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Benefits of Christian Weight Loss Programs

Faith is a great motivator for all aspects of life, so why not make use of your faith to assist with losing weight by using a Christian weight loss program? By sharing both your weight goals and your faith, you can really create strong bonds with other members of the program. I'm sure we don't need to mention how important it is to be part of a supportive community. Bonding with others who have the same life ideals is the first step to open, honest relationships which can provide a great motivating factor to help you lose weight.

Before starting any weight loss program or diet, it is always advisable to visit your doctor to determine whether you are healthy enough to withstand the rigors of your chosen weight loss program. Your doctor may discover an underlying illness or disease that is contributing to your weight gain. Once your physician has provided a clean bill of health, then you can progress with your weight loss program.

Exercise is an crucial and potentially difficult part of losing weight, so how do you motivate yourself if you don't FEEL like exercising? Leaving the car keys home and walking to the shops, church, school, or work when possible is a convenient way to incorporate exercise into your regular routine. Standing and walking around after church functions isn't something you probably view as exercise, but it burns more calories than sitting! If your church stands during hymns or choruses you should stand every time since the motion of standing and sitting is exercise, specifically squats, even though it's only one at a time.

When gym membership is an option, find a member of your church or another Christian who wants to lose weight and ask them to be your workout buddy. Trying to keep pace with another person can boost your motivation. It also provides someone else to support and encourage you during your workout which will help you meet your exercise goals.

As with any other diet, a Christian weight loss program requires healthy eating habits. Ensure that the foods you consume are high in protein and vitamins, and low in fats, sugars and other types of carbohydrate.

God rewards followers who are true to him, and you can reward yourself as well. When you persist with your diet and exercise program, you can treat yourself occasionally. Once a week or every couple of weeks, indulge yourself by going for a massage or a facial or a morning tea with a friend where you allow yourself a small serve of food that you don't include in your diet. Note the term 'small'.. don't over indulge yourself or you will be paying for it later.

When you reach a weight loss goal, reward yourself by going out and purchasing that smaller pair of jeans you've dreamed of fitting into. The important thing with rewards is to reward yourself just enough to keep yourself motivated, without over indulging.

Most Christian weight loss programs are inexpensive and simple to use. These programs range from books you can purchase to online programs offering spiritual guidance to motivate you during your weight loss journey. Remember that God is there for you and those that share in Christ's love are ready to support you in your Christian weight loss program.

And when you reach your weight loss goals, don't forget to give praise to God for his goodness and the wonderful people he has brought together who have helped motivate you to reach those goals.

Since this post is about Christian weight loss programs I felt that I should include at least one website link to such a program. The lost Vineyard provides a [FREE Christian Weight Loss Program](#) that can help you on your way by providing:

- A Complete Diet Menu 10 Day Planner
- Healthy meal ideas
- Healthy snack ideas

- Beverage suggestions
- Exercise suggestions
- Fashion slimming tips
- Diet emergency support
- Weight maintenance tips
- diet planner overview

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