

Today is the Day!

“Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.” ~Joshua 1:9

Biblical Application?

God calls you as His child to live in the strength of His might and walk in faith knowing that He is holding us up in his victorious right hand (Isaiah 41:10). There is no reason to be discouraged or downcast when you have the Lord leading and guiding your every step! All He asks is that you move in faith and rely on Him to give you a peace that surpasses all understanding and the ability to do the hard things all for His glory.

Why?

You have been putting off starting that new workout regimen for years. You have been wanting to adopt a nutrient-dense way of eating for years, but have just never made that first step. Each new year that comes brings more well-intentioned plans and motivation that just seems to fizzle out within the first few weeks. After a lifetime of this repeated pattern, you are left wondering “Is it too late? Did I miss my chance to start adopting a healthier lifestyle? Is a healthier me even achievable at this point?”

Don’t be discouraged, because the good news is that it’s never too late to start implementing healthier habits into your current lifestyle! Health does not have to start at a particular age or stage of life and is accessible to all who adopt even the smallest of changes into their current routines. Optimal health is available to all who make consistent efforts to incorporate nutritious, unprocessed foods, and regular exercise into their daily life.

There’s no expiration date on the journey towards better health, so start today in helping your body perform according to the way that God designed!

What?

Take the research study done from 1987 to 1998 for example. Over 15,700 people between the ages of 45-64 were monitored as they began to incorporate four different lifestyle habits into their daily routine. These habits included eating at least 5 servings of fruits and vegetables per day, exercising for at least 150 minutes per week, maintaining an optimal BMI, and not smoking. The results of this study revealed outstanding results! Those who adopted all four lifestyle habits reaped a 40% reduction in the risk of death from any cause and a 35% lower chance of having a cardiovascular event like a heart attack or stroke. These results were independent of gender, age, race, socioeconomic status, and even previous history of illnesses like heart disease, diabetes, or hypertension. The lead author of the study who is also the Chair of the Department of Family Medicine at West Virginia University, stated that “even modest lifestyle changes begun in middle age can still reap real benefits.”

How?

Even the tiniest of lifestyle tweaks can have a profound impact on overall health! So don't make it complicated! Start with one or two small goals to help move you one step closer to more optimal health.

Examples:

- Consume 4 servings of vegetables per day
- Walk at least 10,000 steps per day
- Sleep at least 7 hours per night
- Limit added sugar
- Drink 8-10 cups of water each day
- Replace saturated fats with heart healthy fats
- Keep a food log
- Connect with an accountability partner or support group
- Avoid processed snack foods
- Include 3 servings of fruit each day
- Schedule exercise into your day
- Create a meal plan

Wherever you begin, the key is to *just begin!*

Reference: <https://www.verywellhealth.com/is-it-ever-too-late-to-start-healthy-habits-2224066>