



"...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. So glorify God in your body."
- 1 Corinthians 6:19-20

Thank you Marilyn Herrick
for sharing your weekly health tips with us.

Six Keys to a Healthier Life

Get Physical

Find an activity that makes you happy and do it daily. Exercise with a friend if you can. Take it easy at first and increase gradually. Get outside when possible.



Use Portion Control

Use a smaller plate and fill it with healthier foods, taking smaller servings of less-healthy treats.



Keep Up With Preventive Medicine

Make sure your immunizations and health screenings are up to date.



Get Enough Sleep

Make 7 to 8 hours of sleep per night a priority. Stick to a regular bedtime and wake-up time. Avoid screen time in the two hours before you hit the sack.

Laugh

Laughter helps mind, body, and spirit -- and it feels good.

Quiet Your Mind

Spend time alone in a quiet place every day. Better, set aside a few times a day of five minutes of silence when you consciously relax by focusing on your breathing.

