

Slide 1



Slide 2

- 1. How does physical well being affect other parts of our lives? (emotional, relational, spiritual)**
- 2. How do we become more physically healthy?**
- 3. How do gain and maintain more resilience to deal with adversity and stress in our lives?**

PHYSICALLY

- There is a link between physical activity, preventing and managing ill health and mental wellbeing (including spiritual wellbeing)
- Food and sleep are as important to health as physical activity and we cannot live without them

EAT WELL

MOVE MORE

DRINK LESS

BE SMOKE FREE

BECAUSE THERE'S ONLY **ONE YOU**

A healthier you at your fingertips.
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PHYSICALLY

The Global Burden of Disease Study (GBD) is the most comprehensive worldwide observational epidemiological study to date. It examines trends from 1990 to the present and making comparisons across populations

83% of 40 to 60 year olds (87% of men and 79% of women) who are either overweight or obese

A size 14 in the 1950s is classed as a size 8 today

However, the Global Burden of Disease study revealed that more than 60% of the top four health conditions contributing to premature death and ill health (heart disease, stroke, lung cancer and breast cancer) can be attributed to behavioural risks.


Diet, obesity, and physical activity all have important impacts on health.

For too long however, physical activity has been seen merely in the light of its benefits in tackling obesity. However there is compelling evidence that physical activity in its own right has huge health benefits totally independent of a person's weight. 20 chronic conditions including coronary heart disease, stroke, type 2 diabetes, cancer, obesity, mental health problems and musculoskeletal conditions.

Evidence shows that there is a link between physical activity and good mental wellbeing. For example, exercise is moderately more effective than therapy for reducing symptoms of depression. anxiety disorder, panic attacks and stress disorders

The Focus principle: how does physical well being affect other parts of our lives?

- **Physical Exercise is important but godliness is more important (1 Timothy 4:8)**
For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come
- **How do we govern our physical activities, eating and sleeping to maximize our lives and souls for the Kingdom?**



If you have to choose between bodily and spiritual training, choose spiritual training, because it is of value in every way. But Paul does say bodily fitness has value.

John Piper says that physical well being sets us up to focus on our spiritual well being:

“I also know that I am prone to depression and discouragement, and I have discovered that if I go to the gym three times a week and hammer my body, I simply don’t get depressed as often. Now, I am sure there are physiological reasons for that. But whatever those are, I know that they work. I know depression hurts my ministry, my marriage, and my parenting. So for the sake of kingdom purposes, I am off to the gym.”


The need for exercise may be hard, but eating and sleeping is not — everybody has to eat and sleep to live.

You can live without exercise, but you can’t live without eating and sleeping.

So the question becomes, how do I govern my eating and sleeping to maximize my life and soul for the kingdom? Everybody will discover the connections as they think about it.”

The food & fitness principle: self control

- In 1 Corinthians 9 Paul says that just as an athlete practices self-control to win a perishable wreath, we should discipline our bodies and keep them under control in order to win an *imperishable wreath*: heaven
- It is important that physical health does not become an end in itself.



In 1 Corinthians 9:24 Paul says:

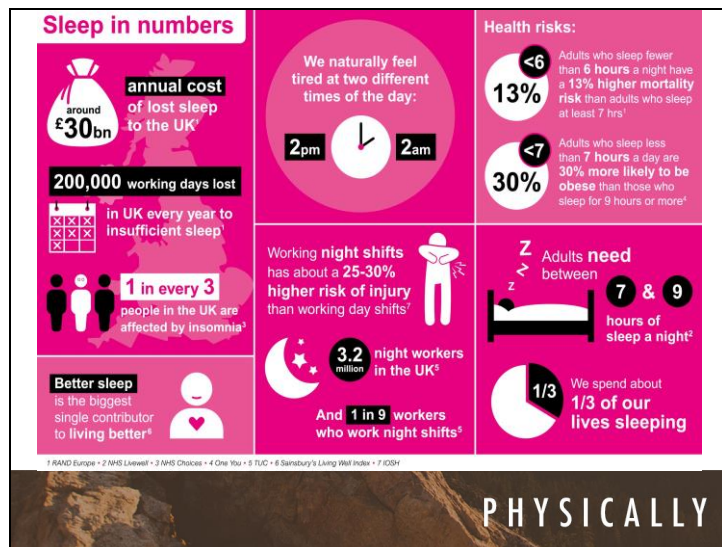
24 Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.

