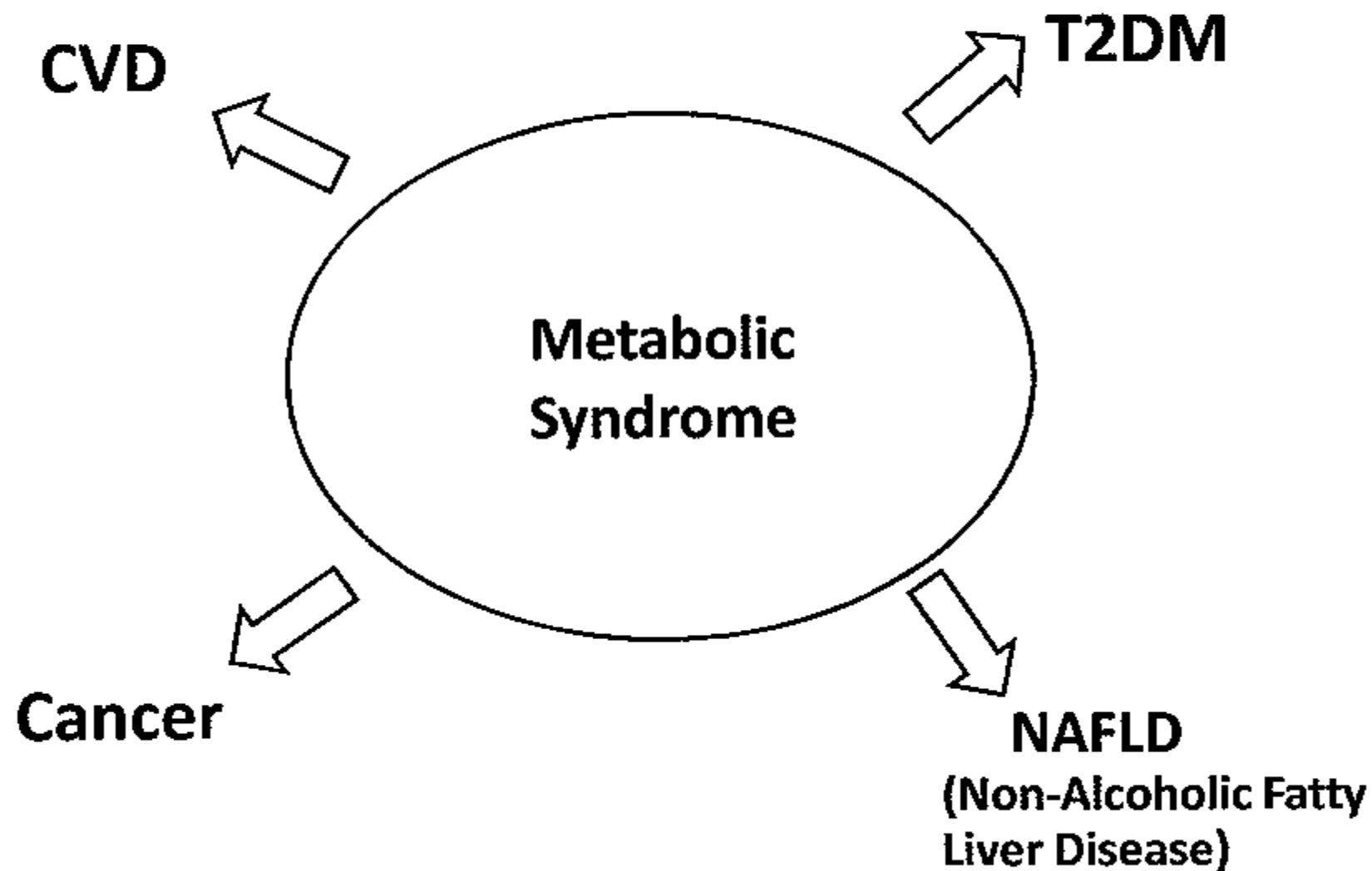
# Other effects of lack of fitness on your life

- ▶ Testosterone is male sex hormone. If it is low, you will have no desire for sex.
  - ▶ Low or no Dopamine. This is also a sex hormone. Some of you are so stressed out because of money that your dopamine is grossly depleted. When it is significantly low, you may not have desires for sex.
  - ▶ Your stress hormone is cortisol, a sex killer.
  - ▶ Estrogen and Testosterone lack in females may reduce their libido.
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# Type of Obesity (Central/Peripheral)



