

## Lifestyle Medicine

*"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful; I know that full well."  
—Psalm 139:13-14*

### ***Biblical Application?***

How incredible it is to think that God created us all individually and uniquely down to even the smallest of cells?! He crafted and formed every single aspect of our being and breathed into us His very own breath that gave us life. Since we are made in His image, we ought to take care and steward the vessels—our bodies—that He designed to the very best of our abilities. With all of this in mind, let's be inspired to live our lives in such a way that builds up our temples rather than tears them down. God should be glorified in how we take care of ourselves through our everyday choices and resulting lifestyle.

### ***Why?***

Our Medi-Share members are embracing the importance of each individual taking responsibility for their own health as far as it depends on them. Therefore, as a membership, we are all in agreement through our guidelines to refrain from the use of tobacco, drugs, or excessive alcohol and strive to maintain a healthy weight. These concepts are sometimes termed "Lifestyle Medicine."

### ***What?***

Lifestyle Medicine is the evidence-based practice of helping people adopt and sustain healthy behaviors that affect health and quality of life.

**It addresses the root causes of disease with evidence-based therapies in the following areas:**

- whole food, plant-based nutrition
- regular physical activity
- restorative sleep
- stress management
- avoidance of risky substances (drugs, alcohol, tobacco)
- mental health
- spiritual health
- healthy relationships
- work-life balance

Our habits in these key areas, or “lifestyle habits,” are among the nation’s most important health determinants. Changing unhealthy behaviors is foundational to health promotion, disease prevention, and chronic disease management.

### **How?**

Most, if not all, *want* a better life balance and recognize the health benefits of attaining it. The challenge can often be connecting the desire for better health to the necessary behavior changes needed to reach their long-term goals.

Hurdles can derail the best-laid plans, and in turn create negative feelings toward achieving the goals.

To begin, create an environment that supports your goals. A Biblical worldview that uses prayer, values the process, and recognizes your God-given potential.

Self-evaluation can also support what you want to achieve and connect these desires to daily activities.

Ask yourself:

- Are you taking your daily dose of Lifestyle Medicine?
- What area from the list above needs a “higher dose” in your life right now?

**Pick one area, set a goal, and get started. The best things in life are before you—just begin!**