Is often misquoted

25 Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. 26 Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. 27 No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

Paul is **not** saying that all Christians should live like athletes in the way they treat their physical body. Rather, he is using a metaphor. Just as an athlete practices self-control to win a perishable wreath, so Paul strives to "discipline [his] body and keep it under control (1 Cor.9:27)" in order to win an imperishable wreath: heaven.

Therefore 1 Corinthians 9:25 is also not about physical wellbeing, but the importance of self-control in order to live a godly life. Cultivating self control in your physical life will help you cultivate self control in your spiritual life.



Sleeping better: Poor sleep is symptomatic of wider stress and is in itself a driver of poor health – it is also one of the most frequent searches on the NHS Choices website.

Links between a lack of sleep and high blood pressure, heart disease and diabetes are emerging. It also makes us more vulnerable to infection and raises the risk of accident and injury.

There are many reasons why you might get less sleep than the recommended 7 - 9 hours a night.

- Work or exam related stress
- working anti-social hours
- illness and injury,
- getting older
- money worries
- personal loss


are just a few of the issues that can keep us awake at night.

**The food and fitness principle:
sleep**

Remember the Sabbath day by keeping it holy. Six days you shall labour and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work...

Exodus 20: 8-11

- *Mark 4:35-41*
- *Psalm 4: 8*



Jesus knew the value of sleep

Mark 4:35-41

Jesus Calms the Storm

³⁵ That day when evening came, he said to his disciples, “Let us go over to the other side.” ³⁶ Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. ³⁷ A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. ³⁸ Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, “Teacher, don’t you care if we drown?”

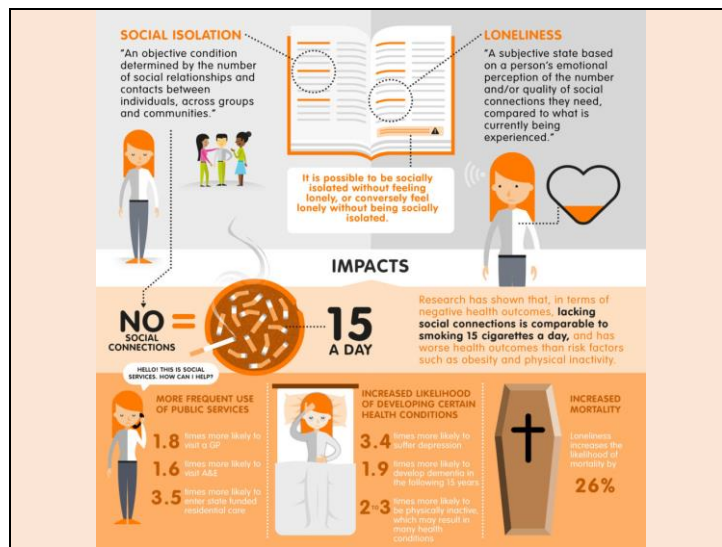
³⁹ He got up, rebuked the wind and said to the waves, “Quiet! Be still!” Then the wind died down and it was completely calm.

⁴⁰ He said to his disciples, “Why are you so afraid? Do you still have no faith?”

⁴¹ They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!”

Psalm 4:8

⁸ In peace I will lie down and sleep,
for you alone, Lord,
make me dwell in safety.



We also know that loneliness and social isolation can affect people of all ages, including children, and can have a significant impact on health and wellbeing.

It's important to understand the distinction between loneliness and isolation. Age UK defines 'isolation' as separation from social or familial contact, community involvement, or access to services

'loneliness' can be understood as an individual's personal, subjective sense of lacking these things. It is therefore possible to be isolated without being lonely, and to be lonely without being isolated.

