



# Healthy Choices

## Enough Is Enough

BY WINSTON CRAIG

**M**oderation and balance are very important qualities for living a successful Christian life. One must maintain a proper balance between those factors required for good health, such as pure air, clean water, sunlight, rest, nutritious food, meaningful relationships, and physical activity. Health problems can arise when these things are missing or in short supply. Problems also result when we get excessive amounts.

Exposure to sunlight is necessary for vitamin D production. Excessive, unprotected exposure to the sun can produce skin cancer. A little stress is necessary to get things done efficiently and enable us to meet deadlines. Too much stress can generate a multitude of physical, mental, and emotional problems. Insufficient food causes malnutrition, while consuming excessive calories leads to overweight and a myriad of associated health problems.

Taking large amounts of vitamin supplements can produce the same symptoms as seen with vitamin deficiency. Exercise is essential to living a healthy lifestyle, yet excessive exercise can lead to exhaustion, tissue breakdown, and a decreased immune function. For optimal health and efficient functioning, the body needs regular periods of work and rest. Too much work or too little rest fatigues the system and interrupts natural cycles.

### Tips to help you achieve balance:

1. Make a list of things you could delete from your life to improve the quality of your health.
2. Make a list of things you should add to your daily schedule to improve your health and efficiency.
3. Implement one or two things from those lists.
4. Enlist the support of your friends to help you maintain better choices.
5. Keep a journal report of the changes you have made and the improvements to your health.

Temperance in all things is necessary for health and the development of a balanced Christian character (Ellen G. White, *Counsels on Health*, p. 38). In today's world, we are continually tempted to excesses or to extremes. Being self-controlled includes restraining ourselves from extremes. Self-control is listed as part of the fruit of the Spirit (Gal. 5:22) and is essential for living an effective and productive Christian life (2 Peter 1:6).

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