



# Healthy Choices

## Got a Minute or Two for Your Health?

BY WINSTON CRAIG

**H**ealth is much more than life without pain and disease. It is a state of complete physical, mental, spiritual, and social well-being. Health is the optimal functioning of every system of the human mind and body, working in perfect harmony with every other system. This does not happen by chance. We have to work at it. It takes time and thought and effort.

Today's society is so rushed, few people invest time in developing a healthy lifestyle. But good health results from making good



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### Tips for Developing Healthy Lifestyles:

1. Spend at least 30 minutes a day with God.
2. Take a brisk walk in the fresh air every day.
3. Drink at least 40–50 fluid oz. (six cups) of water a day.
4. Eat five or more servings of fruits and vegetables every day.
5. Get at least seven hours of sleep every night.

choices on a regular basis. We must decide daily what and when to eat and drink. We have to organize our life and work schedule to get adequate rest and relaxation. We must take time to develop meaningful social relationships. Healthy lifestyle habits that are practiced with friends or family are more enjoyable and enduring. Every day we should plan 15–30 minutes for exercise, preferably in the outdoors.

Furthermore, we must set aside meaningful time every day to get to know God through prayer and Bible study. Understanding and following God's will must be a high priority for our lives. Most of life's important things are daily events and take a measure of time and effort to plan and execute.

It is our duty to utilize our time wisely and economically to the best advantage. God requires a strict account of how we use our time (Ellen G. White, *Christ's Object Lessons*, p. 342). Time invested every day in building and maintaining a balanced, healthy lifestyle is time well spent.

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