

*Excess body weight is  
a precious commodity!*



Through  
**Kingdom Kilos**

*extra kilos can be converted  
into Kingdom dollars!*

*A fund-raising initiative  
for the ministry of  
David & Marilyn Rowsome*

*Kingdom Kilos is a unique idea to convert  
excess body fat into mission-support dollars.*

1. *Have you ever thought of excess body  
fat as a precious commodity?*

Yes    No

2. *Did you know that there is enough  
stored energy in 1 kg of body fat to:*

- *walk up 1,600 flights of stairs,*
- *walk normally for 25 hours,*
- *play singles tennis for 20 hours or*
- *swim fast for 16 hours?*

Yes    No

3. *Did you know that burning off 1 kg of  
excess body fat could, in theory, save  
you about \$30 worth of groceries?*

Yes    No

*The 33,000 kilojoules of stored energy in  
1 kg of human fat can be found in:*

- *150 Weet-Bix Original bisuits,*
- *90 medium-size bananas,*
- *4.5 kgs of mince or*
- *5 Fast-food meal deals.*

4. *Would you be interested in converting  
any excess body fat you might have into  
mission-support dollars or sponsor  
someone else to do this?*

Yes    No

*If your answer to the last question is  
'Yes', please consider being involved in  
Kingdom Kilos.*

*You will help keep  
David & Marilyn Rowsome in ministry  
with the*

### **Canberra Declaration**

*and the*

### **National Day of Prayer & Fasting.**

*You could also experience some of these  
personal benefits.*

#### Physical Benefits

- *Find new energy levels.*
- *Reduce your medical bills.*
- *Add years to your life.*

#### Emotional Benefits

- *Feel a new zest for life.*
- *Have fun reaching your ideal weight.*
- *Strengthen relationships through  
activities.*

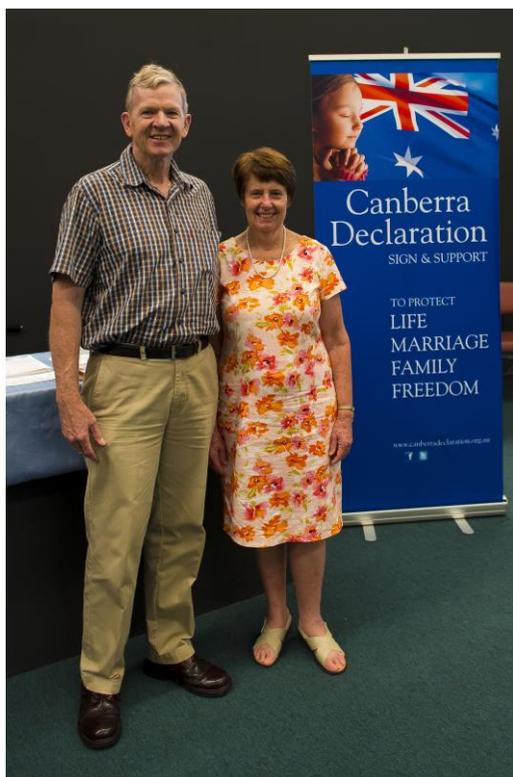
#### Spiritual Benefits

- *Be a better steward of your body.*
- *Open the way for the spiritual  
discipline of fasting.*
- *Help integrate prayer with a  
healthier lifestyle.*

## Our Story

After various attempts to lose excess body fat, our doctor suggested some simple steps to follow based upon the internationally acclaimed Dukan\* Diet or Life Plan.

Over a 6-month period, we lost 15 kgs (Marilyn) and 8 kgs (David) and feel great!



In Sept 2013, our pastor challenged us to think about a fund-raiser to raise more support for our ministry. As we thought and prayed, Kingdom Kilos is what resulted!

## The Basic Idea

- Follow Kingdom Kilos' suggestions and burn off excess kilos of body fat.
- Doing this will reduce your grocery bill by an estimated \$30 of food energy per kilo lost.
- **When you lose a kilo**, donate what you save to the Rowsomes' support.
- We suggest \$20 since you may need to spend extra on protein-rich food initially.
- Keep going, donating \$20 each kilo you lose, till you reach your desired weight.
- This way, there is no extra pressure on your budget - **everyone wins!**
- If you don't need to lose kilos and your budget allows it, contribute \$20 when a person you sponsor and encourage does.

\* **What is Dukan?** Dr Pierre Dukan is a French medical doctor who, 35 years ago, by accident, discovered the weight-loss benefits of a protein-rich diet. He developed an easy-to-follow plan now used by millions around the world to lose weight permanently. Kate Middleton followed the plan to prepare for her wedding!

(NB We suggest you get your doctor's advice before beginning. If you find another way of losing kilos feel free to use that.)

## The Details

- You can start anytime.
- You can choose your desired weight loss.
- You can eat as much as you like of the [100 foods](#) allowed - no weighing food items or counting calories!
- You can go at your own pace.
- You follow a simple 4-step plan - 2 steps (Attack and Cruise) to lose weight and 2 steps (Consolidate and Stabilize) to keep it off forever!
- We can provide some encouragement for you in your journey.

### Yes, I'm interested in being involved.

- Talk to David or Marilyn, ph 3422 0969 or email [dmrowsome@bigpond.com](mailto:dmrowsome@bigpond.com).
- See more details online at <http://www.dmrowsome.com/kingdomkilos>
- Check Dukan books in your local library.
- Sponsor someone to follow the plan.

Jesus said, **"Do not worry, saying 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ... But seek first His Kingdom**

**and His righteousness, and all these things will be given to you as well"**  
(Matthew 6:31,33)