

'This Weight-Loss Program Truly Saved My Life'

Arlene Spann, a member of Woodstream Church in Bowie, Maryland, credits the Losing to Live program with literally saving her life. In 2010, she had high cholesterol, was overweight (size 16), and was pre-diabetic.

Not only did she get winded walking up the stairs, but, according to Arlene, "I even got winded walking down the stairs."

Being pre-diabetic raised the alarm for Arlene because many family members had a history of diabetes. Her blood glucose was close to 200, and the doctor advised her that she could lose weight or take medication. She told her doctor that taking pills was not an option, and attempted to lose weight on her own.

Arlene only lost about 10 pounds when she tried to lose weight alone. But then she found Losing to Live when she and her husband joined Woodstream Church.

Arlene says she realized that she "had not applied the Scriptures to my temple, to honor God in this body." She thanked me because I took the time to write down my experiences in my book, *Bod4God*, in order to help others. Arlene committed to the four keys in *Bod4God*: .-Dedication, Inspiration, Eat & Exercise, and Team.

Arlene was inspired by Colossians 1:16 from Week 1 of *Bod4God*. She says that whatever you sacrifice (junk food, etc.) is inconsequential because what you gain is so much more valuable: a healthy lifestyle and a closer relationship with God.

Arlene started reading food labels, and it made a BIG

difference. She started buying more of the living foods at the supermarket rather than artificial and processed foods. She also looked to Jesus as an example; Jesus walked everyday and so should we if we can. Arlene says, simply, "We've got to move!"

Once she lost weight, Arlene completed her first 5K (3.1 mile) walk and plans on doing more.

However, she admits her journey wasn't perfect, but when she went back to the Bod4God family at her church, back to the accountability and encouragement of the group, she used that support to get back on course to a healthy lifestyle.

Arlene is currently a svelte 128 pounds and went from a size 16 to a size 6. Her blood glucose is now 83 and her A1C level is 5.6, which are very good numbers for those who are recovering from a pre-diabetic condition. Arlene says "This program truly saved my life because now I am diabetic-free."

Arlene has accomplished a lot, but she says the Lord is still working with her. She's a work in progress, and she sees that God is also still working with all who participate in Losing to Live.

Steve Reynolds is the senior pastor of Capital Baptist Church in Annandale, Virginia. He is the author of the books Bod4God and Get Off the Couch. He is also the creator of the Losing to Live weight-loss competition. Steve has lost more than 120 pounds and has led his church to lose over nine tons of weight.