

8 Steps for Amazing Health NEW START

N = Nutrition

Do you want a strong body and a clear mind?

Do you want to reduce your chance of heart disease, cancer, and diabetes?

Eat lots of the very best food that God created and recommended: fruit, whole grains, vegetables, seeds, and nuts (Genesis 1:29; 3:18). Eat little or none of meat, sugar, and fats

E = Exercise

Walk 30 minutes a day to help you not have a heart attack or stroke.

Exercise regularly to greatly reduce the chance of prostate and breast cancer, and diabetes.

It will help you deal with stress and depression.

God made our bodies to be active (Genesis 2:15; 3:17, 19)

W = Water

Drink 8-12 glasses of water each day to wash away the toxins in your body to avoid diseases, headaches, and tiredness. God made water to wash us inside and out (Job 36:27-29)

Avoid sugary and caffeine drinks for better health.

S = Sunshine

Enjoy the sun's light on your body 30 minutes a day to get the vitamin D your body needs to lower high blood pressure. Sunshine helps you build strong bones, sleep better and fight colds and flus.

Soak up the sunshine God made for you (Genesis 1:3-4, 14-19).

T = Temperance

Cigarettes kill more than 8 million people every year. Alcohol kills more than 3 million. God warned us clearly to avoid alcohol, tobacco, and drugs to live healthier and happier. (Proverbs 23:29-35).

A = Air

God gave us fresh air to breathe, but we polluted it.

Go often to the countryside and parks. Buy plants for inside your house.

Breathe deeply for better physical and mental health (Acts 17:25).

R = Rest

Sleep each night 7-9 hours and more if you are still growing.

Good rest will help you be healthy, more peaceful, and better able to think.

Rest one day a week as God did on the seventh day after He created the world (Genesis 2:21-22; 3:1-2).

T = Trust in God

Pray to God about your worries and stresses, then trust Him to take care of the problems.

You will live longer with less diseases and more joy (Proverbs 9:10-11; 17:22).

"If you diligently heed the voice of the Lord your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I *am* the Lord who heals you" (Exodus 15:26).

Learn more at AmazingHealthFacts.org