



# “The Jumpstart Plan”

Five Simple and Easy Levels

**Towards an OPTIMAL & BALANCED Lifestyle**



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The purpose of this booklet is help anyone who wants to pursue healthier fitness and wellness lifestyle.

The following information was provided and composed by a group who do not look for any monetary credit, but seek to aid and educate anyone interested in his/her personal health.

The Heartbeat Health Club Team.

A division of the Health Ministries of the Victoria SDA church.



**“So whether you eat or  
drink or whatever you do,  
do it all for the glory of  
God.”**

**1 Cor. 10:31**



# 8 Principles

For optimal and balance lifestyle

## NUTRITION



## EXERCISE



## WATER



## SUNLIGHT



## TEMPERANCE



## AIR



## REST



## TRUST



## *What is the Heartbeat Jumpstart Plan?*



Jumpstart - an encouraging and exciting group program. It outlines the importance of maximizing performance with an “**OPTIMAL AND BALANCED**” nutritious meal plan. It increases the resistance and aids cardiovascular physical activity with positive thinking by choosing better daily habits.

Five easy and simple levels will make your lifestyle happy, harmonious and healthy in the company of a weekly enthusiastic group.

To live abundantly happy, one must make a commitment to care for your body physically, mentally and spiritually.

The Heartbeat Health Club Team is happy to introduce and encourage you to bring this simple healthy plan into your life with us. Please join our meetings every Sunday.

With happy heartbeats to you,

*The Team*



# 3-STEP PLAN



**1. Assess your level**

**2. Choose the level you want transition to**

**3. Plan, Pray, Persevere**

<b>EATING LABELS</b>	<b>DESCRIPTION</b>
<b>NON-VEGETARIAN</b>	Includes meat regularly in their diet.
<b>SEMI-VEGETARIAN</b>	Has at least one meal a week with meat.
<b>PESCO-VEGETARIAN</b>	Includes dairy products and eggs in their diet.
<b>VEGETARIAN</b>	No meat, seafood, dairy products
<b>TOTAL VEGETARIAN</b>	Excludes all animal products, including eggs, dairy, and honey - from their diet.

# PREPARATION TIME



## **Before you start your week, Have fun in the kitchen!**

Take some time to organize your weekly nutritious basic meal plan. Then, write a grocery list of what you will need. Hopefully, you will have a lot of supplies on hand, if you are not sure if you like it, then, buy small just to test, just enough for a few servings.

As we go along our plan, we will be posting new delicious vegetarian dishes on our weekly newsletter.

Also, it can very helpful to track what you are doing throughout the process, what is working, what is not working, what can you do differently. What do you notice about energy levels, sleep, have there been any unplanned outcomes?

## NON-VEGETARIAN DIET

# LEVEL

# 1

## May 24 - June 13

**Description:** Choose a meal plan with no more than three meat dishes this includes red meat. You will consume less saturated fats. At this stage, you are still using your preferred meat, but just cutting it down.

### ***Flavouring your diet with:***

- Beans/Legumes at least once or twice this week. Nutrition experts recommend at least 3 times per week. Be realistic. But explore new recipes.
- Include one or two seasonal fruits on the breakfast menu.
- Add a fresh salad to your lunch or dinner; use olive oil and lemon as dressing. Have fresh greens ready in your fridge and toss it into your meals, it requires less preparation by keeping it on hand.

**A healthy tip:** Eat a handful of your favourite nuts daily. Nuts contain the antioxidant vitamin E, folic acid, and plant fiber (which can reduce cholesterol levels). In addition, nuts contains arginine, a precursor to nitric acid, a substance made in the walls of blood vessels that prevents clotting. (*Amazing Health Facts*).

**Remember!** to plan your physical activity this week. See page 24 to guide you and write it on your calendar.

When you feel ready, **“jump”** on to the next level.

***Congratulations! You can do this!***

You are on you way to better health

~Relax & Reflect~



## SEMI-VEGETARIAN

# LEVEL

# 2

June 14 - July 4

**Description:** A diet with that eliminates red meat and reduces meat consumption with a maximum of a maximum of one white meat per week such as Chicken, Turkey, or Fish.

***Flavouring your diet with:***

- Vegetarian patties, make a delicious burger
- Tofu, check the “Hot & Sour” soup delish!
- Vegetarian Meatloaves
- Mix bean dishes salads and soups

**A healthy tip:** Keep seasonal juicy fruits as your snacks in addition you nuts. Also, have a deep tissue massage or a bath with salts.



