



Maintain a Healthy Lifestyle

First you gained a few pounds around the holidays or from special events and with your busy schedule you put on even more weight. Dedicated to your ministry, time is spent caring for others almost around the clock. This reduces the amount of time to take care of yourself.

More meals may be eaten out, which are higher in calories. Time in the car cuts into free time that could be used for physical activity. And time texting, Internet use, and watching TV, are all time busters and sedentary activities. Weight gain is also affected by your emotional and spiritual well-being.

Saint Paul tells us that the body should be treated with reverence and respect as it is the temple of the Holy Spirit. Saint John Paul II focused on this moral stewardship in “The Theology of the Body”. Cooperating with God’s grace through self-control, we can avoid the temptation to be overindulgent.

Regular Exercise

- Exercise may be one of the best prescriptions for staying healthy. Plan physical activity into each day.
- Take a **brisk** walk (3mph). Strive for 10,000 steps/day. You’ll burn off calories, stress and pent up energy while reducing the risk of health issues. Use an app to track your progress.

Spiritual Well-Being

- Pray & meditate
- Celebrate Mass regularly
- Schedule time with a spiritual director

Psychological Well-Being

- Do not overextend yourself-set limits.
- Set aside time for an activity you enjoy.
- Remember, laughter is the best medicine.
- Focus on your accomplishments and solicit support.

Rest & Sleep

- Get a good night’s sleep, 7-8 hours.
- Establish a regular sleep/wake cycle.

Stay Connected

- Establish a positive support network.
- Spend time with friends.
- Be mindful of your time on electronic devices.

Reduce Alcohol & Tobacco

- Drink only moderate amounts of alcohol.
- Reduce, or better yet, cut out tobacco entirely.

Plan Ahead

- Establish routine doctor visits, annual exams and preventative services. Sick visits don’t count.
- Get the suggested screenings for your age. Early identification leads to desirable outcomes.
- Properly manage medications and chronic health problems.



Healthy Lifestyle Checklist

Healthy Diet

- Choose quality over quantity. Food is so much a part of our culture so it's okay to keep traditions and enjoy food - just less of it.
- Plan healthy meals. A colorful plate is a healthy plate.
- Choose healthy snacks such as apples, oranges, bananas, vegetables, Greek yogurt, dark chocolate, nuts, and popcorn.
- Choose high-fiber foods. They are vitamin-rich, filling & have fewer calories.
- Choose low-fat dairy products, whole grains, moderate amounts of healthy oils and lean protein.
- Drink plenty of water each day - 8-10 glasses - to stave off hunger pangs and make you feel full.
- Don't skip meals or go famished to an event. When you're hungry, high-calorie foods look twice as tempting.
- Cut back on high calorie beverages. It's easy to consume extra calories from beverages.
- Refrain from eating within 2 hours of going to sleep.
- Keep track of what you eat. Those who do lose twice as much as those who don't.

Weight Management & Wellness Program

In response to a growing need to reduce weight and health risks, SJVC developed its Weight Management and Wellness Program (WMP) utilizing the teachings of the Church to heal mind, body, and spirit. **Contact us for more information.**

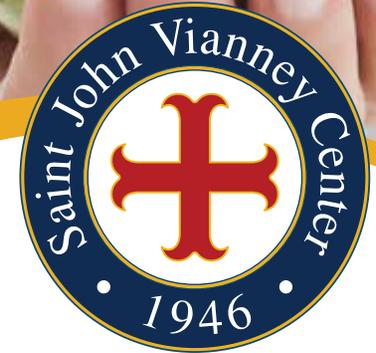
Ten Tips for a Healthy Lifestyle Weight Management

1. Connect for the fellowship more than the food.
2. Eat 5 - 9 servings of fruits and vegetables/day.
3. Make dessert the exception, not the rule.
4. Exercise or walk each day - aim for 10,000 steps.
5. Stay hydrated - drink 64 oz. of non-caloric beverages daily.
6. Limit alcohol.
7. Stop smoking.
8. Maintain a regular sleep pattern.
9. Celebrate your ministry
10. Laugh - a lot!



Saint John Vianney Center

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How to Maintain a Healthy Lifestyle

“Do you not know that you are the temple of God, and that the Spirit of God dwells in you?”

1 CORINTHIANS 3:16

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Weight Management