

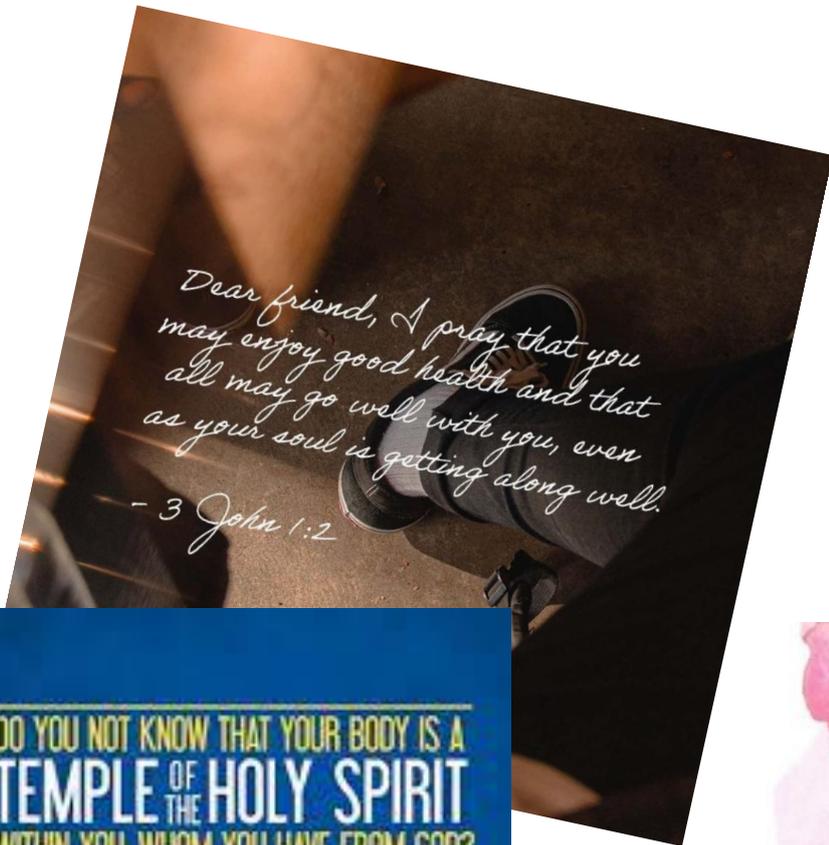


PHYSICAL WELLBEING

God is Spirit, yet he chose to create a physical universe and gave us physical bodies in which to live. It is also of supreme significance that Jesus Christ, the son of God, became a real human being with a physical body. He was physically crucified, was physically resurrected and is now at the right hand of God in Heaven, ruling and reigning in a glorified, resurrected physical body. As if that is not enough, the Bible tells us that when Christ returns, he's coming to bring a new or renewed heavens and earth, and that those who love him will live on this new earth in glorified, resurrected bodies, too – forever! Your body matters to God and it matters to you.

Robert Murray M'Cheyne, a young Scottish minister, lay dying at the age of 29. He turned to a friend and said:

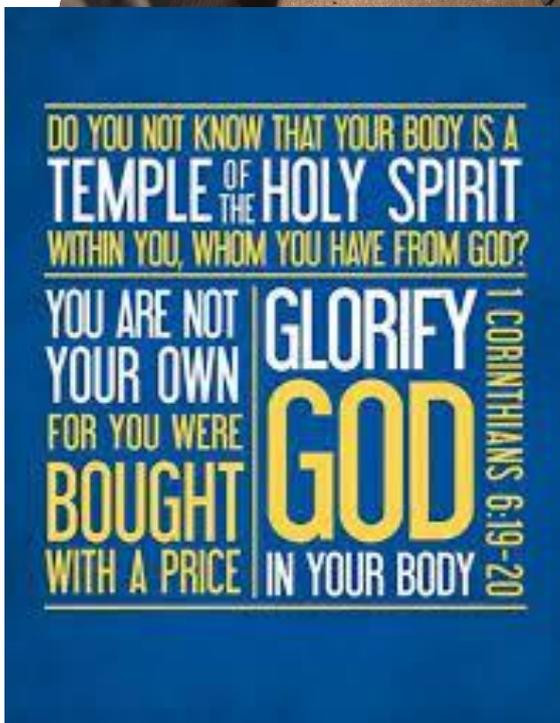
"God gave me a message to deliver and a horse to ride. Alas I have killed the horse and now I cannot deliver the message".