**Remember!** to plan your physical activity this week. See page 24 to guide you and write it on your calendar.

When you feel ready, **“jump”** on to the next level.

*Congratulations!*

*You are doing it right*

**~Relax & Reflect~**

## PESCO -VEGETARIAN

# LEVEL

# 3

## July 5 - July 25

### *All the meat is gone!*

**Description:** At this point you are ready to cut out all meat. However, you can still moderate dairy products such as eggs, milk, butter, etc.

Now you are ready to start making some substitutions and using more plant based proteins in your main dishes. Keep using balanced portions of beans, fresh salad, fruits, and whole grains and nuts in your diet.

#### **Flavouring your diet with:**

Travel around the world. Taste the rich vegetarian flavor from other cultures. For example:

- Black Ben Mexican Enchiladas or Tacos
- Eggplant Italian Lasagna
- Indian Samosas

**A healthy tip:** Add avocados in your diet. Try the famous “Guacamole”. Avocados are rich in potassium, contains vitamins B6, A, E, and B content. It antifungal and antibacterial. Guacamole is not only good with tacos, but a high-protein, high energy. Good for the heart, circulation and the skin, it’s cancer protective.



**Remember!** to plan your physical activity this week. See page 24 to guide you and write it on your calendar.

When you feel ready, **“jump”** on to the next level.

***Congratulations! Finish strong!***

**~Relax & Reflect~**

## VEGETARIAN

# LEVEL

# 4

## July 26 - August 15

### *What a milestone, Congratulations!*

**Description:** At this level, you would have developed new taste buds and usually lost some percentage of body fat.

Your diet now has no dairy products. Keep your weekly meal plan simple and attractive. Often you feel much better physically and mentally.

- Continue on with all of your weekly routines.
- Keep watching for our weekly recipes that we are going to post and keep learning new simple dishes.

#### ***Flavouring your diet with:***

Focus on a particular meal, what about different breakfast? you can try new types of granola or pancakes and other breakfast whole foods and a Berry Smoothie.

**A healthy tip:** invite someone how you are feeling now and how the new diet has impacted your lifestyle. Invite your friend for a fresh detox juice such as a “Minty Green” juice which “superfoods”. Spinach, Kale, Sweet Potato, Mint Leaves and Green Apples.



**Remember!** to plan your physical activity this week. See page 24 to guide you and write it on your calendar.

When you feel ready, **“jump”** on to the next level.

***Congratulations! You are almost there!***

**~Relax & Reflect~**



## TOTAL VEGETARIAN

# LEVEL 5

**August 16 - September 19**

**Description:** The Optimal Diet. Plant-based diet lifestyle. There are plenty of recipes available online, or at the ABC Bookstore and many other sources. Always keep 5 - 10 favourite recipes ready to cook.

We will share more non-processed meal recipes that you can make at home at our meetings and newsletters.

- Now you have experienced how to boost your diet on a daily basis and change your lifestyle because this is how it is done; in intentional, planned and realistic steps.
- Once you achieve this level, we highly recommend staying in it as much as you possibly can. We also know that total denial can make us feel a bit trapped so go easy on yourself, if you slip just accept it and move forward.

**Flavour and Spice your diet with:**

You have learned enough to be able to experiment with plant-based dishes you can also try vegetarian roasts, patties and hotdogs.

**A healthy tip:** Share some of the succulent, delicious meals you learned with someone such as friends, neighbors or even co-workers, someone you think may appreciate it.

**Remember!** to plan your physical activity this week. See page 24 to guide you and write it on your calendar.

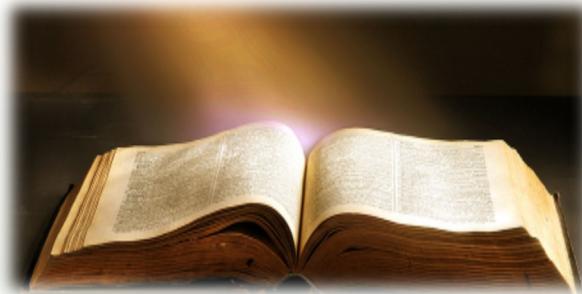


When you feel ready, **“jump”** on to the next level.

