

Whole Man Ministries Health Focus April/May 2014

Heart disease, stroke, high blood pressure, diabetes, cancer and obesity are referred to as lifestyle diseases because they are largely due to what we eat and lack of physical exercise. We all know of someone who died prematurely from one of these diseases. And it is usually at this time when we lose a loved one that we admit to ourselves that we need to make some changes in our lives or we vow to start doing better. But then we continue to push back those changes until our own crisis hits.

And then there are those things such as, sadness, loneliness, insecurities, discouragement, anger - emotional ailments that take a toll on us and can lead to physical illness.

All of these things are preventable or they can be managed. We must begin to embrace prevention as a priority so that we can become healthier.

Lifestyle changes that can improve the quality of life include consistent exercise, stop smoking and any other drug addictions, consuming a diet rich in fruits and actively managing stress.

The starting point for all we do should be to do to God. When we put God first and at the center we can be confident that He will enable us and give us all that we need to succeed.

*Ecclesiastes 11:4 He that observeth the wind shall not sow; and he that regardeth the clouds shall not reap.*

The words of Solomon tell us that if we wait for things to be perfect, to get just right, we will never sow anything and if we don't sow, we won't reap.

Today is the day we should start taking better care of ourselves. We encourage you to start just where you are at, and make little changes.; replacing a sugary snack with fruit, soda or coffee with water. If all you can do is walk 10 or 15 minutes do that and then continue to build.

It is said that prevention is better than cure. Next time we find ourselves procrastinating we need to look in the mirror and ask ourself why. Then we should go to God and ask Him to help us overcome it so we can move forward.