

# SUNDAY MORNING

## Health Corner

### New Year, New Goals: Preparing for a Healthier 2025

Now is the perfect time to **reflect, reset, and renew** our commitment to holistic health. This new year, we invite you to set faith-based health resolutions that not only strengthen your body, but also nurture your heart, mind, and soul.

#### Why Faith-Based Health Resolutions?

Integrating your faith into your wellness journey provides a deeper sense of purpose and resilience.

**Holistic Wellness:** As you create your resolutions, consider practices that honor your entire self:

**Body:** Incorporate more plant-based meals, find a physical activity you enjoy, schedule regular check-ups, and make time for restful sleep.

**Mind:** Develop a daily gratitude or journaling practice, try a faith-inspired meditation

**Spirit:** Find a prayer partner who shares your health and wellness goals.

#### Take the First Step

Begin by identifying one faith-based health goal you can act on this week—then watch as **consistency, community, and prayerful intention** transform that single step into a lifelong journey of well-being.



THE BLM   
IN GILEAD™  
INC.

[www.balmingilead.org](http://www.balmingilead.org)