# Metabolic Syndrome-associated diseases



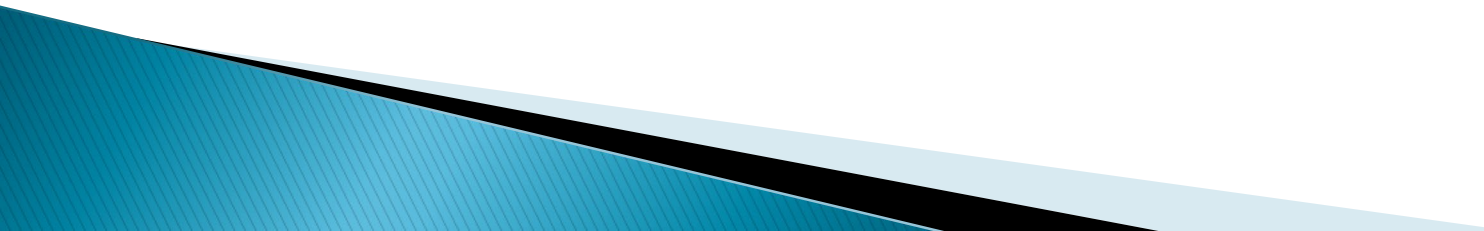
# Things to consider for fitness



# Nutritional Consideration

- ▶ In those days, it was said that people with overweight had nutritional reserve and that they are likely to survive a protracted illness more. Later, they found that this is not true.
- ▶ Nutritional approach to health may be a synergy with exercise for optimum health. Few things to consider.

# Before the major foods: Salt/Sugar

- ▶ Reduce your salt intake. It is a major component of hypertension. The salt from the food may even be enough.
  - ▶ Avoid excess sugar. Sodas, processed foods, juice (apple, orange, cranberry and so on) are loaded with sugar. The glycemic index may be too high and may make your sugar levels to be volatile.
  - ▶ Instead of drinking the juice of a particular fruit, eat the fruit.
- 



# Carbohydrate

- ▶ Avoid or run from foods with high glycemic load and index. That is carbohydrates that has high load of glucose (high glycemic load) and carbohydrates that may or may not have high glucose load but can release its glucose very fast into the blood stream resulting in a glucose level that is spiked up (high glycemic index).



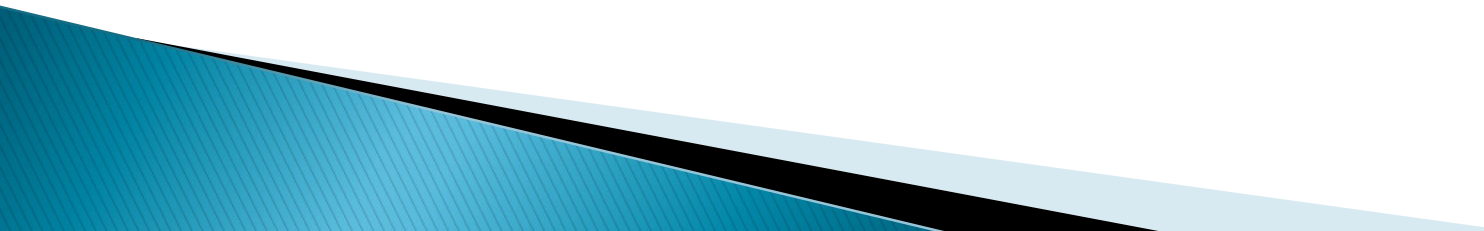
# The Glycemic Index (GI) of Foods

- ▶ The GI is a ranking of foods based on how quickly they raise blood glucose levels. The reference foods, white bread or glucose, have a GI of 100.
- ▶ Low GI Foods (55 or less)
  - 100% stone-ground whole wheat
  - Oatmeal (rolled or steel-cut), oat bran, muesli
  - Pasta, converted rice, barley, bulgar
  - Sweet potato, corn, yam, lima/butter beans, peas, legumes and lentils
  - Most fruits, non-starchy vegetables and carrots
  - For Shallow: Elubo or Amala from yam flour preferred.
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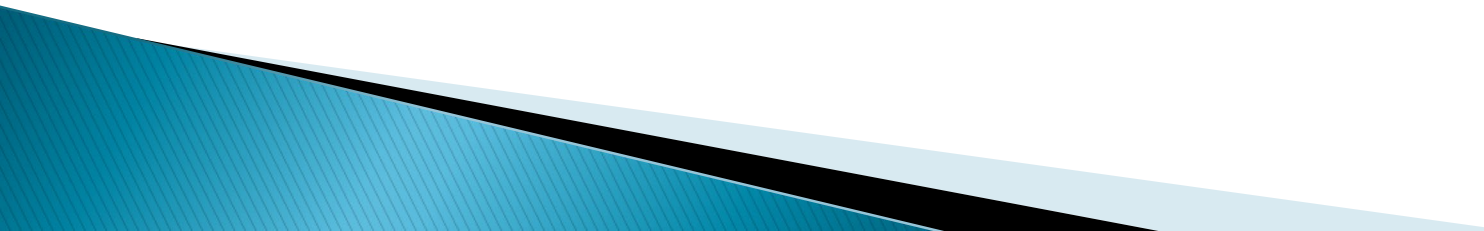
# The Glycemic Index (GI) of Foods

- ▶ Medium GI (56–69)
  - Whole wheat, rye and pita bread
  - Quick oats
  - Brown, wild or basmati rice, couscous
  - Roasted plantain, unripe ones
- ▶ High GI (70 or more)
  - White bread or bagel
  - Corn flakes, puffed rice, bran flakes, instant oatmeal
  - Shortgrain white rice, rice pasta, macaroni and cheese from mix
  - Pretzels, rice cakes, popcorn, saltine crackers
  - melons and pineapple
  - Fufu, pado yam, mashed potato
  - (Be careful with all foods from under ground if white– yam, cassava, potatoes and so).

