

FOLLOW THE 8 KEYS TO HEALTHY LIVING AND YOU WILL LOOK AND FEEL FANTASTIC!



Nutrition

This is all about putting great quality fresh alive foods into your body. Make sure a large proportion (ideally 50-70%) of your diet is fresh/raw fruit and vegetables. Eat a variety of foods and cut down on red meats. Avoid fried foods, fatty foods.

TIP: Eating slowly causes saliva to aid the digestion process which results in better absorption of vitamins and minerals and also less stress.



Exercise

Keeping active is a key requirement for good health. Your body needs at least 30 minutes of exercise three times per week. "Those who cannot find time for exercise will have to find time for illness" TIP: Arranging set times each week to exercise with a friend or spouse will make sure you do not miss out.



Water

Our bodies need 8 glasses (2 Litres) of pure water a day. Tea, coffee, juice, flavoured waters do not count! Most people are dehydrated.

TIP: Have a sipper bottle with you all day – that way it is beside you when you need it and you can make sure you are getting 8 glasses (2 litres) a day. Have 2 glasses of water with a squeeze of lemon first thing in the morning to clear out your system



Sunshine

The sun has many healing and rejuvenating properties. You feel so good when you get some sunshine. Experts believe we need at least 10 minutes of sun on our arms as a minimum per day!

TIP: If you are every unwell or sick see what a difference half an hour out in the sun makes.



Temperance

Temperance is a word that means having balance in the good things of life and avoiding the bad things in life. We all know that drugs, cigarettes and alcohol are bad for our health. Our bodies are much better off if we minimise or avoid them altogether!

TIP: If you want to quit any bad habit you need to support and encouragement of a spouse or a close friend.



Air

Good clean air is necessary for your body. Breath deeply and slowly. Many people are fast shallow breathers. The optimal number of breaths per minute is around 6-10. If you breathe faster than this you need to focus on slowing down. As much as possible get out into the country and breath fresh, clean air.

TIP: Sleep with the window open and you will get a better nights sleep. Take 10 big breaths when you get up in the morning to oxygenate your blood!



Rest

Most people generally need 8 hours sleep per night. If you are not waking feeling refreshed and rested you need to get to bed earlier. A consistent sleep pattern is good for the body – the same time to bed each night.

TIP: Some experts say the hours before midnight are worth double for sleep. Get to bed earlier if you can.



Trust

This is all about the mental and spiritual side of health. Make sure that you go to bed each night free from stress and worry. If not, deal with the issues. If you are harboring any grudges or are not at peace with anyone, make things right. Keep fully focused and on track with your long term goals.

TIP: Search out and find the wonderful things that God can do in your life.