

FASTING TIP

WEEK TWO

BY: COACH JESS

MINISTER OF OFIF HEALTH AND FITNESS MINISTRY

1. Change Your Mindset

Whatever you set your mind to is what will produce in your life. As we are fasting think on the goals you want to achieve by the end of the fast and set your mind there. Create daily habits that will get you to your goal. One day at a time with the end goal in mind. (YOU GOT THIS!!!)

2. Get Outside and Get some Sun

- Sunlight kills bacteria. Many of us spend a lot of time indoors.
- Sunlight may reduce high blood pressure.
- Sunlight can regulate the immune system.
- Sunlight strengthens bones.
- Sunlight can improve sleep quality.
- Sunlight boosts mood.

NOTE: It also produces vitamin D. Vitamin D aids in protecting you against diseases, it optimizes physical performance, and it improves mental health.



CEO AND FOUNDER - JESSIKA THOMAS

FASTING TIP

WEEK TWO

BY: COACH JESS

MINISTER OF OFIF HEALTH AND FITNESS MINISTRY

3. Change the way you are speaking!

How have you been speaking over the past few days? If we want to see positive results, we must speak positive things. Stop underestimating how strong you are, think on this...YOU HAVE MADE IT THIS FAR!

Even if you have messed up, don't just throw in the towel and go back to your old habits. Learn from the mistake and how you got to that point and use it to be stronger for the next day.

4. Don't waste your time!

·Time seems like it's dragging??? Stop watching the clock! Since we can't have food on our lunch breaks try getting up, going for a walk or getting a little workout in! You can pray and walk and now you're getting your mid-day prayer in and getting some exercise! Listen to your worship music, do whatever motivates you but just get up and get moving!



CEO AND FOUNDER - JESSIKA THOMAS

FASTING TIP

WEEK TWO

BY: COACH JESS

MINISTER OF OFIF HEALTH AND FITNESS MINISTRY

5. Grab an Accountability Partner

Having an accountability partner may make it an easier and more effective way to keep you on track when you need a little extra push!

THIS IS IMPORTANT...Pick someone that you will be accountable to. You will need someone that has influence in the area of your decisions, because when it gets hard and you have to reach out to them you have to be able to hear them and take heed to what they are telling you! We are stronger together.

(PLEASE NOTE: IF YOU ARE CURRENTLY UNDER MEDICAL SUPERVISION, PLEASE CONSULT YOUR DOCTOR BEFORE PARTICIPATING IN THIS FAST).



CEO AND FOUNDER - JESSIKA THOMAS