

YOUR FAITH, **Your Health.**



Maintaining a healthy weight for your body may reduce cancer risk.

An active lifestyle, healthy food choices and sleep can also help reduce stress and protect your immune system.

FOLLOW THESE 3 EASY STEPS FOR A HEALTHY MIND & BODY:



1 STAY ACTIVE

A walk in the park or a leisurely bike ride is all you need to reap the rewards associated with exercise. Research shows that exercise is one of the best forms of prevention for chronic diseases such as diabetes, heart disease, depression and anxiety.



2 FEED YOUR BODY & SOUL

Eating a well-balanced diet may help ward off illness and keep you nourished. Choosing intensely colored fruits and vegetables in all of the colors of the rainbow is a great way to boost your daily nutrition.



3 GET ENOUGH SLEEP

A poor night's sleep not only makes getting through the day difficult, it also may increase your risk of diseases, especially if you suffer from chronic lack of sleep. Inadequate sleep has been associated with obesity, diabetes, stroke, heart disease and cancer. Quality sleep is essential for healing, proper immune function and mental health.

SOURCE: cancer.gov

Our Journey of Hope provides pastors and ministry leaders with the tools, training and support to help raise up cancer care ministries in their churches and communities.

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies. - 1 Corinthians 6:19-20 (New International Version)



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