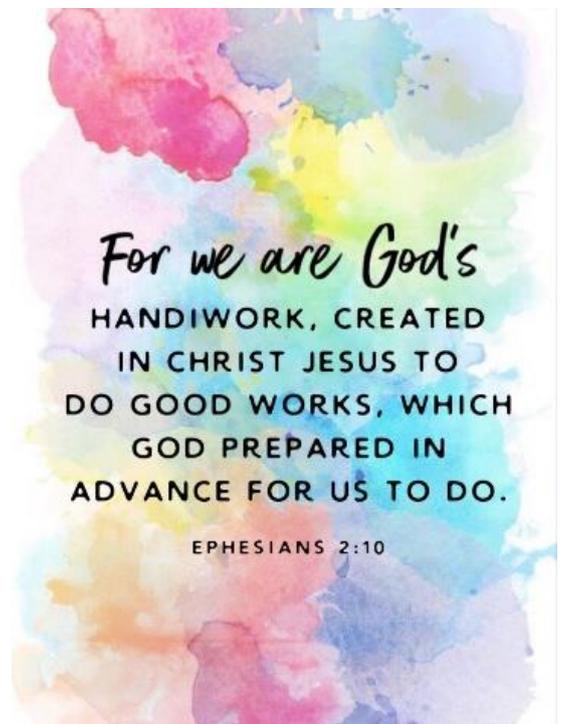
*Dear friend, I pray that you
may enjoy good health and that
all may go well with you, even
as your soul is getting along well.*
- 3 John 1:2

Good physical health is something we often take for granted until we start to lose it.

God has designed the human body so that it is a finely tuned instrument that is the most resilient on earth. However, it is a fragile instrument because it is not built to handle excess whether in the form of nourishment, fuel, or additives.



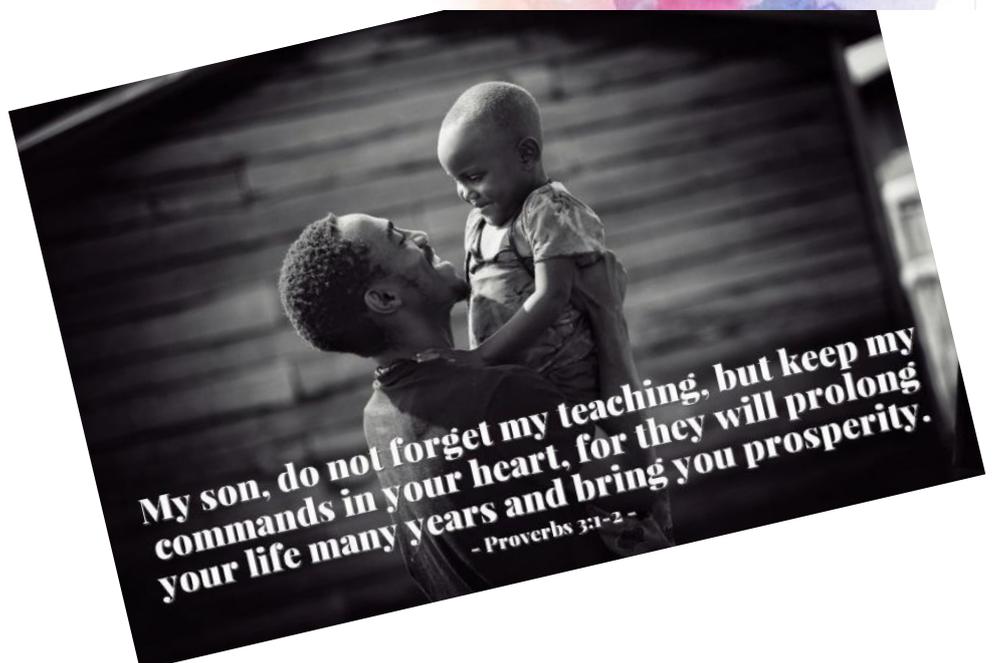
DO YOU NOT KNOW THAT YOUR BODY IS A
TEMPLE OF THE HOLY SPIRIT
WITHIN YOU, WHOM YOU HAVE FROM GOD?
YOU ARE NOT YOUR OWN
FOR YOU WERE BOUGHT
WITH A PRICE | **GLORIFY GOD** | IN YOUR BODY
1 CORINTHIANS 6:19-20



*For we are God's
HANDIWORK, CREATED
IN CHRIST JESUS TO
DO GOOD WORKS, WHICH
GOD PREPARED IN
ADVANCE FOR US TO DO.*

EPHESIANS 2:10

We need to achieve a balance – we can focus more on spirituality and neglect our physical body, or we can focus too much on the form and shape of our physical body and neglect spiritual growth and maturity.



