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What do you think of when you hear the phrase, physical health, I know that this is going to show my age, a little bit. For some reason it makes me think way back to the 80s and Olivia Newton John's hit single, I want to get physical,

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physical,

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okay, I'll spare you, I'm not gonna sing it, I can't sing. Anyway, that's just how my brain works, I love the 80s and I'm always comparing the present, to either the era that was the 80s, the Bible or the hit TV show Friends, I'm going to talk a little bit more about comparisons, later on in the podcast, the comparisons, I'm going to talk about are ones that can be detrimental. On previous podcast episodes, I have discussed other areas of life that need attention. But today it is all things physical. Are you ready to get physical today, even if you aren't let's do this thing anyway. The goal is to have the best physical health you possibly can to be physically healthy, it means that your body, your body functions, as it should. You have a different body for me so I don't expect your physical health and your needs to be exactly the same as mine. I am tired of trying to fit into a cookie cutter that wasn't designed for me. What about you, what do you think about that. Way back in middle school, in high school I fell into that cookie cutter comparison trap where I thought we were all supposed to be a size two and 100 pounds, I truly believe that and try to be that if you read my book defeating your greatest opponent, you know, I thought this way, because there were all these teenybopper magazines out there that portrayed this idea of basically one size fits all and it was a size two. And I think we all know that is a bunch of crap. I'm not a size two. I am not a size two probably won't ever be a size two again comparison isn't healthy, what is healthy is you knowing what your frame your size, your BMI and your optimal health should be according to your doctor or respected clinician. If you're on the comparison bus or the diet roller coaster, it is time to jump off and discover what is best for you. With this said, Do not allow this to be an excuse not to change, as Christians, each day, it's about becoming more Christ like, I don't know about you but when I look in the mirror, I don't see Christ in my mirror so that means I need to keep working, not because I'm not good enough. I lived with that lie for too long too. But because that is part of my journey here on Earth, to grow each day as a child of God to become more Christ like to become wiser to be more knowledgeable to be more loving, when I talk about physical health. I'm not referring to Olivia Newton John, I am referring to you and you feeling the best that you can, on any given day to be higher life in the realm of physical health, it means that you are doing your best, each day to take care of your body, and live your life to the fullest. This isn't in spite of disease, illness or disability. Nope, it is all encompassing. Because I live with illness, disease, and technically disability, but I still can live life to the fullest, and so can you. I can and do live high on life, regardless of where you are right now. Ask yourself if you are living optimally to your fullest potential. Current research shows, and I'm asking you to be honest with yourself because I'm being honest with you, you likely are living. As always, I'm not here to shame. I'm here to challenge. I'm here to coach. I'm here to empower and I'm here to support, taking care of our physical health is far from just what we look like on the outside our physical health, your physical health impacts so many other areas of your life, like we've discussed on previous podcast episodes by getting proper exercise and nutrition, you can help relieve stress and overwhelm in your

life, as well as tension, anxiety, depression, and even anger. I need me some anger control every now and then. And I'll be honest, my favorite form of exercise that I don't partake in enough is set

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X. Although I will say, Our youngest son has flown the coop we have no more children here we are empty nesters, so I suspect I will be getting more exercise, you know what I mean. Okay, back to the podcast, back to focusing on what I need to focus on. I'm not gonna lie, I'm like a lot of people tell me if this is how you are before I work out, especially when it's, oh I don't know 5am And I'm like, oh god I don't want to do this. I tell myself I'm too tired I will do it later I will go tomorrow. I tell myself, Oh, I hate to work out I whine. But when I go anyway I wind through my workouts too. I tried to talk myself into stopping. I talked myself into not pushing as hard as I can. I'm hating it the entire time that I'm working out. And I want to stop, but then when my workout is finished. I feel a high relief, and a sense of accomplishment. Does any of this sound familiar to you, do you ever just tell yourself, I can't do it, I can't go I'm too tired, but then you do it, you finish, and you feel so good. And when you're consistent and keep at it, that's when you see results. Focus on the end result of what you're going to feel like, when that workout is over what you focus on you get more of focus on that feeling of accomplishment you have after each workout. I don't get a runner's high. I don't like to run, but I do get a workout high, and I love that feeling when I'm finished so just remember how worth it. It is even if you don't like how you feel after a workout, you will eventually like how you look and feel, you will get there. Sadly I have fallen off the wagon recently but I am ready to jump back on that wagon. And I think you should join me. No way. I know you should join me. We can't wish our way to better health. You have to make a choice to commit to it, just like I do, if you make it part of your routine, it will become second nature and you won't even think twice about doing it. It's just getting started. The same goes for healthy eating, which is another area, I can struggle in. What about you, do you struggle with eating with food, making healthy choices. I'm not a big pop drinker or a junk food eater, although my husband and I we do like to have our weekly ice cream. Historically, my problem has been portion sizes, and too many unhealthy carbs, I won't do keto, and that's a personal decision for me and you need to research and speak to your doctor about what's best for you. I do try and keep carbs low, especially those unhealthy carbs. Most of all, I don't beat myself up over the weekly ice cream treats that my husband and I get, which I'm going to admit right now I said I have fallen off the wagon with my workouts and exercise and with food choices. We have made more than weekly visits to the ice cream shop. This summer, like I said, I'm getting back on the wagon though. Also if you haven't listened to Episode 003 of the behind life podcast, I highly recommend after you listen to this episode you go back and check it out. Because what I shared in a nutshell on that podcast was the importance of spiritual health, every area of our health is tied together because we are multifaceted human beings are physical being is home to our spiritual being, which is why both must be given optimal care. It's up to you, no one else to care for your body, mind and spirit, only you can change you. When I learned that lesson in life. When I learned how to start taking responsibility for myself and my actions, my life really began to transform because I realized, no one can and no one will make those changes for me, it is up to me. I lived a long time as a victim, I lived a long time blaming others for where I was at and why I was there, I'm sure I do it from time to time still I'm definitely not going to say that, but I truly had a mindset change and took responsibility for myself, the indulgence and weekly ice cream, isn't the problem.

