

A Healthy Body is Just the Beginning!

N



Nutrition:

The organic process of nourishing or being nourished. This means the way your body takes food and makes it into energy.

E



Exercise:

We all need exercise. It helps your blood circulation, muscles and brain. Just a short walk every day will give you great benefits.

W



Water:

The human body is made out of about 70% water. The body uses the water to regulate body temperature, transport oxygen to cells, remove waste and protect your joints and organs.

S



Sunshine:

Your body needs Vitamin D to be healthy. Our bodies make vitamin D when you are exposed to the healthy rays of the sun, especially early in the morning before 10 am. If you must walk after 10 am use sunscreen.

T



Temperance:

This means "avoid any excess". As part of the Fruit of the Spirit we should practice Temperance in all areas of our lives.

A



Air:

Air is an essential part of life. Without pure air our health will suffer. Whenever possible take walks and make sure to take deep breaths in. This will bring more oxygen to your brain and give you an energizing feeling.

R



Rest:

Just as all the other rest is an important part of a healthy body. We all need to rest.
Adults 7-9 hours every 24 hours.
Children 3-5 years should have 11-13 hours,
children 5-10 years should have 10-11 hours,
Teens should have 8 ½ to 9 ½ hours.

T



Trust in God:

"In God I have put my trust: I will not be afraid what man can do unto me."

Psalm 56:11