

Healthy AND Fit

A Ministry of MZ Congregational Health

Commit to the Lord whatever you do, and your plans will succeed.

Proverbs 16:3

Meetings

The first meeting for 2009-10 will be on Sunday, September 20, from 3:30 – 5:30 pm in Bethany Hall. Group will meet once per week through May. Participants will decide on future meeting dates at September meeting.

Pre-registration not necessary—just come to first meeting and decide whether this seems like a program that will help you improve your health.

Cost

\$20 which includes book, handouts and snacks for entire program.

For More Information

Contact Lynn Tesh.

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Mission Statement

Healthy AND Fit is a program which provides a Christian focus on health and fitness for the total person—spiritually, physically, mentally and emotionally.

Vision

The ***Healthy AND Fit*** program provides structure and support for individuals and families through

- Prayer
- Scripture memorization;
- Journaling;
- Education;
- Accountability partners;
- Group meetings

to help participants make healthy changes that will last a lifetime.

Objectives

- Provide a Biblical basis for total health.
- Provide focused educational events in areas such as spiritual health, nutrition, exercise and health screenings/check-ups.
- Provide a structure for individual accountability through individual goal setting, accountability partners, and group meetings.
- Provide resources and encouragement necessary to help each participant reach his/her goals.

Topics

- Including God in Your Plan for Health
- Spiritual Health
- Mental/Emotional Health
- Setting REASONALBE Health Goals
- Exercise
- Food Guide Pyramid
- Portion Control, Cooking Tips, Eating Out
- Understanding food Labels
- Nutrition (Water, Fruits and Vegetables, Protein, Grains, Fats and Oils)
- Health Screening

Scriptural Basis

Commit to the Lord whatever you do, and your plans will succeed.
Proverbs 16:3

Love the Lord your God with all your heart and with all your soul and with all your strength.
Deuteronomy 6:5

Spiritual Health

But seek first His kingdom and His righteousness, and all these things will be given to you as well.
Matthew 6:33

Physical Health

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own, you were bought at a price. Therefore honor God with your body.
I Corinthians 6:19-20

Mental Health

Know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.
Ephesians 3:19

Emotional Health

May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.
Romans 15:13