**Congratulations! You did it!**

~Relax & Reflect~

# The Bible's Dietary Recommendations



<sup>29</sup> 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. <sup>30</sup> And to all the beasts of the earth and all the birds in the sky and all the creatures that move along the ground—everything that has the breath of life in it—I give every green plant for food." And it was so. **Genesis 1: 29–20**

- |                               |                                |
|-------------------------------|--------------------------------|
| ⇒ <b>Genesis 1:29-30</b>      | <b>Fruits, Gains, and Nuts</b> |
| ⇒ <b>Genesis 3:18</b>         | <b>Herbs and Vegetables</b>    |
| ⇒ <b>Genesis 9: 4</b>         | <b>No meat with lifeblood</b>  |
| ⇒ <b>Leviticus 3:17</b>       | <b>No meat with lifeblood</b>  |
| ⇒ <b>1 Samuel 14:32-34</b>    | <b>No meat with lifeblood</b>  |
| ⇒ <b>Leviticus 11</b>         | <b>Clean and Unclean meat</b>  |
| ⇒ <b>Leviticus 7:23</b>       | <b>No animal fat</b>           |
| ⇒ <b>Deuteronomy 14: 3-21</b> | <b>Clean and Unclean meat</b>  |

## Seeking for a better lifestyle include:

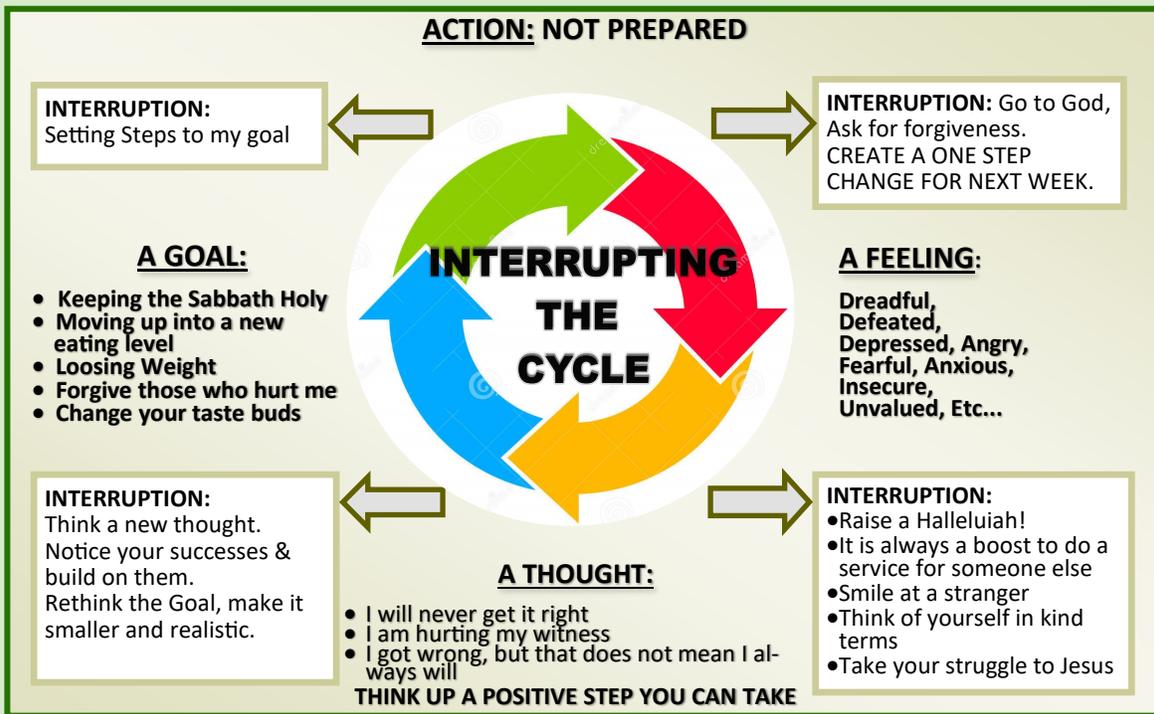


- |                 |  |
|-----------------|--|
| *Fruits         | *Exercise                                |
| *Nuts           | *Choose Whole Foods                      |
| *Legumes        | *Choose Healthy Fats                     |
| *Beans          | *Avoid Stimulants and Harmful Substances |
| *Vegetables     | *Avoid Refine Sugars                     |
| *Leafy Greens   | *Avoid Fast Food                         |
| *Alkaline Water |  |

“After man has done all in his power to ensure health, by the denying of appetite and gross passions, that he may possess a healthy mind, and a sanctified imagination, that he may render to God an offering in righteousness, then he is saved alone by a miracle of God’s mercy, as was the ark upon the stormy billows. Noah had done all that God required of him in making the ark secure; then God performed that which man could not do, and preserved the ark by His miraculous power”.

