

WELCOME TO THE HEALTH FAIR

PROCEED THROUGH THE STATIONS IN
ANY ORDER, BUT END WITH THE
CHECKOUT STATION. MAKE SURE YOU
GET TO EACH STATION.

REGISTRATION: NAME: _____

HEIGHT: _____ AGE: _____

WEIGHT: _____ LBS BODY FAT %: _____

BMI: _____ (IDEAL 18.5-24.9)

STATION 1 - WATER:

YOU SHOULD DRINK _____ OUNCES OF WATER EVERY
DAY.

STATION 2 - EXERCISE:

YOUR FITNESS LEVEL: _____

STATION 3 - LIVE TEMPERATELY:

YOUR ACTUAL AGE IS: _____

YOUR POTENTIAL AGE IS: _____

YOUR HEALTH AGE IS: _____

STATION 4 - LOTS OF FRESH AIR:

YOUR PEAK FLOW METER RESULTS: _____

STATION 5 - NUTRITION:

YOUR IDEAL WEIGHT: _____ LBS

STATION 6 - ENTIRE TRUST IN GOD:

YOUR STRESS TEST RESULTS: _____

STATION 7 - SUNSHINE:

YOUR BLOOD SUGAR: _____

YOUR CHOLESTEROL: _____

STATION 8 - SUFFICIENT REST

YOUR BLOOD PRESSURE: _____ / _____

STATION 9 - CHECKOUT STATION

I HAVE SUCCESSFULLY COMPLETED ALL STATIONS

THANK YOU FOR JOINING US TODAY!

Ways to WELLNESS

**8 Secrets for a Healthier,
Happier YOU!**

W-Water

E-Exercise

L-Live Temperately

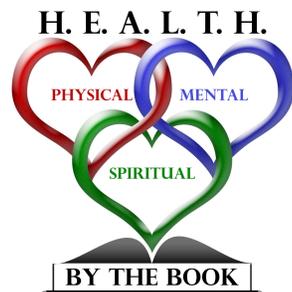
L-Lots of Fresh Air

N-Nutrition

E-Entire Trust in God

S-Sunshine

S-Sufficient Rest



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Lifestyles for Total Health
<http://www.healthbythebook.org>

W-WATER

Water is the major component of your blood. About 60% of your total weight is water. Your body uses water for cleansing and cooling itself, and to maintain a proper chemical balance. You lose water when you perspire, when you breathe and through body waste. A loss of 20% of your body's water could even prove fatal.

Athletes who drink water just to quench thirst do not have the endurance of those who drink as much water as they lose. Athletes who drink more water do not become as fatigued and body temperature remains close to normal.

How much water should we drink?

Forcing the body to work with limited amounts of fluid is like trying to wash the dinner dishes in a cupful of water. You should drink 1 oz for every 2 pounds you weigh. Usually that would mean at least 8 cups a day. Your urine should be pale. Thirst is not an accurate gauge of your need for water, so drink even when you aren't thirsty.

All beverages are mainly water; does it matter what I drink?

Plain water is the best liquid for the body. Your body is not made up of 60% soda, tea, or juice. Your body needs water in order to metabolize the sugar and other ingredients that are found in other beverages. Soft drinks can contain up to 12 teaspoons of sugar in just one 12 oz drink. Soft drinks also contain phosphorus, which can deplete the body's calcium and lead to brittle bones.

Caffeine is found in coffee, tea, and many soft drinks. It can raise the blood pressure, blood sugar, and blood fats. It stimulates the nervous system and can cause irritability, anxiety, tremors, chronic fatigue, and insomnia. Caffeine and alcohol both are diuretics, and so deplete the body of water instead of hydrating the body.

What happens if I don't drink enough water?

The kidneys have to work much harder to excrete toxic wastes, and may become damaged. Each cell in the body needs water in order to function properly, so inadequate water intake can decrease function and promote disease. Fatigue and headaches are a common result of drinking too little water.

There are many uses for water outside the body as well.

Regular bathing helps to cleanse away dirt and waste products from the skin. Cool water can help to reduce fever and warm water can bring warmth to chilled bodies. A warm bath may help if you are struggling to fall asleep. Trouble waking up in the morning? Try a cool ending to your shower, or a brisk rub of your skin with a washcloth dipped in cold water.

