

Grace in Action Tip Sheet #1

S.T.A.R.T. on Improved Health this Summer!

There are many things to get excited about for this summer. Perhaps one that we don't often think about is the opportunity to use summer as a time to improve our spiritual, emotional, and physical health and resiliency. This sounds like a good idea, but how can we get started?

The simple answer is just to **S.T.A.R.T.** – as in Schedule The Action Required Today. Make your commitment now, and then **S.T.A.R.T.**

- Set aside some time to **consider and pray** about your current spiritual, emotional, and physical health.
- Take time to **write down** one or two specific steps you can take in each area and commit to creating healthy routines during June, July, and August. Think it and ink it! Consider doing a trade-off of an unhealthy habit for a healthy one. Write down incremental, baby-step type changes.
- Share your get-healthier steps with a “peer coach” and empower him or her to hold you accountable. Or better yet, go on this health journey together with your peer coach, each of you working on your specific steps.

The Suggestions: Select specific **S.T.A.R.T.** steps.

- **Spiritual:** Select a specific time for you to be in God's word, and lock it in! Protect it! Treat it as the most important part of your day!
- **Emotional:** Develop an attitude of gratitude. Make use of God's three free – nature, music, and laughter. Develop emotionally supportive relationships.
- **Physical – Eat:** Do a specific trade-off of an unhealthy food for something healthier. Eat more vegetables. Plan your healthy eating ahead of time.
- **Physical – Move:** Find a movement activity you enjoy and commit to doing it three times per week – put it into your calendar. Also, build movement into your daily routine – you'll be amazed how much movement you can include in a typical day!
- **Physical – Sleep:** Change the story – acknowledge the importance of sleep, and then schedule and do all you can to get at least seven hours per night.

The Essentials: Remember these key thoughts.

- The **spiritual foundation** is the key to all growth. Time in God's Word is the means through which God provides the power to be stronger spiritually, emotionally, and physically.
- Start with small, **incremental** changes and build on those. **S.T.A.R.T.** your plan at the beginning of summer and commit to new and old action steps for the summer months. Revise again as summer winds down.
- Recognize the **large impact that even small changes** can have on our overall wellness.

May God richly bless you as you make your commitment to get healthier, and as you **Schedule The Action Required Today for your journey** to greater spiritual, emotional, and physical health!