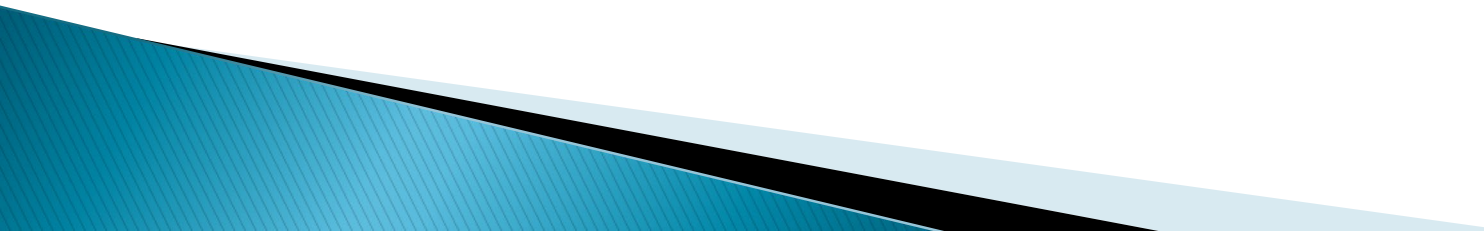
# Protein

- ▶ In general, reduce your meat intake.
  - ▶ *Be careful with anything that has eyes and face.*
  - ▶ It suggested that your meat intake to be about 10% of the food you eat especially if you have reached middle age and above.
  - ▶ Let your protein source comes from the plant kingdom (fruits, vegetables and nuts, beans and legumes)
  - ▶ *A cow has big muscle and it only feeds on vegetables.*
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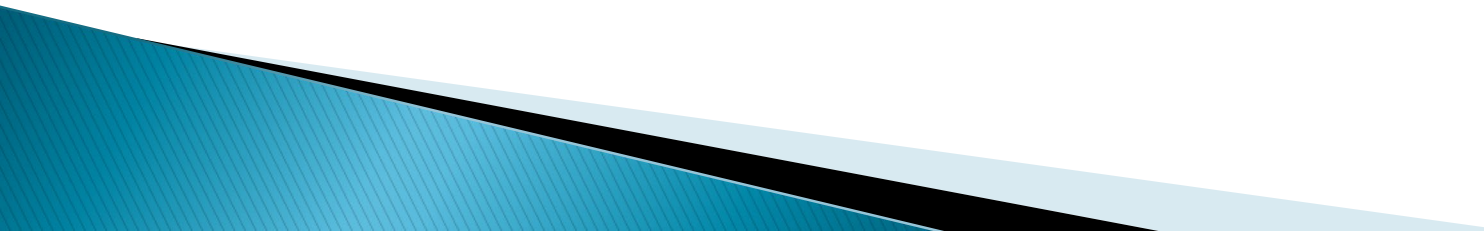
# Why excess protein may not be good for you

- ▶ High consumption of animal protein has been linked to a greater risk of CA, prostate cancer included).
  - ▶ Greater consumption of meat, poultry and fish is associated with higher blood level of IGF-1 (insulin-like growth factor-1), which is positively correlated with an increased risk of cancer.
  - ▶ Similarly, greater intake of choline (abundant in meat, dairy and eggs) is associated with increased prostate cancer risk.
- 

# Possible problem with excess protein

- ▶ For prostate health, limit or avoid animal products to two or fewer servings per week.
  - ▶ Plant protein, however is protective.
  - ▶ Legumes and minimally processed soy products are associated with decreased risk of prostate cancer.
- 

# There may be problem with dairy products

- ▶ **Avoid dairy products for cancer prevention.**  
There is substantial evidence indicating that men who avoid dairy products are at a lower risk for prostate cancer.
  - ▶ One study that spanned 41 countries reported a strong correlation between per capita milk consumption and prostate cancer deaths.
  - ▶ *Human adults may not be able to digest animal milk products.*
- 




# Fat (oil)

- ▶ Oil is fat.
- ▶ One table spoon of oil (any oil) is 112 calories. You have to exercise, brisk walking, for about 20 minutes to burn one table spoon of oil. Or walk more than one mile to burn these calories.
- ▶ Oil goes straight to your body and gets stored. It is not metabolized or utilized easily.
- ▶ Reduce the amount of oil you use for cooking, in fact, oil from nuts including egusi may be enough for cooking.