*Ellen G. White, Councils on Diet and Foods 49.4.*

# Interrupting Cycles in Life



## *Those little decisions....*

count the seemingly “insignificant thoughts”, “feelings”, and “actions” that can either take us down or help us gain success. In the case of Daniel he did not take the food in Babylon so his seemingly small action did not open the way for other temptations and influences into his mind.

We all have cycles in our life that are not working for us and they can be discouraging. Yet we are all well able to begin the process of true change. We can do this by

**analyzing the situation and interrupting the cycle strategically** at any point along the circle, thus opening it up. Even the act of contemplating change is recognized as part of the stages of change. It is how people have overcome things that were hurting them.

I would encourage you this week to think about and identify some small habit you have that you would like to change, something you find yourself repeating and feeling frustrated over. You only have to think about it for now, sit with it..... and see where your mind takes you.

**Remember you are in a process, true change is achieved over time.**

**Remember true victory is gained through prayer we have a creator who loves to help us change and heal.**

# Eating Tips



- Drink **warm water in the morning** (preferably with honey and lemon juice) to activate your small organs. This aids the stomach in digestion as it must warm up before beginning the digestion process
- Allow at least **five hours in between meals** for optimum digestion
- Varyate your meals but try to not have too much variety at one meal
- Do your best to eat **meals at the same times** each day
- Drink **plenty of water** throughout the day, but not in between meals. The stomach must absorb liquids before digesting, so allowing half an hour to an hour before and after meals to drink anything allows for better digestion
- **Eat balanced meals**, and you'll find that it will help avoid snacks. Snacking in between meals restarts and inhibits the digestion process
- Chew your food thoroughly and have a sense of gratitude and calmness as far as possible when eating. **Pray for your food!**
- Periodically, it is good to skip a meal. **Fasting is one of the best remedies** for those with diabetes, hypertension, and high cholesterol. The best meal to skip would be is ideally supper time.
- **The heaviest meal should be at breakfast time and the lightest meal at supper.** Sometimes we're not hungry during breakfast because we had a heavy meal at dinner. The stomach is in the best position for a heavy meal at breakfast time.



# The Balancing Act

Proper meal times and protein / carb combinations will steady blood sugar and result in:

- ⇒ **Increased Metabolism**
- ⇒ **Weight Loss**
- ⇒ **Weight Maintenance**
- ⇒ **No fat storage**
- ⇒ **More energy**
- ⇒ **No lows**
- ⇒ **No sugar cravings**

Fiber Foods help keep the blood sugar levels steady during the day.

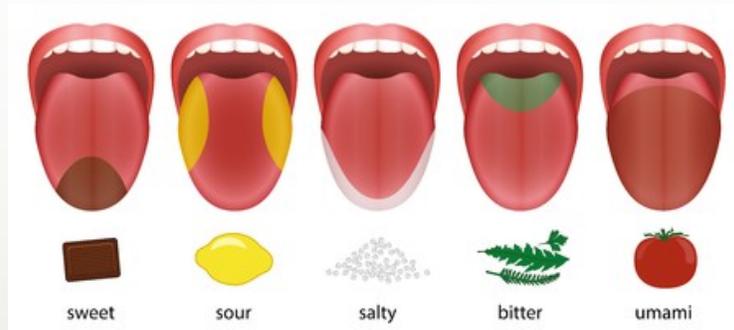
A diet high in lentils, nuts, peas, and other legumes seems to be more helpful than a diet high in wheat fiber to keep down high blood sugar levels.

Beans! are fiber foods that tend to have a low glycemic index, these are digested slowly by the body and have a stabilizing effect on blood sugar.

Fruits & Veggies high in fiber are recommended to go for more nutritious balanced diet. Trade a bowl of brown rice occasionally instead of beans, it's ok.



# RE-SETTING YOUR TASTE BUDS



The average adult has between 2,000 to 4,000 taste buds in total. The sensory cells in the taste buds are responsible for how we perceive taste renew themselves **every week**.

Your tongue can actually provide clues about your overall health.

