



# THE HEALTH PROJECT MANIFESTO

## 1. CHOOSING A HEALTHY LIFESTYLE STARTS WITH GOD, NOT YOU.

Caring for our physical bodies is a spiritual response to God. Our bodies are designed by a creative and loving God. Therefore, we honour our Creator by caring for ourselves which includes our lifestyle choices.

*After all, no one ever hated their own body, but feeds and cares for it, just as Christ does the church. Ephesians 5:28, 29*

## 2. HEALTHY PEOPLE PRIORITIZE PERSONAL HEALTH AND LIFESTYLE CHOICES.

The goal is to grow and develop physically, emotionally and spiritually. We cannot separate or value one over the other. This awareness, combined with an action plan, gives you the advantage through increased energy, clarity and health.

## 3. TRANSFORMATIONAL HABITS IS THE OPTIMAL PATHWAY TO LASTING CHANGE.

Developing healthy lifestyle habits, as a response to God, is an incremental and lifelong pursuit. Discipline is hard; habits are easy. Therefore, we move forward by identifying, developing and incorporating new practices until they become habit, one incremental step at a time.

## 4. ACCOUNTABILITY RELATIONSHIPS IS NOT AN OPTION.

We all understand that “two are better than one; a chord of three strands is not easily broken”. Each of us must have one or two others that journey alongside and help us take meaningful action to improve our health.

## 5. OUR PRIMARY SOURCE OF NUTRITION COMES FROM REAL WHOLE FOOD.

Whole foods most accurately reflects what God created for us to eat and what our body responds to the best. Most illness and disease can be reduced or eliminated by avoiding “food like” products in favour of real food. Most of your nutrition comes from fruit, vegetables, nuts, seeds and on occasion, lean meat.

## 6. WE INTENTIONALLY INCLUDE DAILY EXERCISE.

Your body was designed to move! Our culture, and often our lifestyle choices, can keep us inactive and in a steady state of physical decline. We incorporate daily activity into things we already do.

## 7. PERFECTIONISM IS THE ENEMY OF GOOD HEALTH.

We avoid perfectionism in our pursuit of being active and in our nutritional habits. Perfectionism leads to stress and anxiety, which is deeply unhealthy. Our focus is on our response to God.

*Consult a physician before starting any nutrition or exercise program.*