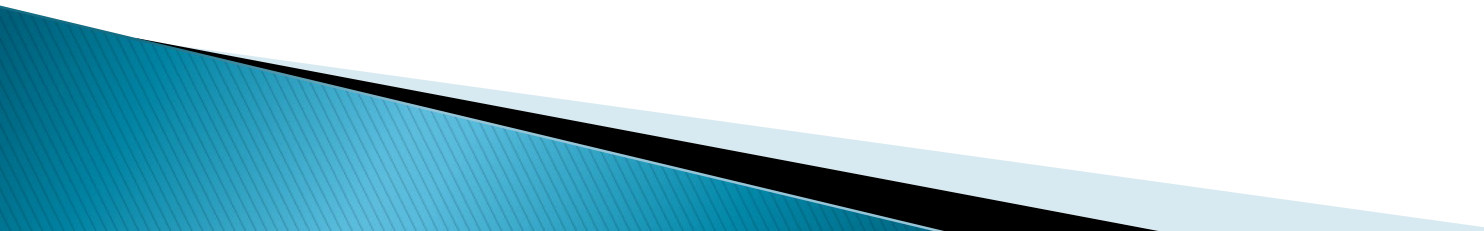
# Calorie Calculation

- ▶ 1 pound of body fat has 3,500 calories.
- ▶ One table spoon of oil is about 112 calories.
- ▶ If you walk fast, you may be able to burn 100 calories walking one mile in about 15 minutes.
- ▶ If you are 50 pounds (175,000 calories) overweight, assuming you will not gain weight again because you have cut your food intake down, you burn 100 calories walking every day, you will need  $175,000 / 35,000 = 5$  years to cut off 50 lbs. If you walk 3 x/wk, you will need 10 years.

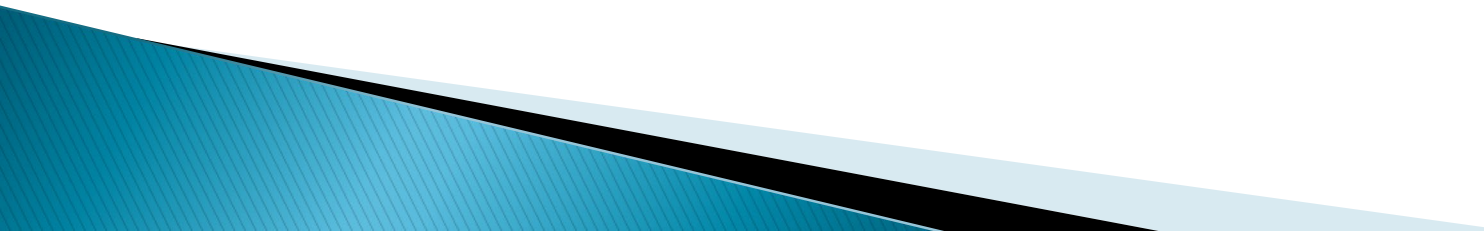
# Calorie Calculation Conts.

- ▶ Let us make it easier:
  - ▶ You could take aggressive steps to exercise 5x/wk (treadmill walking, ordinary walking, steps climbing, resistive exercise) and burn 500 calories each day.
  - ▶ You will burn 3,500 calories per week or lose 1 lb per week.
  - ▶ In three months, you would have lost 10 to 12 pounds. This is significant!
  - ▶ You may take it easy and work to burn 250 calories per day. It will just take longer to cut the weight down. You will get there. Just start.
- 

# What do we eat then?

- ▶ Greens, beans, onions, mushrooms, berries and seeds) have powerful anti-cancer effects.
  - ▶ For example, cruciferous vegetables (greens like broccoli, kale, bok choy, arugula, Brussels sprouts, and cabbage plus cauliflower, radish and more) contain phytochemicals that stimulate the body to detoxify carcinogens, and higher cruciferous vegetable intake is associated with lower prostate cancer risk.
  - ▶ The onion family (onions, garlic, leeks, shallots, scallions, and chives) have organosulfur compounds with anti-cancer effects.
- 

# For Swallow People (Me!)

- ▶ Small size, as you can tolerate
  - ▶ Fufu Formula (Low glycemic index)
    - Chickpea, Quinoa, Barley, Rye, brown rice, and Plantain flours, with chickpea flours about half of the mix
    - Any three or four of the above
  - ▶ Rice people
    - Brown rice, quinoa, barley with lots of vegetables and possibly beans or other legumes from the bean family.
- 

# Foods consideration

- ▶ Reduce your protein intake. Drastic reduction of red meat intake

# Food intake consideration

- ▶ Intermittent Fasting:
- ▶ Different times – 16/8 (fast for 16 hours and eat for 8 hours; 14/8; and 12/12.
- ▶ Advantages
  - Reduction of inflammation
  - Reduction of glucose or A1C or increased insulin sensitivity
  - Weight reduction
  - Autophagy
- ▶ Glucose Hacks: Walk after eating, take food with apple cider; eat the vegetables and meat before the carbs.