Young people who self harm say that it is a sign of distress which they use because

- They don't know have the words to express how they feel
- They don't have adults who have a shared experience of how they feel

Several groups are at increased risk of this issue, including new mothers, children and young people experiencing bullying, people with long-term conditions and disability, unemployed adults, carers and retired people.

The friendship principle: resilience

- **One million older people in the UK can go for a whole month without speaking to a friend, neighbour or family member**
- **Hebrews 10:19-24 calls upon us to foster relationships and networks towards love and good deeds and encouraging each other**

PHYSICALLY

Positive social relationships and networks can promote health for people at any age through, for example:

- providing individuals with a sense of belonging and identity
- influencing behaviour, for example through support from family or friends to quit smoking, reduce alcohol intake
- providing social support to cope with challenges such as pressures at school or work, or life changes such as becoming a new parent, redundancy, or retirement for example

In the Bible, the author of Hebrews calls upon us to encourage each other as a community

22 let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. 23 Let us hold unwaveringly to the hope we profess, for he who promised is faithful. **24 And let us consider how we may spur one another on toward love and good deeds, 25 not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.**



It isn't enough just to advise people what to do. It is increasingly recognised that much behaviour is automatic, triggered outside of conscious awareness and cued by multiple influences.

Health is influenced by a combination of factors related to the individual, their social relationships, community, wider society and the environment

Influences are shown to be context and behaviour specific—e.g. influences on walking to work differ from those on cycling to work or walking for leisure.


Therefore, strategies that target only a single aspect are unlikely to be successful: multiple barriers often need to be removed to achieve substantive change,

Interventions need to be sustained rather than short term 'projects'.

This explains why, for instance, simply using information has had—at best—modest effects

The food & fitness principle: fellowship

- **Interventions focused on encouraging individuals to change their behaviour with regard to diet and physical activity need to be underpinned by broader, community based level changes**
 - **Healthy cities and communities**
 - **“Food deserts”**
 - **Unhealthy food banks**
 - **Sugar taxes**
 - **Workplace based incentives**



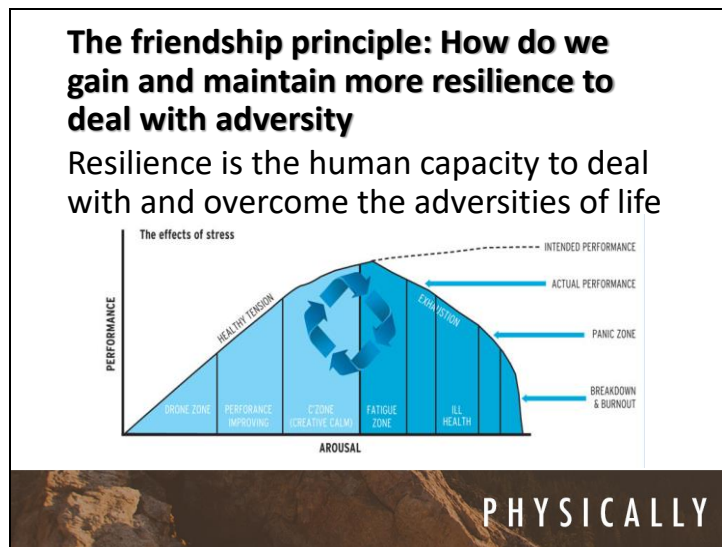
Interventions focused on encouraging individuals to change their behaviour with regard to diet and physical activity need to be underpinned by broader, population-level interventions.

- lifestyle and weight management scheme
- pricing and availability of unhealthy foods e.g. sugar taxes
- redesigning environments to promote physical activity, which aim to make the healthy choice the default choice.

There is a real issue about our more deprived communities, with less access to green space and it being more difficult to get outside the home in ways that people feel safe about, and that is at both ends of the age spectrum

For example, in the food environment, we have food deserts in our major cities where eating healthily at a reasonable cost is really difficult. For many secondary schools in cities there are at least two fast food outlets within 800 yards.

