

HEALTHY LIVING.

By: Mrs Bilikisu Adagiri (Director and Co-chain officer, Kogi state:

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As Christians, Why Should We Live Healthy?

- *“Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore, glorify God in your body and in your spirit, which are God’s. I Corinthians 6:19-20 NKJV*

Living healthy is an act of worship, recognizing the presence of God in you and showing gratitude for the breath of life inside of you.

- *“With long life I will satisfy him, and show him My salvation.” Psalms 91:16 NKJV*

Longevity is a promise from God and healthy practices is our responsibility and obedience in keeping with God’s promise. Every promise of God carries two parts for its manifestation, God part which is His word and our part, which is obedience.

- To fulfill our divine purpose, we need to stay healthy. You’d have an easy and more productive life by staying healthy.

Definition of Health According to WHO

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

Emphasis on “not merely the absence of disease”, that you don’t have malaria, typhoid etc doesn’t mean you’re healthy.

Healthy Living Practices.

1. Diet.

“You’re what you eat”, if you eat right, you’d live healthy. Easy facts are, eat regularly in the right proportions, infuse lots of fruits and vegetables in your meals, don’t deprive yourself of proteins, eat more whole meals than processed meals, reduce beverages and carbonated drinks, and practice meal prepping. Meal prepping is when you make plans ahead of cooking time, e.g. having a meal timetable, dicing and cutting your veggies beforehand, parboiling tough stock overnight. This helps you cut down cooking time and gives you a broader range of options. This way you can eat right no matter your busy schedules because you’ve planned ahead. Also utilize your weekends well, restock and make soups and stews that will take you the week.

Learn to cook (both male and female). Cooking is an essential life skill, not a gender role. When you can cook, you can control what is entering into your body, it gives you opportunity to pick more healthier options for yourself and it's helps reduce financial strain from buying food all the time.

2. Maintain Personal Hygiene.

“Cleanliness is next to godliness”. It's funny that some people think taking care of your body is carnal. Spirituality doesn't equate to dirtiness, our God is Holy, means He's pure in all sense of it, not just spiritually and He expects the same from His children. Regular cleaning of the body, deodorant at least, clean clothes etc. Always look presentable and dress in a Jesus fashion (decency is key here). This also affects your mental health. Our dressing plays a key role in acceptance, some of you don't have friends because of the way you dress, you're unhappy or lonely and mentally low, dress up. When you dress right, it boosts your moral, self confidence and esteem.

3. Keep Healthy lifestyles

Abstain from alcohol, avoid substance abuse or drugs. “The high is fast and cheap, the damages are long lasting”. Your mental health is also at stake. Some of these drugs give no appetite, insomnia, hallucinations, which can lead to serious health crises and even financial challenges. They heighten anxiety and depression. Some say it's to escape their realities, your troubles await when you get down from the high so look for a healthy approach instead. As Christians, I'd advise sexual abstinence till marriage, it pays to wait. However, as a health worker also recognizing that our level of faith is different, and prioritizing your safety, I'd advise use of protection and not keeping multiple sexual partners. Please also know their sexual histories to help protect yourself.

4. REST

No matter how busy it gets, take out time to rest and relax. “Your body speaks, listen to it”, and know your body. The fact that someone else can go 12 hours straight doesn't mean you can but it also doesn't mean you can't cover as much as they do, just learn time distribution and utilization else the hours you spend trying to imitate or keep up, it's mostly fruitless and wasted because you won't be so productive or even assimilate as much if it's reading. Reduce your screen times but phones and tvs. Priorities your rest so much so that whatever is happening, when it's time to sleep, you go on to bed.

5. Take your mental Health Seriously.

It is not only those who roam naked and mutter to themselves who are mentally sick. Anything that affects your mood, thinking and behavior is a mental disorder, e.g anxiety, depression, eating disorder, substance addiction etc.

Seek professional help, it doesn't mean you're a mad person and yes, therapy is highly recommended. Some people think therapy is for only white people but that's not true. For your mental health, learn to declutter by having conversations to solve disputes instead of violence or worse, harboring a grudge.

Prioritize your peace of mind. Walk away from abusive relationships and distractions and learn to heal before getting roped into another one. Date with purpose and not for fun, it's healthy too.

6. Go for Routine Medical Checks / Vaccinations.

Your bp level, blood sugar level (especially if you have a family history of variant diseases like hypertension, diabetes). "What you know, you can control". Genotype (here talk about marriage and compatibility to prevent increase in Sickle cell), HIV status, Hepatitis (gets vaccinated and even Covid own too). Be a hundred percent honest about your medical history with your caregiver.

"Please asides first aid in cases of emergency, do not self-medicate when ill". This exposes you to drug misuse, abuse and even drug tolerance reducing the range of drugs effective for treating you.

7. Stay Active.

Exercise as often and healthily as possible. Even if not the gym, increase your steps daily, instead of vehicles, sometimes take a walk. If you have obesity tendencies, to prevent other diseases such as respiratory and heart conditions and even diabetes, learn to workout, you're still young and can go the extra mile now.

8. Prayer and Meditation

Prayer is a healthy lifestyle. It helps you build discipline and even overcome impulsive behaviors. It cleans your mind, heart.

Finally, you can incorporate all these by having a routine. A routine helps keep you in check and ensures you follow through. You can say, I want to sleep for 6 hours today and get carried away with a movie or your phone and end up not doing so but if your routine is bedtime at 10pm, regardless of what's happening, by 10, you're off. If your routine includes a checkup once a month, it helps you keep your medical appointments. Also inclusive in your cooking times.