

## Integrating Faith and Health

# Physical Well-being

## This Wholeness Wheel reflects our call to care for our whole self.

By balancing the interconnected dimensions of well-being, we are able to live well with Christ and pass on our faith.

The Wholeness Wheel illustrates that wellness is multidimensional—made up of the social, emotional, physical, financial, vocational and intellectual elements of well-being. Spiritual well-being is intertwined with each aspect of wellness.

Take a few moments to pause and reflect on the following questions:

*Are you aware of the foods you put into your body?*

*What physical activity do you find most enjoyable?*

*When you get regular physical activity, do you feel a change in your sense of well-being?*

*Are you interested in making changes in your eating and exercise habits?*

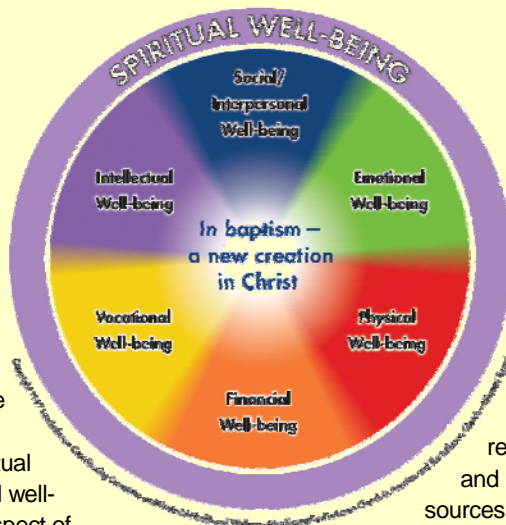
## Ready —Set— Go!

The five stages of change (according to the Wellness Council of America)

- Stage 1: Pre-contemplation (“I’m not interested”)
- Stage 2: Contemplation (“I’m thinking about it”)
- Stage 3: Preparation (“I’m getting ready”)
- Stage 4: Action (“I’m doing it”)
- Stage 5: Maintenance (“It’s what I do”)

To begin making a change in your physical well-being, set a goal that is SMART — specific, measurable, achievable, realistic and time-specific. One example of this is:

Physical — My SMART goal is to eat more fruit. I will achieve this by buying an orange for each day of the week. I will measure this by counting how many oranges are left at the end of the week.



## Divine Eating includes our Bodies, Relationships and Spirits

(adapted from Seasons for Wholeness by Ruth Dankanich Daumer)

In Gen. 1:30 we read that God gave Adam and Eve every green plant for food. It is interesting that today, many health experts recommend that Americans move from an animal-based diet to a plant-based diet (you might call this a Garden of Eden Diet). This does not mean that we must become a vegetarian, but rather we are encouraged to reduce the amount of animal-based fat in our diets and increase the amount of food from plant-based sources.

In the Testament of Old, dietary laws gave God’s people specific guidelines for Divine Eating, which included avoiding eating animal fat, the blood, and avoiding unclean animals and substances. These laws are not a requirement for our faith walk today, but we may find them beneficial.

Divine eating also includes our relationships. Many of us eat on the run. God’s word challenges us to share time, conversation and food with those we love, following the example of Jesus and His disciples. We are also encouraged to share our food with the poor. (Prov. 22:9). Divine also includes our spirits. We are encouraged to eat with a thankful heart with the recognition that all good things come from our loving Father’s hand (Jas.1:17).

## A Parish Nurse’s Wholeness Perspective

Enjoy Divine Eating Every Day...by

- Praying for insight into your relationship with food....are you eating to live, living to eat?
- Studying the Word and walking with the Bread of Life!
- Stopping dieting and focusing on eating for life...not just your next appointment with the scale.
- Eating less fat (aim for eating less than 30% of calories from fat or less than 50 total fat grams/day with less than 20 grams from saturated fat) and avoiding animal fat
- Being active every day
- Eating more fruits, veggies, and whole grains (Garden of Eden diet)
- Enjoying Divine Eating with thankfulness to the Lord for the way he provides for all of our needs of body, mind and spirit!

*Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections but instantly set about remedying them — every day begin the task anew.* Saint Francis de Sales

## exercise

### Stay in Step with the Lord

Proverbs reminds us that, "...a prudent man gives thoughts to his steps." (Pr. 14:15)

There is ample scientific evidence to support that for most people, walking can be an excellent form of exercise! To begin enjoying health benefits, the average person needs to walk approximately 10,000 steps per day (about 5 miles). Find your pedometer or buy a new one and get stepping!

There are a lot of ideas about when it is best to exercise. But most importantly, exercise when — and where — you will most enjoy it, which will make you more likely to remain faithful to your routine.

### Exercise Checklist

- If starting a new exercise program talk it over with your health care provider first.
- Use a pedometer to track your daily steps.
- Be sure you have good walking shoes and if walking at night wear reflective clothing.
- Tell someone about your plan and ask them to help hold you accountable.
- Keep at it...it will take several months for exercise to become a new habit.
- Consider working prayer and meditation into your walking activity.
- Keep a food diary and exercise journal. You can create your own or look for one on the Web! This is a good place to start: <http://walking.about.com/cs/measure/a/blhowtrack.htm>

<http://sotv.org/Care/ParishNurse.shtml>

In 2010, we will explore each of the six aspects of our spiritual well-being beginning with our Physical Well-being.

When we care for our bodies and our surroundings, we become energized and equipped to nurture our relationships with our family, friends, congregations and community!



If we can be of assistance to you or your loved ones, please give us a call. We have many helpful health resources we can share with you! In the Healing Christ, your Parish Nurses.



SOTV Parish nurses: Susan Ferber, Rose Mahlum, Lori Henke, Sharon Mertz, Cher Nelson, and Becky Wilken. [E-mail](mailto:) or call 952-985-7365 to leave a voicemail and a parish nurse will contact you.

### Health Cabinet Members

The following members support and advise the parish nurse ministry at SOTV:

Bob and Joann Berndt, Dennis Ellingson, Cris Ireland, BJ Larson, Lynn Sweetman, Paula Swiggum, Terri Henneman, Lisa Heirie, and Arlen Wilson.

### Help Wanted

Looking for people who have an interest in identifying congregational needs as we continue to grow and shape the faith and health ministry at SOTV.

Quarterly meetings with Pastor Diane and the parish nurses. If you are interested please leave a message on the parish nurse line: 952-985-7365.