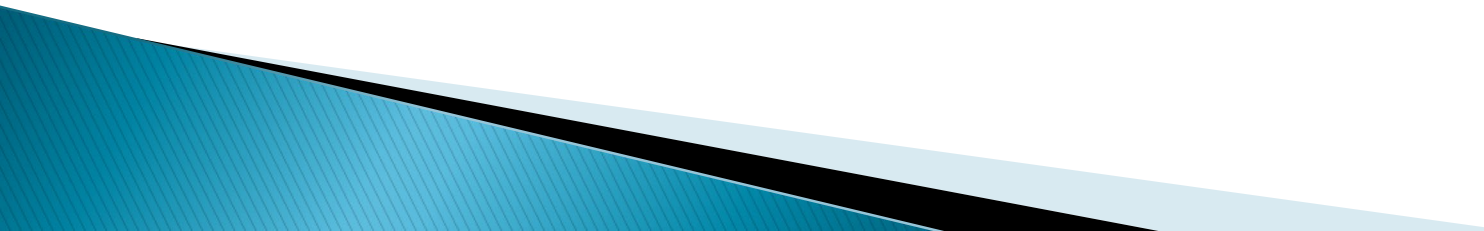
# Other Hacks

- ▶ Simple Hacks
- ▶ In hot water, Cacao (100%) + Turmeric + Coconut Oil = Improve Memory.
- ▶ Consumption of a lot of Greens = Nitric Oxide
  - Helps your blood flow due to its vasodilation
- ▶ Increased consumption of tomatoes cooked in oil or supplements of lycopene, a chemical in tomatoes = improves prostate health
- ▶ Only oils good for consumption = olive, avocado, and coconut oil. They help your brain

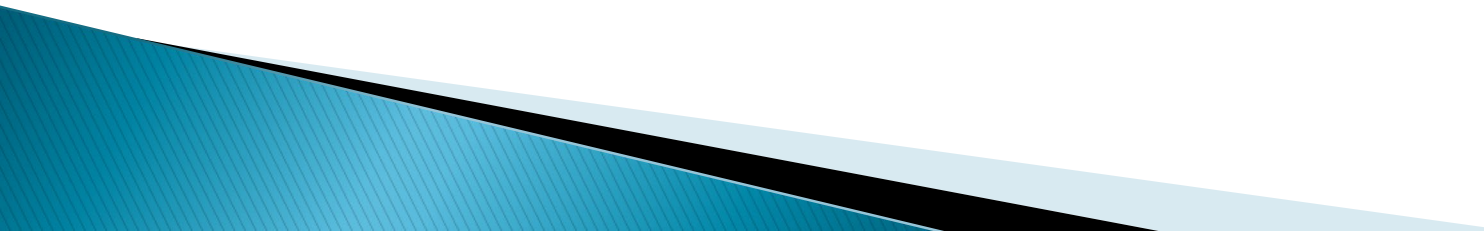
# Exercise Consideration: What Type of Exercise

- ▶ Aerobic exercise or resistive exercise or stretching exercise?
  - Aerobic alone is more beneficiary than resistive exercise alone
  - However, a combination of aerobic and resistive exercises, and stretching, is better and highly encouraged.

# What Exercise can I do?

- ▶ Any exercise as long as there are movements.
  - ▶ Walking, walking on treadmill, jogging, and running.
  - ▶ Play with sports (basketball, soccer, swimming with your family members or peers
  - ▶ Join the gym. Do what you can do. Use a trainer.
  - ▶ Dancing to worship songs for 30 to 45 mins.
  - ▶ Do resistive exercise, lift and push weights.
  - ▶ Punch a boxing bag starting with 600 times/day.
  - ▶ Do a gentle wrestling game with your loved ones.
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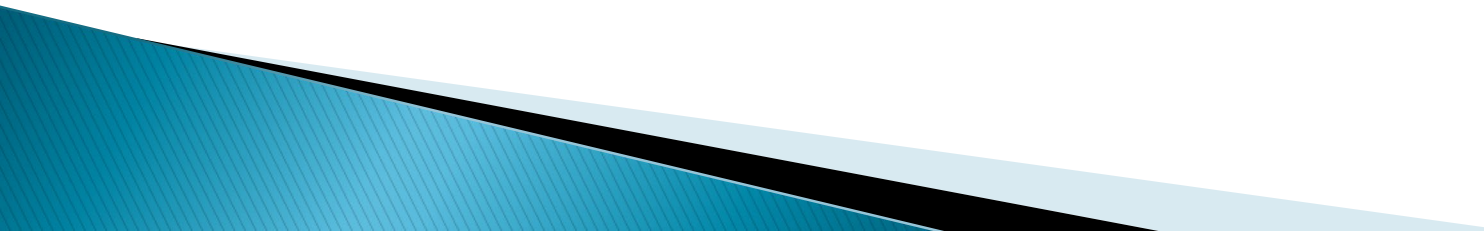
# High Intensity Interval Training (HIIT)

- ▶ Short exercise period, about 15 minutes or under 30 mins.
  - ▶ Boosts metabolism even after hours of exercise.
  - ▶ Efficient fat loss
  - ▶ Improves cardiovascular health (reduces BP, cholesterol, enhances heart function)
  - ▶ Enhance insulin sensitivity, helps with diabetes, or prevents it.
  - ▶ Builds endurance and exercise
- 

# HIIT

- ▶ A typical HIIT (High-Intensity Interval Training) workout alternates between short bursts of intense activity and brief recovery periods. Example:
- ▶ 1. Jumping Jacks – 30 seconds work / 30 seconds rest
- ▶ 2. Bodyweight Squats – 30 seconds work / 30 seconds rest
- ▶ 3. Push-Ups (or knee push-ups) – 30 seconds work / 30 seconds rest
- ▶ 4. Mountain Climbers – 30 seconds work / 30 seconds rest
- ▶ 5. Plank Hold – 30 seconds work / 30 seconds rest
- ▶