The NHS is doing work with food banks and other organisations in Coventry about how we help people in the context of what are often very difficult things. Saying to people, “Eat healthily,” when you are getting an unhealthy bag of food from a food bank is very challenging



Resilience is a concept that has received much attention from researchers in a wide variety of disciplines since the turn of the new millennium.


At the individual level, the concept refers to the human capacity to deal with and overcome the adversities of life

We all need some stress in our lives for maximum performance; stress lead to release of hormones such as cortisone and adrenaline – think of the saying “I do my best work when under pressure”

But under challenging and desperate conditions, exhaustion in the self-will to persist and adapt, thrive and renew is natural and human.

Researchers across disciplines have identified faith and spirituality as a key contributor to resilience.

- **all sufferings that pale in comparison with the future glory awaiting believers (Romans 8:18)**
- **Jesus himself assures his followers that “in the world you have tribulation, but take courage, I have overcome the world” (John 16:33)**
- **Paul says that the secret to triumphant living under these promises is to be transformed by the constant renewing of our mind (Romans 12:2), giving the Holy Spirit the dominion over our will and action**



For the individual Christian, we must remember God’s promises

the transcendent purpose of life is not anchored in the transient and the destructible, but in

- the eternal promise of Creator God who is our refuge and strength (Psalm 46:1)
- from whom we receive the strength to overcome (Philippians 4:13)
- all sufferings that pale in comparison with the future glory awaiting believers (Romans 8:18).
- Jesus himself assures his followers that “in the world you have tribulation, but take courage, I have overcome the world” (John 16:33).


The Apostle Paul reminds believers that the secret to triumphant living under these promises is to be transformed by the constant renewing of our mind (Romans 12:2), giving the Holy Spirit the dominion over our will and action

This is why the spiritual disciplines are so important:

- Prayer
- Reading your Bible
- Fellowship

The friendship principle: resilient communities

- **A family or community of genuine Christ followers is naturally positioned to provide the conditions for personal and organisational resilience**
- ***Ephesians 4, Romans 12***



Ephesians 4 5


Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. 26 “In your anger do not sin”[d]: Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold. 28 Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

The friendship principle: resilient communities

Evidence-based approaches to improve health reduce social exclusion and health inequalities include

- **volunteering**
- **peer support**
- **social network approaches**



PHYSICALLY

“Not one of us can function effectively by ourselves; we need each other.

We are to be clothed with humility, remembering that even the one who has the greatest responsibility is to be the greatest servant.”

A balanced individual or community of individuals trusting in the same divine source of strength and striving toward the same moral purpose is creates resilience.

Christians should nurture values, cultivate networks that harness the strength of biblical ethics in every layer of the local community.

The Christ follower needs to be the salt and light

This is why our ministries such as volunteering for Cameo, Drop In, Toddlers, youthwork and children’s work is so important.

The purpose isn’t just to transform society but to create new followers, to build up the body of Christ so that all become mature and attain the fullness in the knowledge of God (Ephesians 4:12-16).

How does physical well being affect other parts of our lives?

There is a link between physical activity, preventing and managing ill health and mental wellbeing (including spiritual wellbeing)

1 Corinthians 9

PHYSICALLY

How do we become more physically healthy?

Physical and mental health is important but godliness is more important

We need to exercise self control in our diet, physical activity, sleep and commitment to fellowship and spiritual disciplines

1 Timothy 4:8

PHYSICALLY

Slide 18

How do gain and maintain more resilience to deal with adversity and stress in our lives?

Remember God's promises to us and the need to be transformed by the constant renewing of our mind giving the Holy Spirit the dominion over our will and action

John 16:33, Romans 8:18, Romans 12:2



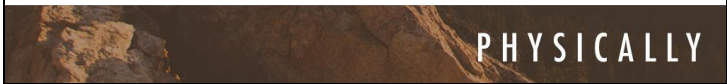
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Slide 19

The friendship principle: resilient communities

A family or community of genuine Christ followers is naturally positioned to provide the conditions for personal, organisational and community resilience

Ephesians 4, Romans 12



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