

WHAT DO SEVENTH-DAY ADVENTISTS TEACH ABOUT HEALTHY LIVING

By Renee Lea-Currie, Ph.D.
January 2, 2016

In this year of honoring legacies of those before us it is good to be prepared with knowledge of what we believe. So what do Seventh-day Adventists teach about healthy living? Here is a summary of the 10 key principles from the Adventists and Healthy Living brochure www.NADHealthministries.org.

1. Take good care of your body temple—God dwells within you.
 - a. It is a privilege to keep this temple body in good health so God can better work in and through us and so we can become all that God wants us to be.
2. Healthy living is a choice—encouraged, but not mandated.
 - a. Healthy living does not make you holier, but rather healthier.
 - b. Along with choice comes personal responsibility for our own health.
3. Eat healthy meals, emphasizing whole, plant based foods (fruits, vegetables, whole grains, nuts, and legumes), and limit highly refined foods and foods high in saturated fat and cholesterol.
4. Be physically active every day, when possible.
5. Avoid smoking, alcohol, recreational drugs, and other harmful substances.
6. Practice moderation in work, play, screen time, and eating.
7. Get adequate sleep
 - a. (7-8 hours a night for adults, and more for children and youth)
 - b. Take off work at least one day a week to rest & strengthen family & spiritual ties.
8. Get enough sunshine, clean water, and pure air
 - a. commit to good sanitation
 - b. preserve a healthy environment (stewardship of the earth)
9. Embrace wholistic living:
 - a. engage in healthy relationships
 - b. have a hopeful outlook on life, balance stress with relaxation
 - c. be grateful and optimistic
 - d. practice prayer and meditation
 - e. give time in unselfish service
 - f. Show love and forgiveness in daily life.
10. Get regular medical and dental care, including preventive exams.

- *Psalms 139:14 (KJV) I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.*
- *Psalms 16:11 (KJV) Thou wilt shew me the path of life: in thy presence is fullness of joy; at thy right hand there are pleasures for evermore.*
- *1 Corinthians 10:31 Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.*

Find the words to help remind you of how to live better

Choice	Plant	Fruits
Vegetables	Whole grains	Nuts
Legumes	Active	Sleep
Rest	Be thankful	Forgive
Volunteer	Pray	Relax
Sanitation	Water	Wholistic
Move more	Responsibility	Smile more
Moderation	God	Temple
Body	Good	Love

L Y C V V C L T G G D N R R B P E O C M
 O E F J H M N O I O Q U K U E S L W I U
 G V G O C A K H O Z D W N F T X P K T F
 I C I U L L N G O L S G C U H V M M S O
 R C A P M P D C E D S Z Y Y A U E K I L
 E E H T L E N O N S N O T Y N M T I L A
 D O E J H F S P N S V I L O K R H F O A
 C Y P T R U O G A W L E C J F C S K H B
 J D H X N F A N E I B E G Q U P H K W N
 F O U Y D U I Y B E R H Q E L S L E E P
 R B C Y L T L I C O G D P Y T Z G J K L
 Q E E K A Q S O M W V T E Q G A E F X T
 Z B L T R N O E V A O S F V X O B N S Z
 D Y I A O M L C W T E B O S I Y U L Y F
 B O M P X I L O V E S E R W M T A T E X
 N I S J M S T I U R F M G C S X C R E S
 M E R S W H O L E G R A I N S R C A P Q
 R N O I T A R E D O M O V E M O R E Z U
 T W X I I S T S E R S C E R V H Z P T S
 F O C B F R U I N P S U Y E L K D Z K R

- John 10:10 (KJV) *The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.*
- *Matthew 8:7* *And Jesus saith unto him, I will come and heal him.*