Remember, water is of vital importance—use it abundantly!

Stress Test

Read each question, then write yes or no on the line. **Present the completed test at the Entire Trust in God station.**

- _____ 1. Do you worry about the future?
- _____ 2. Do you sometimes have trouble falling asleep?
- _____ 3. Do you often reach for a cigarette, a drink, or a tranquilizer in order to reduce tension?
- _____ 4. Do you become irritated over basically insignificant matters?
- _____ 5. Do you have less energy than you seem to need or would like to have?
- _____ 6. Do you have too many things to do and not enough time to do them?
- _____ 7. Do you have headaches or stomach problems?
- _____ 8. Do you feel pressure to accomplish or get things done?
- _____ 9. Are you very concerned about being either well-liked or successful?
- _____ 10. Do you perform well enough in life to satisfy yourself?
- _____ 11. Do you get satisfaction from the small joys or simple pleasures of life?
- _____ 12. Are you able to really relax and have fun?

Discover Your Health Age

Name _____ What is your current diet?

Age _____ (1) Vegan
Sex (2) Vegetarian (includes dairy)
Weight 1 Male (3) Some flesh food, much veggies
_____ 0 Female (4) Much flesh food, some veggies

Height _____ Body Fat % _____

How many hours do you usually sleep per night? How many servings of alcohol do you drink in a week?

- | | |
|-----------------------|---------------------------|
| (1) 7 hours or more | (1) None |
| (2) 6 hours | (2) Seldom |
| (3) 5 hours | (3) 3-10 servings/week |
| (4) Less than 5 hours | (4) Over 10 servings/week |

How often do you get vigorous exercise for at least 20-30 minutes? How often do you eat a good breakfast? (including fruit, cereals, breads or more)

- | | |
|--------------------------|----------------------|
| (1) 3 or more times/week | (1) Every day |
| (2) Less than 3 times/wk | (2) Almost every day |
| (3) Rarely | (3) Sometimes |
| (4) Never | (4) Rarely |

Smoking habit How often do you eat anything between meals?

- | | |
|--------------------------|----------------------|
| (1) Never smoked | (1) Never |
| (2) Quit smoking | (2) Rarely |
| (3) Less than 1 pack/day | (3) Once in a while |
| (4) More than 1 pack/day | (4) Almost every day |

Present this completed form at the Live Temperately station

E-EXERCISE

Your body is a marvelous machine. Putting your body to work can increase your physical strength and resistance to disease. Exercise can actually improve your outlook on life!

Exercise may help:

- Control weight— the metabolic rate is increased by exercise so that more calories are burned for several hours!
- Increase lung capacity and recharge oxygen supply
- Improve blood pressure, circulation and strengthen your heart— even help reverse arteriosclerosis!
- Relieve stress, tension
- Improve sleep naturally without the side effects of a pill
- Promote the body's abilities to get rid of toxic wastes
- Improve metabolism—helps to prevent and treat diabetes
- Strengthen the bones and counteract osteoporosis
- Increase physical strength of muscles. When not used regularly muscles become weak and flabby
- Improve posture and decrease back problems
- Prevent Cancer

What kind of activity is best? Walking is the ideal exercise. Other good activities include swimming, cycling, gardening and yard work. One of the special benefits of exercising outside is that you can combine at least three of the health principles: sunlight, fresh air, and exercise.

A daily program of at least 30 to 40 minutes is best for maximum benefit.

EXERCISE PRECAUTIONS

Start slowly and progress gradually.

It is better to exercise before a meal than right after a meal.

Allow time to warm up and cool down.

Discontinue your exercise and see your physician if you have any of the following symptoms:

- a. Pain in the chest, teeth, jaw, neck or arms
- b. Unusual difficulty in breathing
- c. Light-headedness or fainting
- d. Irregular heart rate persisting during exercise and recovery period
- e. Discomfort or swelling of joints
- f. Excess fatigue
- g. Unexplained weight loss
- h. Recurrent nausea or vomiting after exercise

L-LIVE TEMPERATELY

A simple definition of temperance is “**moderation**”. Good things are used intelligently and harmful things are not used at all. The goal of temperate living is peak physical, mental and emotional well-being. Temperance does not just involve alcohol, tobacco and drug use. It refers to all aspects of our lifestyle: overeating, overworking, too much play, or too little/much of anything. Such unbalanced living robs men and women of a rich, healthy, and satisfying life.

