

Healthy Toledo

Your Questions Answered

The Booklets & Weekly Lessons

What is included in the Healthy Toledo booklets?

The booklet is your guide to our topic and education for the week. It will include a deeper dive into the information, your weekly lesson plan, and homework for the week.

How much time should I plan to spend on the weekly material?

This will completely vary from person to person. The more you put into it, the more you will get out of this series.

Will there be homework or action steps each week?

Yes! At the end of each lesson, there will be reflection questions and tasks for you to complete.

Midway through the series, you will receive your own copy of *The Maker's Diet* by Jordan Rubin, which will require some short reading (although we encourage you to read the book in its entirety).

This is when we will commit to and start the Maker's Diet that is detailed in the book! This is what God designed for us and can completely transform your life, health, and future!

What happens if I miss a week? Can I catch up?

Absolutely! The weekly videos will be sent to you via email on Sundays. The goal is to watch them that day to start your week off on Monday.

The videos are short and don't require a lot of your time! Follow along in your booklet so you know what to plan for the week. Start refreshed, refocused, and ready to go!

Health & Progress

How will we track our progress throughout the 90 days?

During the 90 days, you will be able to track your progress with your weekly assignments, the changes you notice throughout the series, along with our 3 progress-tracking events.

At these events, you will reserve a spot online for our Fit 3D Body Scanner, along with blood pressure readings. The scan will be sent directly to you, and you are the only one with access to your results.

What if my measurements don't change the way I hoped?

This program goes beyond weight loss! This was created to help us become healthier in all aspects of life, including spirit, mind, and body.

Be obedient, have faith, and trust God's plan for you in this journey!

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What other signs of progress should we look for besides the number on the scale?

In this series, you will learn how to create a “why” to stay on track, gain a deeper understanding of food as fuel, learn what foods can harm us, explore physical health, biblical fasting, and many different health benefits you can implement to create simple and sustainable changes!

How can we turn what we learn into habits that last beyond the 12 weeks?

The body was designed to heal, and in these short 12 weeks, you will be able to see and feel what these changes can do for your health!

When we feel good, it is easier to stay on track and choose to take action by making those daily choices toward a healthier and happier you!

Faith + Whole-Body Wellness

What does it mean to care for our health spiritually, mentally, and physically?

Our health is connected from the inside out! Often, people struggle in one category because of another. Our goal is to connect them and create full-body wellness!

How will Scripture be incorporated into the series?

Throughout the series, there will be Scripture to read and reflect on that will help guide you! These are reminders of God's plans for you and your life!

How does our relationship with God connect to the way we care for our bodies?

Often, we run out of human motivation and can't stay on track. We are tempted with things that do not serve us, and our own willpower to reject them can get weak.

This is where we can trust God and give it all to Him. Having faith in His plan, trusting His wisdom, and relying on His strength during this journey gives you confidence along the way.

You are not in this alone!