



# **Pastor Zanetta's Health Harvest Challenge.**

*It starts with you... TODAY!*

# YOU'RE LOOKING BETTER ALREADY!

*"As your Pastor, I would like to say how Godly proud I am for your decision, effort, and diligence in this challenge. Our philosophy at "The Harvest" conveys our belief that we **WILL receive a return** on any investment. We're sowing the seed of faith and love for God and the temple given to us by him and we're practicing **EXCELLENCE** in stewardship. In return, we will be the men and women who are pleasing in his sight. We only have one body...one life to live - and it belongs to the Lord. Let's live long, healthy, and productive lives - for the glory of God. Let's do it **TOGETHER!**"*

*Pastor Zanetta*



***“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth .” 3 John 1:2***

**Step One:** Make the decision to be healthy – in ALL areas.

**Step Two:** When you decide that “today is the day”, mark it on your calendar. This will help to serve as a monument for change.

**Step Three:** Make the commitment to doing things that will contribute to you living a longer, healthier, and blessed life. These habits include:

- Proper diet
- Regular exercise
- Spiritual disciplines (living God’s way!)

***The best way to begin to develop any sort of habit is to just do it!***



# Habit #1: Healthy Eating

## The Benefits

Proper eating has so many benefits:

- Controlling body weight
- Decreasing the risk of disease
- Gain extra energy
- Helps your mood
- Ensures your brain receives necessary nutrients to function well.



# Health Eating Tips

- Have plenty of fruits and vegetables
- Have lots of cereal (wholegrain is best)
- Include lean meat, fish, poultry and/or alternatives in your diet
- Incorporate milks, yoghurts, cheeses and/or alternatives. Choose low fat varieties, as often as possible.
- Have plenty of water.
- Limit your intake of saturated fat and moderate total fat intake.
- Always choose foods that are low in salt.
- Have only moderate amounts of sugars and foods containing added sugars.
- Take care of your food: Prepare and store it safely.



# Habit #2 - Exercise

## The Benefits

- Reduces the risk of dying prematurely.
- Reduces the risk of dying prematurely from heart disease.
- Reduces the risk of developing diabetes.
- Reduces the risk of developing high blood pressure.
- Helps reduce blood pressure in people who already have high blood pressure.
- Reduces the risk of developing colon cancer.
- Reduces feelings of depression and anxiety.
- Helps control weight.
- Helps build and maintain healthy bones, muscles, and joints.
- Helps older adults become stronger and better able to move about without falling.
- Promotes psychological well-being.



# Exercise Tips

- Start by choosing activities that are fun, not exhausting – add variety.
- Wear comfortable, properly fitted footwear and comfortable, loose-fitting clothing appropriate for the weather and the activity
- Find a convenient time and place to do activities. Try to make it a habit, but be flexible. If you miss an exercise opportunity, work activity into your day another way
- Use music to keep you entertained
- Surround yourself with supportive people
- Don't overdo it. Do low- to moderate-level activities, especially at first. You can slowly increase the duration and intensity of your activities as you become more fit. Over time, work up to exercising on most days of the week for 30-60 minutes. Keep a record of your activities. Reward yourself at special milestones. Nothing motivates like success!



# Habit #3 – Spiritual Disciplines

## The Benefits

Living for God and practicing the disciplines of Christian living have an infinite amount of benefits.

- Strength.
- Wisdom.
- The ability to live for God.
- A connection with God.
- Understanding of God's word.
- Become transformed by the renewing of your mind.
- Healing and deliverance as a result of closeness.
- Rewards that only come from discipline and denial.



# Spiritual Discipline Tips

- Read the Word of God daily. If you don't know where to start, try re-visiting the scriptures from Pastor's last message. Or try reading your "Daily Bread" book.
- Pray...pray...and pray some more. Praying is simply talking to God. Say or ask whatever is in your heart. This can be done in private or openly but always approach God with sincerity and faith. He always hears your prayers.
- Fasting – this is the time when you go without eating or drinking for the purpose of receiving a spiritual benefit. There are many different ways and reasons for fasting. Please seek counsel if you have any questions on this area of discipline. This is one of the most effective spiritual practices because it requires denying yourself.
- Be fruitful – practice examining yourself to see if you are demonstrating the fruits of the Spirit (Galatians 5:22-24). (For the remainder of the year, each month we will focus on a different "fruit" characteristic.