- A bright red tongue may be a sign of folic acid or B12 deficiency, scarlet fever, or Kawasaki disease (a serious condition seen in children)
- White spots or a white coating on the tongue could indicate oral thrush (a type of yeast infection), or leukoplakia (which can be a precursor to cancer)
- A black, hairy tongue can be a sign of bacterial overgrowth, and can also occur in people with diabetes or those on antibiotics or chemotherapy
- ◆ Painful bumps on the tongue may be canker sores (mouth ulcers), or oral cancer

Taste buds are constantly being replaced on our tongues. This is good news when it comes to reducing salt in our diets because it can help with becoming accustomed to the taste of foods with less salt.

**Choose low-salt products, an alternative to salt, mix your favourite herbs and spices.  
Choose no sugary foods , avoid as much as you can your sugar intake at all times.**

# Goal Setting



Goal setting is a skill that you can use to maximize your performance, It involves identifying what you want to accomplish and devising a plan to assist you in fulfilling your ambitions.

When setting goals, it's important to be **SMART!**

- ◆ **Specific** - State exactly what you want to accomplish
- ◆ **Measurable** - Use smaller, mini-goals to measure progress
- ◆ **Attainable** - Make your goals reasonable
- ◆ **Realistic / Relevant** - Set a goal that is relevant to your life
- ◆ **Timely** - Give yourself time, but set a deadline

**“You can't manage what you don't measure.”**

-Peter Ducker

# Your Meal Planning Binder



**Be always prepared!**

**“One day at a time”.** It is the best and easiest approach to **GAIN CONSISTENCY.**

**First**, clean out the cupboards, fridge & freezer. Get rid off all junk food items and replace them with healthy food choices.

**Second**, organize your week meal plan for the week, choose healthy recipes introducing new foods into your diet. Colourful fruits, veggies And, nuts will help you replace unhealthy items. Find foods you really love.

**Third**, write your weekly grocery list. Check labels and do the best you can.

**Fourth**, prepare your meals and have them ready at any time.

**Fifth**, reflect on your success. Yes! Reflect on how your eating choices went through the week, where these tasty, did these food choices you feel good, did you notice inflammation or other side effects? Etc. Make notes and get creative. See the themed sample meal plan on the next page.

These easy steps will measure your weekly goals to help you be successful.