# Is Exercise/Physical activity Obligatory for Good Health?

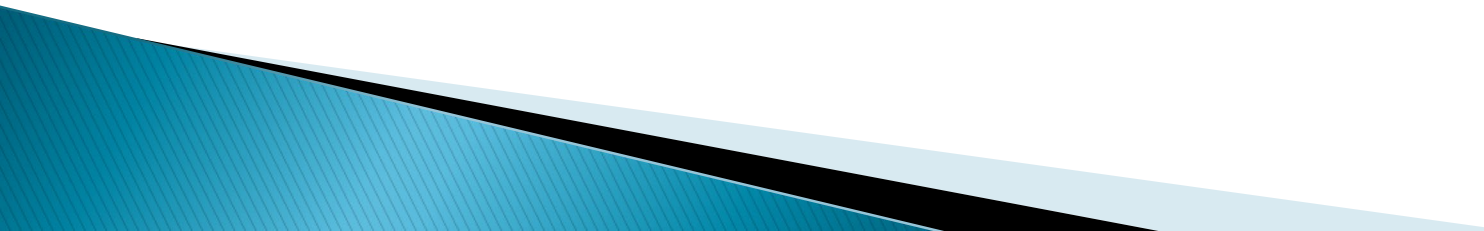
- ▶ Yes
  - ▶ Why?
  - ▶ Because these are the consequences:
    - Parameters of MetS are improved
    - HTN, WC, Hyperglycemia is controlled, TG is reduced and HDL is increased.
- 

# Evolutional perspective of human life

- ▶ Without physical works, humans are supposed to face troubles.
- ▶ As long as they work physically, they could maintain the homeostasis of human genome.



# Human as a machine

- ▶ Design to do physical work – move.
  - ▶ **“The Lord God took the man and put him in the Garden of Eden to **work** it and take care of it (Genesis 2:15).”**
  - ▶ **Tools we have are to help the human machine and not to take over our work and mobility.**
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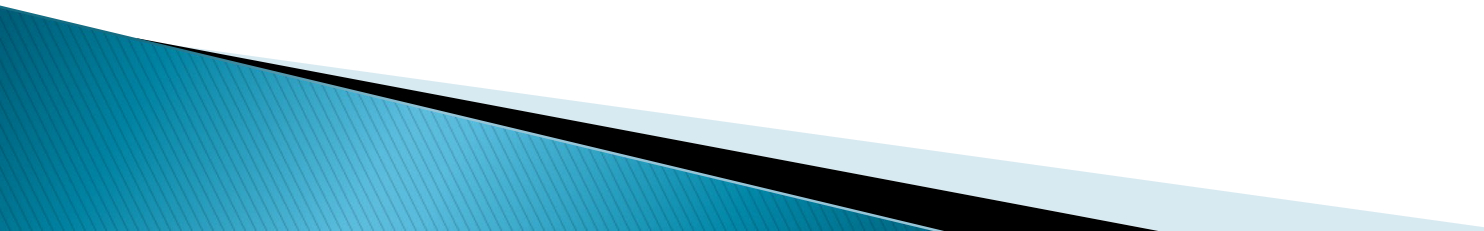
# When Human Machine Moves

- ▶ Genes that cause disease are reduced and good genes are increased or activated
- ▶ That is disease resistant genes are activated and disease susceptible are suppressed.
- ▶ MetS could be prevented and with reversibility of what had started to go bad.
  - Increase HDL-C level
  - Reduce TG
  - Reduce glucose intolerance
  - Reduced insulin resistance
  - Increased insulin sensitivity
  - Improved glucose level
  - Manageable HTN if not normalized

