

# HEALTHY LIVING

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## PHYSICAL HEALTHY LIVING

Diet : Go from high fat high carbohydrate added salt and too much sugar to Low fat reduced carbs salt and sugar and increased vegetables and fruits and reduced meat choosing chicken and fish

The most beneficial health advice of all time is : EAT YOUR GREENS

Stop SMOKING Stop or reduce Alcohol Take some Exercise

## MENTAL HEALTHY LIVING

Basic: Honesty and Sexual Morality

No stealing No cheating No sex outside Marriage No easy divorce,  
[Only if Adultery Abandonment or Abuse] No hating or Violence

No Drunkenness No dabbling in Spiritualism

## SPIRITUAL HEALTHY LIVING

We have all done wrong and offended God

To get right with God we must:

Repent of the wrong things we have been doing

Trust in Jesus to bring forgiveness. He when He died on the Cross  
2000 years ago paid for the sins of everyone who trusts in Him

Follow Jesus. Read the New Testament in an easy read version or

On line

## SOCIAL HEALTHY LIVING

We need to be meeting people or loneliness will be a big

Problem... Meeting places include

Work

Church

Social Group. Even a Pub can be a good meeting place

If you go to socialise and not to get drunk

Special Interest Group

## INTELLECTUAL HEALTHY LIVING

Widen your world

Look at Science See that God created the world

Look at history See that God appeared in history as Jesus

Of Nazareth

[www.bbc.co.uk/news](http://www.bbc.co.uk/news) lets you see what is going on in the world

Expand your involvement look at humanitarian aid organisations

and consider Christian Mission organisations



Picture from the Microsoft collection