

Caring for one another: Promoting healthy eating and active living

Faith communities are places where we gather to worship, pray, serve and care for one another in mind, body, and spirit. Among the ways we can do that: encourage one another to eat well and stay active.



Making positive changes in just those two areas can reap numerous benefits, especially for those living with chronic disease. Healthy eating and active living can improve mental health, as well. Researchers have found that exercises like running, swimming, biking, walking and even dancing can reduce both anxiety and depression.

We can promote healthy eating in our faith communities by:

- Requiring healthy foods and snacks at congregational functions
- Offering nutritious snacks during children's programming
- Setting up a congregational farmer's market

We can promote active living in our faith communities by:

- Starting a walking club
- Including a health minute during worship services
- Building physical activity breaks into meetings, activities and children's programs.

Prayer: Thank you for blessing us with community. Encourage us to care for one another in mind, body, and spirit. May we be a blessing to those in our congregation, family, and others in our midst.

5 Simple Ways to Make Healthy Happen



Move more

A brisk 30-minute walk at least 4 days per week is a great option. Knee issues? Try water exercise classes.



Eat often

There's nothing wrong with eating every few hours if you're making nourishing choices. Meals should include 2-4 ounces of lean proteins & whole grains. Include non-starchy veggies at lunch & dinner. Save the fruit for breakfast & between meals.

Snack smart

Portion snacks out before digging in! Try:

- A handful of cherry tomatoes with string cheese
- Unsweetened Greek yogurt with 1 Tbsp. honey & ¼ cup berries
- A piece of fruit with 2 Tbsp. peanut butter



Up your H2O!

Try to have no more than 2-3 caffeinated beverages per day. When it comes to sweetened beverages, proceed with caution. These are empty calories.

Choose whole foods

Fruits, veggies, whole grains, lean protein & healthy fats with fresh herbs & spices should be eaten most days of the week.