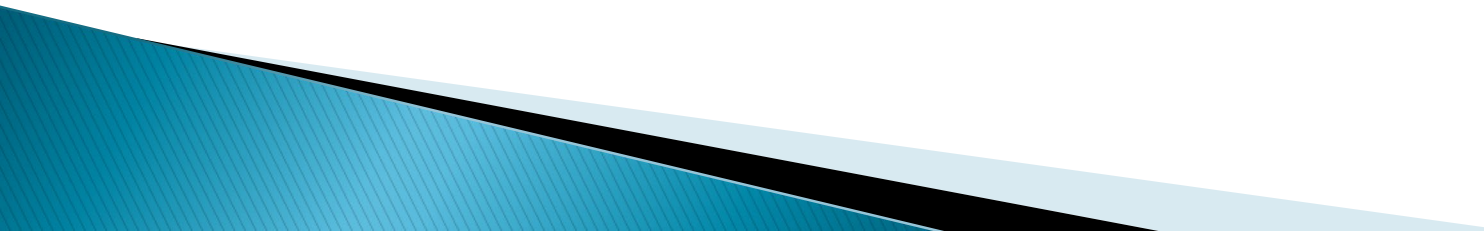
# Stretching

- ▶ All limbs/joints
- ▶ The spine and neck

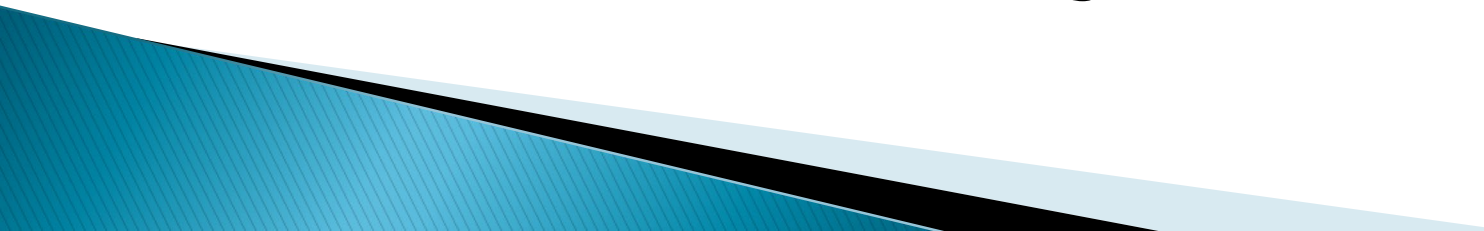
# Hidden Benefits of Ex for the Family

- ▶ Increased sex hormone and for a man, increased T level.
  - ▶ Reduced peripheral resistance
  - ▶ Increased in Nitric Oxide level (NO). NO causes vessel dilation. You don't need viagra, cialis and so on. Fat reduces NO. Insulin in presence of fat increases peripheral resistance.
  - ▶ Increased energy and relaxation
  - ▶ Less pain and arthritis
  - ▶ A happy family!
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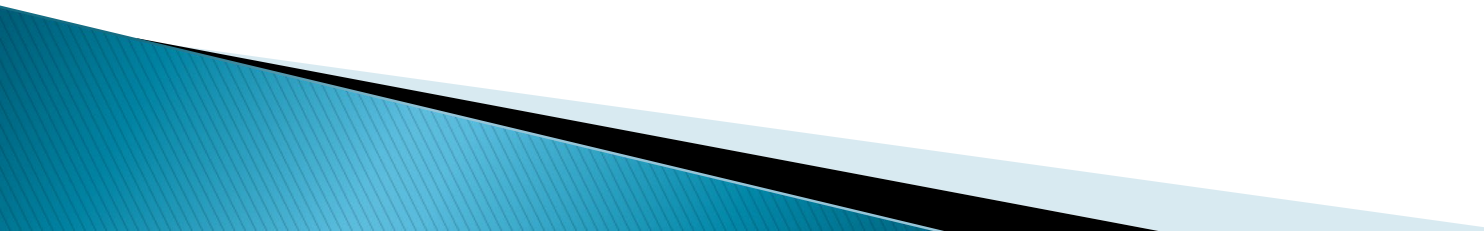
# Things to ponder

- ▶ If you have cancer, there are certain foods that you should eat and not eat to have a chance of stopping the cancer growth.
  - ▶ If you have diabetes, there are dos and don'ts both for foods and life style changes that may be recommended.
  - ▶ If you have High blood pressure, there are certain life style changes needed.
  - ▶ If you have DJD, there are things you should do that may help.
  - ▶ If you have acid reflux or heart burns, some life style changes may be needed.
  - ▶ If you have had a heart attack.
  - ▶ What if we take some of the suggestions for optimum health in these cases and apply them to our lives daily before the problem occurs?
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# Any Silver Bullets? Exercise and good Diet?

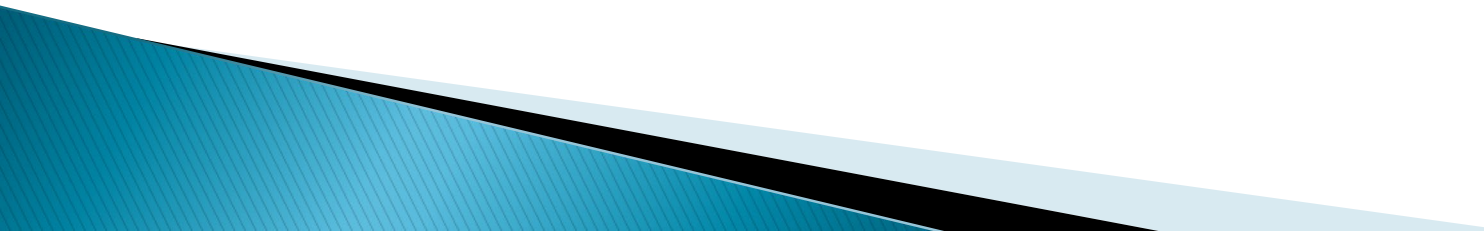
- ▶ Consider whether you would be willing to take a magic potion or pill that would keep you strong and trim while improving your memory and mood. What if this same potion or pill warded off cancer and disease? Many studies have indicated that exercise can have all of these benefits, whether you take it up early or later in life (Ellen Strunk, 2011).
  - ▶ Dr. Fuhrman said that good diet is like a silver bullet for good health.
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# Two Silver Bullets