Alcohol— Millions consume alcoholic beverages. Advertisements portray people who drink alcohol as being happy, congenial, and fun-loving. They fail to show the millions of people who are alcoholics, the auto accidents, assaults, sexual abuse, murders, and suicides caused by people who have been under the influence of alcohol. Every drink of alcohol irreparably destroys brain cells. Alcohol promotes high blood pressure and is directly toxic to heart muscle. Alcohol increases the risk of stroke, heart failure, stomach ulcers, cancer, and liver cirrhosis. It can produce spasm of the coronary arteries, decreasing the oxygen supply to the heart. Alcohol robs the body of vitamins and minerals and can cause impotency in males. It also causes retardation in babies whose mothers drank alcohol during pregnancy.

Drugs—Despite all the education about illegal drugs, we continue to see an increase in their use and abuse. Many begin using drugs out of curiosity, to please friends, to provide an escape from reality, or to avoid dealing with problems. Repeated use of certain drugs can result in drug dependence, physical or psychological. Someone who is dependent on a drug uses it to avoid the illness and discomfort associated with stopping it. The need for the drug often becomes so strong that users will resort to dangerous and illegal activities to obtain a continuing supply. Up to 70% of prison inmates are incarcerated from drug-related crimes. Drugs also cause destruction of brain cells.

Remember, it is far easier to prevent a drug problem than to cure one. If you or someone you know is addicted to drugs, get help!

Tobacco—One of the most addictive of all substances used by humans, it kills 1200 Americans every day. “Smoking is the single most preventable cause of death in America.” (US Surgeon General) Besides lung cancer, tobacco also is causative in many other cancers. It’s mixture of over 400 poisons leads to emphysema, stomach ulcers, heart disease, diabetes, low birth-weight babies, etc. Smoking is expensive—it costs Americans \$1 billion a week in extra health care and insurance costs.

Add years to your life. Take charge of your health today!

S-SUFFICIENT REST

Life today is fast-paced, exciting, and exhausting. Is more sleep the answer? A refreshing, uninterrupted night’s sleep is a definite advantage, but most people work at sedentary jobs, with deadlines and emotionally draining problems. It is often difficult to fall asleep and rest peacefully. Fatigue is one of the most common reasons for doctor’s visits.

Sleep is essential to maintain a well balanced mind and healthy body. It allows your body to renew itself and aids in healing. Rest strengthens the immune system and can add years to your life. If deprived of adequate sleep, great demands are made on your back-up energy resources. If you do this habitually, you can expect to have little resistance to disease and stress.

How much sleep is enough? Usually 7-9 hours of sleep nightly is best for adults. The hours before midnight are more restorative to the body. If you need to nap, the best time is in the morning.

What about sleeping medications? During normal sleep, one has alternating periods of light and deep sleep. Dreaming seems to be a natural outlet, and takes place during the light sleep. Sleep medications often suppress this stage of sleep, and on awaking you may not feel as refreshed in spite of apparently sound sleep. If continued over time, sleep medications will contribute to chronic fatigue and dependence.

THE BEST SLEEP INDUCERS ARE NATURAL MEANS

*Engage in active **exercise** daily to best counteract fatigue.

***Walk, swim** or **work** in the garden instead of watching TV.

*Take a **warm bath** (not hot) with some soft music playing and dim lights to relax the body and mind.

*Have a warm drink. But **avoid caffeine**, even during the day. It is a stimulant that commonly causes insomnia.

*Maintain a **regular schedule** for going to bed and getting up.

*An **empty stomach** promotes better sleep. Eat your evening meal several hours before bedtime and make it the lightest meal.

*Try these **simple exercises** to help you relax: Stretch, roll your neck in slow large circles, smile and hold it, frown and hold it, raise your eyebrows and hold it, take some deep breaths, relax.