**My son, do not forget my teaching, but keep my
commands in your heart, for they will prolong
your life many years and bring you prosperity.**
- Proverbs 3:1-2 -

SLEEP



The Bible is not a medical textbook but, in its pages, God reveals many basic principles for good physical and spiritual health. God wants us to be physically healthy as well as spiritually healthy. He has a purpose for each of our lives.

Are there any practical steps that you need to take to help you sleep better?

10 SLEEP HYGIENE TIPS



	<p>YOUR BED IS FOR SLEEPING If you start to link your bed with work related tasks such as emailing and spreadsheets, it will become a less relaxing environment</p>		<p>LIMIT SCREEN TIME The blue light emitted from computers, phones and TV screens can impact your circadian rhythm. These disruptions can have a knock-on effect to your mood, energy levels and overall health</p>
	<p>BEDTIME ROUTINE Keeping a regular bedtime routine each night (brush teeth etc) will signal to your brain that you are preparing for sleep, and your physiology will respond accordingly</p>		<p>PRAYER Just 5-10 minutes of prayer or meditation can help to relax your body, reduce your stress, and dampen your racing mind</p>
	<p>SLEEP / WAKE CYCLE Try to keep a regular bedtime each night with a regular wake up time each morning (set alarms for each). Irregular sleep wake time can disrupt sleep</p>		<p>JOURNALING Gratitude journaling each night (also Examen prayer) can help reflect on the positive events of the day and ensure a positive mindset prior to falling asleep</p>
	<p>EAT AND DRINK EARLY EVENING Drastic changes in blood sugar levels and stimulating food late at night can cause sleep disruptions. Caffeine can take 8 hours to wear off. Nicotine and alcohol also affect sleep as can some prescribed medications</p>		<p>DAYTIME ACTIVITIES Exercise is helpful and best early in morning but anytime other than just before bed is good. Getting some sunshine during the day can help. A catnap has been shown to help relaxation but nothing after 3pm and not for longer than 20 -30 mins</p>
	<p>READ A BOOK/AUDIOBOOK Audiobooks are great for people wanting to get off their screens and you can listen to them whilst relaxing in bed. A good old fashioned paper book is also great</p>		<p>KEEP A WORRY LIST Writing down any worries that are on your mind or things you want to achieve over the coming day can help rest your mind prior to falling asleep</p>

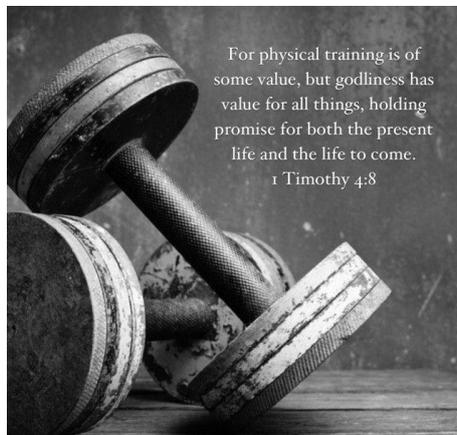
EXERCISE



What one change could you make to help you start or improve your exercise regime?

There is good medical evidence that exercising improves many aspects of our physical health.

The goal of exercising should be to improve our physical health so we will possess more physical energy that we can devote to spiritual goals.



Moderate or strong evidence for health benefit

Children	Adults	Older Adults
<p>Bone Health Cognitive function CV fitness Muscle fitness Weight status Depression</p> 	<p>All-cause mortality Stroke and heart disease Hypertension Type 2 diabetes 8 cancers Depression Cognitive function Dementia Quality of life Sleep Anxiety/depression Weight status</p> 	<p>Falls Frailty Physical function</p> 



Taking up running can seem like a scary prospect, especially if you feel out of shape or unfit.

NHS Couch to 5K will help you gradually work up towards running 5km in just 9 weeks.

Couch to 5K is a running plan for absolute beginners. It was developed by a new runner, Josh Clark, who wanted to help his 50-something mum get off the couch and start running, too.



Intentional Health can help you explore the bigger picture of health to help you live life well!

Making healthy changes to our lifestyles can be hard. It's often easier to focus on one thing at a time. And because our body mind and soul are interconnected, our changes don't tend to last.

Decide between an online course or one of the wonderful community groups near you. You'll leave with the tools to help you thrive in life!