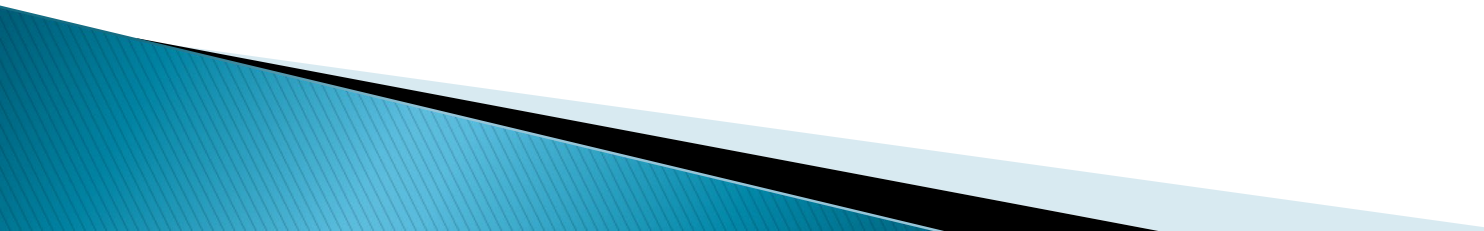
- ▶ Summed up in EXERCISE AND EAT RIGHT
  - ▶ The synergistic effects of exercise and eating right along the lines suggested so far will result in a dramatic health benefits that may make you live long and in good health.
  - ▶ The two silver bullets for your wholesome health after God are Exercise and Good Diet.
  - ▶ Take them daily and always.
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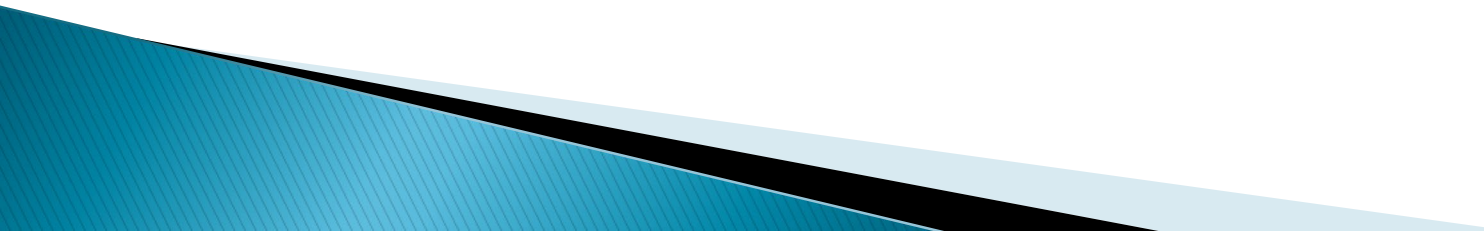
# Enhance Spiritual Wellbeing: Exercise

- ▶ 1. Daily Prayer and Meditation
  - ▶ 2. Scripture Immersion: Read the Bible not just for knowledge, but for connection. Verses like Romans 12:2 and Philippians 4:6–7 states that there is peace and renewal that come from God's truth.
  - ▶ 3. Worship and Gratitude: Worship shifts your focus from problems to His presence.
  - ▶ 4. Fellowship with Believers: A Community of people that encourages, prays with, and walks alongside you. Hebrews 10:25 emphasizes the importance of gathering together.
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# Spiritual Exercises

- ▶ 5. Rest and Sabbath: God modeled rest in Genesis 2:2–3. —It's obedience and spiritual nourishment.
  - ▶ 6. Healthy Living as Worship: Caring for your body through nutrition, exercise, and rest honors God, as your body is a temple of the Holy Spirit (1 Corinthians 6:19–20).
  - ▶ 7. Acts of Service: Serving others reflects Christ's love and deepens your sense of purpose. It's in giving that we often feel most spiritually alive.
  - ▶ Learn the art of Forgiveness. Perhaps the most important thing as a Christian. Practicalize forgiveness (work it).
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# Conclusions

- ▶ Two Silver Bullets (Exercise + Good Diet) plus Spiritual Exercise give Holistic Wellbeing, and no law is against these.
  - ▶ That is, if you exercise regularly, you eat right always, and your ways please the Lord, you will be healthy, be at peace, and live long.
  - ▶ AMEN!!!
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# References

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*Postprandial glycemic response to food can be affected by the method of food preparation. The effect of processing on yam, a staple food in Nigeria, was studied in 24 healthy non-diabetic Nigerians. The postprandial glycemic indices of peak plasma glucose (PPG), maximum increase in plasma glucose (MIPG), 2-hour postprandial plasma glucose level (2HPPG), incremental area under glucose curve (IAUGC) and glycemic index (GI) were determined for boiled yam, pounded yam and yam flour (amala) after eating a measured amount of 50 g of digestible carbohydrate as recommended by FAO/WHO. Despite undergoing more processing, amala prepared from yam flour showed better postprandial glycemic response indices as compared with other study foods. Yam flour submitted to more processing showed better indices than the other yam based product compared. Yam based products, particularly yam flour, can be recommended for diabetic Nigerians as a substitute to eating monotonous beans based products.*