

A New Look at Health in the Church...



Imagine a church where everyone is on the health path, each choosing their own steps toward health and receiving support from their fellow church members. A place where visitors want to become a part of this healthy family. And a church where young people remain connected and involved as they experience consistency and loving acceptance.

When Walking the Health Path:

- ▶ Choose your own starting point
- ▶ Support others regardless of their progress on the path
- ▶ Enjoy the process as you progress through these steps
- ▶ Respect others in this no criticism safe zone



Choose a place to start...

WATER:

- Add one glass of water a day to your daily routine.
- Wash your hands before meals and after using the bathroom.

EXERCISE:

- Park your car farther away from the store.
- Use the stairs rather than the elevator.
- Take a 10min. walk after a meal.
- Join the Gym.
- Follow an exercise video at home.
- Limit sitting time to less than 30 min.
- Try intermittent training: 3 min. vigorous — 1 min. light.

SUNLIGHT:

- Be out in the sun for 15 min. during lunch time.
- Have your Vit. D level checked.
- Get your sunlight in many small doses. Avoid a sunburn.

TRUST:

- Identify one thing a day about God's trustworthiness.
- Look for the bright side. More praise and less complaining.
- Thank God for one thing each day.

NUTRITION:

- Write out a food diary for one week.
- Use a smaller plate with no refills.
- Eat a good breakfast.
- Replace butter/margarine with hummus.
- Replace a meat meal weekly.
- Reduce or eliminate oil in your food preparation.
- Choose water vs. other drinks.
- Cut out supper, or make it very light, like toast and fruit.
- Add one fruit a day to your routine.
- If eating meat, reduce portion size.
- Substitute fruit for sugary and high fat deserts.
- Reduce or eliminate artificial meat analogs.
- Try whole grain cooked cereals vs. boxed refined ones.
- Modify what you are eating now vs. extreme changes.
- Eat 4-5 walnut halves and 5-8 almonds each morning.
- Cook without salt; add it to taste as you eat it.
- Allow 4-5 hours between each meal.

REST:

- Stop working an hour before bedtime.
- Have your last meal at least 4-5 hours before bedtime.
- Take mini-vacations during the day. 5-10 min. breaks.

ENVIRONMENT:

- Open windows in your home to let in fresh air.
- Add some indoor plants to your home.
- Clean up clutter in and around your home and work place.
- Add some soothing music to your home or workplace.
- Practice deep breathing.

TEMPERANCE:

- Ask help to bring extreme habits into balance.
- Get help to stop (smoking, drinking, caffeine).
- Reduce caffeine drinks or stop all together.
- Practice simplicity in diet, entertainment and spiritual life.

INTERPERSONAL RELATIONSHIPS:

- Forgive someone who doesn't deserve forgiveness.
- To your spouse, live like you are dating.
- Listen more, talk less. Find out more about another person, less about you.

Begin with one, and choose more as you continue **Walking the Health Path**. Work with these or create your own.



WALKING THE Health Path TOGETHER

Building community in our church begins
with one universal truth:

Everyone Wants to be Healthy!



The health message should be more than the “right arm” to reach the world. It should also become a catalyst for positive change within our churches as well.

The main purpose of God’s earthly temple was to reveal the character of God. Our bodies are the temple of God. As we seek to take care of our bodies, revealing His character should become our first priority.

I CHOOSE TO WALK THE HEALTH PATH.

Signed _____ Date _____

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Loving people unconditionally is the
foundation of our health message and
reflecting Jesus is our highest calling.