The Exercise Referral Scheme has been helping residents of Huntingdonshire become more active and to manage their health condition through supported self-care. You will be assisted throughout the scheme by a named Physical Activity Specialist, helping you to enjoy and maintain physical activity as part of a healthy lifestyle. There are currently over 300 health professionals (GPs, physiotherapists, nurses, occupational therapists) from 50 agencies (surgeries, hospitals, and clinics) registered to refer people to the district's One Leisure facilities. The scheme is run by Huntingdonshire District Council.



Activity Alliance helps organisations to include disabled people in their programmes and support more disabled people to be active.

We also support disabled people to find opportunities to get



You do not have to walk for hours. A brisk 10-minute daily walk has lots of health benefits and counts towards your recommended 150 minutes of weekly exercise. If you prefer company, why not try the ramblers to find out new places to walk in your area and meet new friends.

DIET



Are there any changes you need to make concerning your current eating or drinking habits?

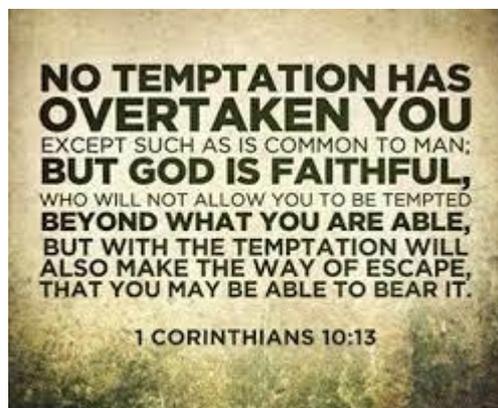
We all tend to know what the medical advice is for healthier eating and drinking but it is the habit changing that can be difficult. Here are some Bible verses to encourage and help.

BODY IMAGE

DON'T be concerned
ABOUT THE OUTWARD BEAUTY
OF FANCY HAIRSTYLES, EXPENSIVE JEWELRY,
OR BEAUTIFUL CLOTHES.
You should clothe yourselves instead
WITH THE
beauty
THAT COMES
FROM WITHIN,
THE *unfading beauty*
OF A GENTLE AND QUIET SPIRIT,
WHICH IS SO
precious to God.
(1 PETER 3:3-4)

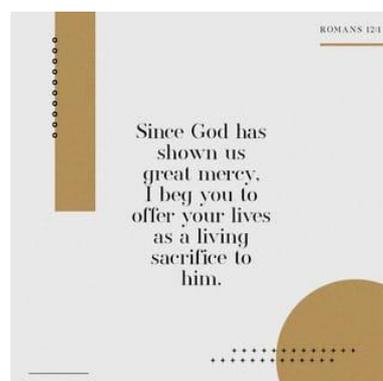
Making healthier choices can start to change you inside (like how your body functions) long before you see any difference on the outside.

RESISTING AND OVERCOMING TEMPTATION



Look for when temptation takes control of your choices. Stop, put up a fight and recognise when God provides another way.

OFFERING YOURSELF AS A LIVING SACRIFICE



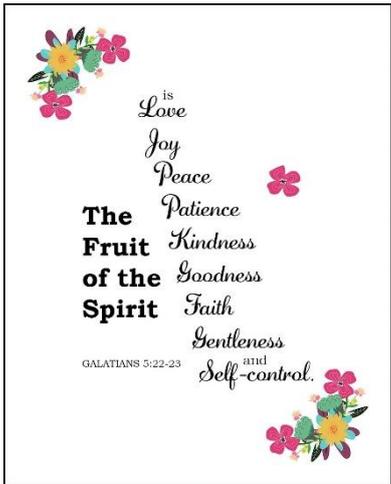
Every time you make a healthy choice that you know is good for your body you are worshipping God.

EMOTIONAL EATING



Glorify God in every aspect of your life. More food or more drink does not fix the problem.

GROW IN CHARACTER



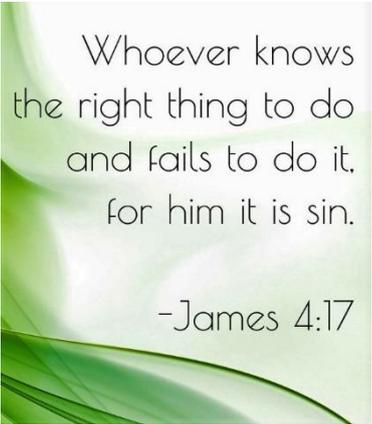
All the fruits of the spirit are important to nurture in our lives but do not miss out self-control. Last but not least!

FEAR OF FAILURE



You were created to be uniquely you. Win the approval of God by living out your life as you and not imitating others.

MAKE A PLAN WITH INTENTION



You don't always know what the right thing is to do, and God does not expect you to, but He does expect you to learn and then act.