

# SUNDAY MORNING

# Health Corner

## Building Better Health Habits

When it comes to health, **small, steady steps** can lead to significant rewards. Consistency is key in building routines that promote **physical, mental, and emotional well-being**. Let's explore three foundational habits that can make a lasting impact on your health:

**1. Move More:** A daily walk is a simple but powerful way to boost your health. Whether it's a stroll around your neighborhood or a quick walk during lunch, staying active improves **heart health, mood, and energy levels**. Start small—even 10 minutes a day can make a difference.

**2. Eat Mindfully:** Nutrition doesn't have to be complicated. Focus on eating more whole, unprocessed foods like fruits, vegetables, lean proteins, and whole grains. Try swapping sugary snacks for a piece of fruit or adding an extra serving of greens to your plate.

**3. Prioritize Sleep:** Quality rest is essential for recovery and overall health. Create a bedtime routine that promotes relaxation, like reading or meditating before sleep. **Aim for 7-9 hours** of rest each night to wake up refreshed and ready to take on the day.

**Start Small, Think Big** You don't have to overhaul your lifestyle overnight. Focus on one habit at a time, and celebrate each small success. Over time, these small changes add up, creating a healthier, happier you.



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