



Shepherd Care®

To Care for People Where They Live and Work

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COMMUNITY *Care* TOPIC

Healthy Living

How can we live healthier lives? Let us look at some areas where we can practice healthy disciplines.

Good Eats

- Nutrition- plan on eating food that is good for you. Take another look at the Food Pyramid.
- Diet- limit your portions and watch the “comfort foods.” We can have too much of a good thing.
- Watch the Salts and Sugars- beware of the temptation of snacks between meal times.

Work Out

- Develop an Exercise Plan- Consult a doctor before beginning a radical plan.
- Easy Does It- Plan lighter and more frequent repetitions. Maintaining a slow and steady pace keeps you from getting hurt and is more beneficial in the long run than occasional heavy lifting.
- No Time to Go to the Gym? You can walk in neighborhood before or after work or purchase exercise videos and work out at home when you have time in your schedule.

Tips

- Accountability and Partnership- have a family member or co-worker join you in your healthy living plan.

- Have Annual Physicals and Regular Check-Ups by a Physician and Dentist.
- Set Realistic Goals and Boundaries for Yourself.
- Manage Stress.
- Healthy Habits- if the habit is hurting your body’s health, family, and your wallet, consider a life change.
- Practice Good Hygiene- brush & floss your teeth daily, use deodorant, soap & shampoo, mouth wash, and hand sanitizer.
- Shop Wisely- stock your cabinet with healthy foods and snacks. Do not go shopping when you are hungry!

You are valuable! Take care of yourself! You have a lot to live for! Your family needs you!

Introducing your community Chaplain

Eric Kieselbach

(pronounced “key-sill-baa”)

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“Garbage In =
Garbage Out!”

“Every purpose is established by counsel: and with good advice make war.”

Proverbs 20:18

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