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It's when we over indulge. I know not all Christians will agree with me but I really enjoy having a beer cocktail or two from time to time. The problem is when I overindulge, it's not a pretty sight. Also I know I wasn't created to be a drunkard and therefore I refuse to live as one. Start by being honest with yourself. Yes, you're a busy mom with a busy schedule and tons of commitments, we will cover that one of these days soon as well. But if you don't take care of yourself, how will anything else get taken care of in your world. I'm not saying you should be selfish. I'm not giving you permission to be selfish. I'm just saying you should make yourself a priority because girl you are worth it you are worth it. Listen to me you are worth it and don't let anyone tell you otherwise. If you haven't yet made the commitment. I challenge you to join me on a journey to better physical health, in the month of September, I am going to have a challenge that you can join, you will subscribe to the challenge, either by subscribing to emails at Kelly Renee Baker Comm, or by joining our free private VIP Facebook group called Kelly's champions behind life. Both of those ways will get you into the challenge, it will tell you what you need to do how to become part of the challenge. So basically that's tomorrow the air date for this episode is August 30 2021. And the challenge begins September 1 2021. So really urge you if anything in this podcast today spoke to you, made you think, yeah, I need to get off this diet roller coaster I need to get off this comparison bus, and I need to get on the wagon to

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better health,

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better physical health, which like I said that's not just how we look but it's what we do to take care of ourselves, how we are with nutrition, as well as exercise. So this challenge is going to include tips, tricks, other challenges, there's going to be recipes you can share recipes, I will share exercise. Anything we can do to help support one another during September to stop getting hacked, with our physical health. So we can be high on life. So we can have the best physical, mental, emotional, spiritual and intellectual intellectual lives possible. I don't know about you but I'm always better when I have someone there to help keep me responsible and accountable.

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And that's what this challenge is all about. It's about me asking you like Olivia Newton John do you want to get this girl. This girl yeah I'm fist pumping right now to just since you can't see it. But seriously, I really need, I need unity we all need to support each other. We need support, so that's what this is about so I really hope that you will join us for the month of September for this physical challenge this I want to get physical challenge that will make your brain better your body better. Your heart better your overall well being better. Reduce Stress reduce tension, feel better, all over and see results, and again this isn't a weight loss challenge this is not a weight loss challenge. If you join this challenge, wanting to join, or sorry, wanting to lose weight and do lose weight. That's great. But this isn't about numbers on the scale, this is about making choices that are healthy instead of making choices that are unhealthy. I am super excited about this challenge, and what it's going to do for you. I am here for you. As always, I'm here to coach you to be your cheerleader and cheer you on, to empower you to transform your life from all of the strongholds that hold you back that keep you stuck. I am here to help you move forward

to a life of success and significance. I know that you could be high on life. God intended for you to live in victory. Each and every day. It's not about the future it's about right now. You were meant for victory. Right now, Christ gave His life for you. So you can live in victory today. So choose that choose to live in victory. I know that days can be tough. There are struggles, day in and day out some days are harder than the others. A card wants you to live with a sense of joy, peace, and abundance every day. We do this by living according to his Word. Remember to join the challenge at Kelly Renee baker.com, or on Facebook at Kelly's champions. It's a private group so you'll have to request to join. Thank you again for being a part of the behind live podcast. That's it for today. Remember you can be high on life this is Kelly Renee Baker the queen bee signing off till next week.

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