# Themed Weekly Meal Plan



Super Fam-Fun-**Sunday**

Meatless **Monday**

Taco Caliente **Tuesday**

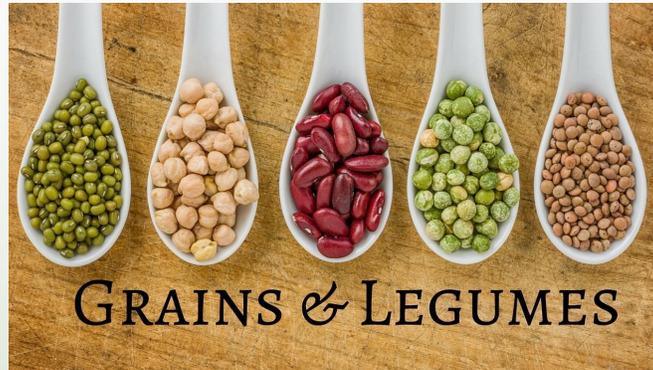
Wild Nature **Wednesday**

Dinner & Movie **Thursday**

Fiber Fever **Friday**

Happy, Harmonious & **HEALING SABBATH**

# TOP 10 HEALTHIER PROTEIN FOODS

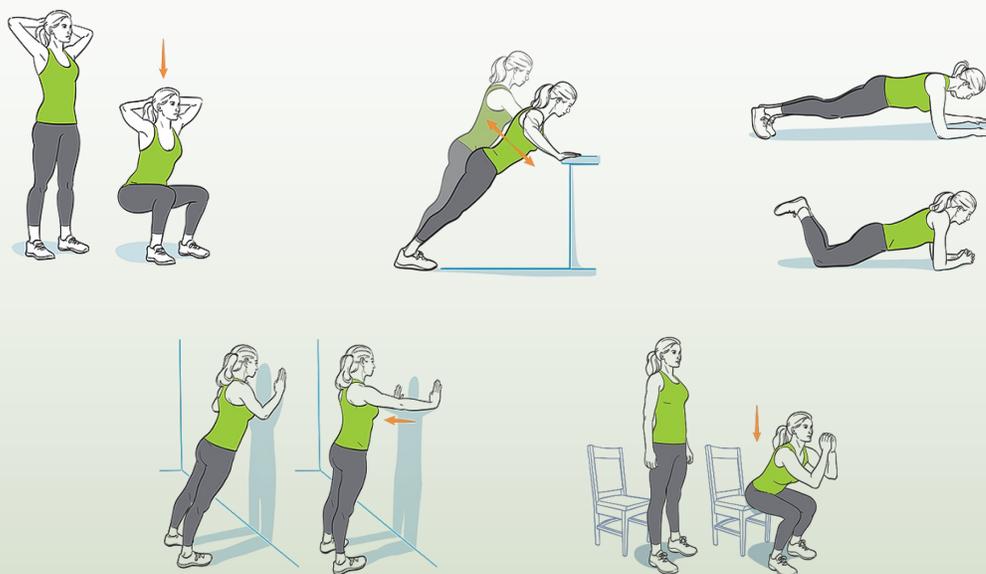


Food	Measure	Calcium (Mg)	Protein (G)
SOY BEANS, COOKED	1 CUP	175	28.62
BARLEY, PEARLED RAW	1 CUP	59	19.82
WHITE BEAN, CANNED	1 CUP	191	19.02
LENTILS	1 CUP	28	17.86
PEAS, SLIPT - COOKED	1CUP	27	16.35
PINTO COOKED BEANS	1CUP	79	15.41
KIDNEY RED BEANS	1 CUP	64	15.35
BLACK COOKED BEAN	1 CUP	46	15.24
BUCKWHEAT FLOUR - WHOLE GROATS	1 CUP	49	15.14
GREAT NORTHERN BEANS	1 CUP	120	14.74

Source : USDA National Nutrient Database for Standard Reference, Release 17.

# Weekly Physical Activity Plan

**\*Resistance Workouts are recommended 2-3 times a Week**



Day	Physical Activity	Water Intake
<b>Sunday</b>	30 Min Walk / Resistance Workout set.	8 + Glasses
<b>Monday</b>	30 Min Walk / Resistance Workout set.	8 + Glasses
<b>Tuesday</b>	30 Min Walk / Resistance Workout set.	8 + Glasses
<b>Wednesday</b>	30 Min Walk / Resistance Workout set.	8 + Glasses
<b>Thursday</b>	30 Min Walk / Resistance Workout set.	8 + Glasses
<b>Friday</b>	30 Min Walk / Resistance Workout set.	8 + Glasses
<b>Saturday</b>	30 Min Walk / Resistance Workout set.	8 + Glasses

**\*Stretching for Flexibility is recommended after exercise, however anytime it's ok.**

\*Descriptive Workout Cards with drawings are available, please contact *The Team* for your copy.

# Beware of.....



Inflammation occurs when your body's defense mechanisms kick in as a response to a threat. This inflammation response helps fight against infections, injuries, and toxins and causes a release of antibodies and proteins in an attempt to heal the body. Blood flow also increases to the injured or infected area. Common Symptoms include: Fatigue, Fever, Mouth Sores, Rashes, Abdominal pain, Chest pain.

Poor lifestyle choices can lead to an ongoing, low level inflammation throughout the body, which in turn creates a chronic state of mild distress within your body, increasing the risk of chronic diseases.

## **What Causes Inflammation?**

- Animal fats
- Trans fats
- High-fat diet
- Inactivity
- Excessive alcohol
- Excessive energy intake
- Low fiber intake
- Salt
- Sugar-sweetened drinks
- Obesity/weight gain

Sleep deprivation

Stress

Smoking

## **What opposes inflammation?**

Fruits and vegetables

Herbs and spices

High fiber intake

Physical activity

Restricted energy intake

Water



## SOFT TISSUE INJURIES

**REST** - You should rest the injury areas for 24 - 48 hours.

**ICE** - Apply an ice pack (e.g. pack of frozen peas or a bag filled with crushed ice wrapped on a towel) as soon as the injury occurs. Repeat up to three times a day. To avoid frostbite do not apply the ice for any longer than 20 minutes.

**COMPRESSION** - Wrap the affected area in an elastic bandage tightly—but not so tight as to cause compromise of the blood supply to the affected area.

**ELEVATION** - To reduce swelling, elevate the affected area above the level of the heart.

# Oh! Happy Day...

Regardless of what your physical level is, eating label is or wherever your mind is TODAY, TODAY is your Jumpstart towards a Happy, Harmonious and Healthy Lifestyle.

**Get Ready, Get Re-Set & Go!**

Therefore, if anyone is in Christ, he is a new creation: the old has gone, the new has come!

- 2 Corinthians 5:17 -

