

Physical - Respecting Your Body

Present your bodies as a living sacrifice, holy and pleasing to God.
Romans 12:1

What is Physical Balance?

Physical Balance is about creating opportunities for healthy eating, active living and self-care practices that will support your health and wellness. It is vital that we maintain healthy lifestyles so that we live long, fruitful lives and have the energy and ability to accomplish all God has created us to do.

Factors for Consideration

On a scale of 1-5, with 1 being an area needing much improvement and 5 being an area needing no improvement, rate yourself on these aspects. These are the 'key factors' in the "goal-setting" areas of your life. If the factor does not apply to you, simply write N/A (non applicable) in this space provided. Based on your response to these factors you are now ready to further rate yourself in the Physical spoke on your [Wheel of Life](#).

- _____ appearance
- _____ regular check up
- _____ energy level
- _____ regular fitness program
- _____ weight control
- _____ diet and nutrition
- _____ stress control
- _____ endurance
- _____ personal hygiene
- _____ other

Strategies to enhance Physical Balance

Find time in your busy schedule to exercise and be active on a consistent basis

Stay hydrated by drinking enough water every day

Eat balanced and nutritious meals beginning with breakfast to fuel your body

Get a proper amount of sleep each night

Avoid using drugs, alcohol and tobacco products as they are very harmful

Perform breast self-exams and testicular self-exams periodically

Covenant Church Resources

Men's Basketball

Biggest Loser

Men's Softball

Cancer Support Group

Health and Fitness Life Teams