*Don’t rehearse the day’s problems at bedtime. **Count your blessings** and fill your mind with gratitude and thanksgiving.

*The **ultimate rest** is found in Jesus. Leave your burdens with the Lord and accept His peace and forgiveness.

*The Lord has encouraged us to work six days and rest the seventh—that is His plan for the **proper balance** between work and rest.

S-SUNSHINE

You probably recognize the importance of the sun to life on earth. You know it provides heat, light, and food. What can sunshine do for your personal health?

Sunshine kills germs. It is important to sun and air out the blankets, pillows and other items that are not washed often. Open the windows of your house as much as possible. This will allow the sunshine to kill bacteria in your home as well and will help prevent mold.

Immunity is increased by exposure to sunshine, and your body's resistance to infection is strengthened. Antibodies and white blood cells are increased, especially the protective lymphocytes. Even ten minutes of sun twice a week can reduce the incidence of colds.

A moderately tanned skin withstands infections better too.

Bones are strengthened. Sunshine allows the body to make Vitamin D, which helps calcium be absorbed from the intestines and deposited in the bones. Sunshine prevents rickets and helps prevent and reverse osteoporosis. There is also a connection with lowered incidence of dental cavities.

Red blood cells function better after sun exposure. They have increased ability to carry and deliver oxygen to the body's cells. This will increase your energy and endurance and help prevent many diseases.

Cholesterol is modestly lowered by sunshine exposure, which transforms cholesterol in the skin into a vitamin D precursor.

Sense of well-being is promoted by sunshine and the mood is elevated. Daily exposure to sunshine will boost melatonin output, which also improves sleep. Sunshine can be an important therapy, especially if combined with exercise, in treating depression.

Healing properties are found in sunshine. Skin wounds heal better with daily sun exposure. It also decreases pain from swollen arthritic joints and relieves symptoms of pre-menstrual syndrome (PMS).

Decreased risk of cancer of the breast, colon, and prostate is found in people with adequate sun exposure.

Warning

Small amounts of sunshine are wonderful. Large amounts can be dangerous. A goal of up to 30 minutes a day is realistic. Remember that wet skin burns faster and ultraviolet rays of the sun can reflect off of snow, sand, and water, greatly increasing your exposure.

Ultraviolet rays can still burn even if it is a cloudy day. Don't get burned! Sunburn raises the risk of skin cancer. Malignant melanoma, the deadliest form of skin cancer, kills nearly 7,000 Americans a year.

So be a wise consumer of sunshine and enjoy the benefits!

L-LOTS OF FRESH AIR

A human being can survive weeks without food, a few days without water, but only a few short minutes without air. Air is essential to life. Without it you can have permanent brain damage in five minutes.

Why is air so important? The air we breathe contains oxygen. Red blood cells pick up the oxygen from the lungs and carry it to all the cells of the body. Each cell needs oxygen to operate its powerhouses. Red blood cells then carry the carbon dioxide back to the lungs and it is breathed out with the oxygen-poor air. When air is re-breathed over and over, the oxygen content decreases and the carbon dioxide and other wastes increase. Bad air and poor breathing habits promote depression, irritability, exhaustion, and chronic fatigue.

When exercising, up to 26 gallons of air is moved in and out of your lungs per minute—but only about 1 gallon at rest. Exercise increases the circulation of oxygen rich blood cells to all areas of the body. Your energy level and sense of well-being will improve with an increased supply of fresh air.

THE SOLUTION

1. Open your windows and let in the fresh air! Sleep with an open window whenever possible.
2. Exercise in fresh air. This will strengthen your breathing muscles and increase your lung capacity.
3. Practice good posture. Sit up straight with your shoulders back. You will be able to breathe deeper.
4. Concentrate on breathing deeply. Stop where you are several times a day and take a few slow, deep breaths.
5. Keep some live houseplants. They remove many pollutants and use carbon dioxide, replacing it with oxygen.

POISONED AIR

One of the worst enemies of breathing freely is **tobacco**. Smoking causes the air passages to become clogged and irritated. Nicotine in the smoke constricts small arteries: carbon monoxide interferes with the ability of the red blood cells to carry oxygen. They decrease endurance and promote narrowing and hardening of the arteries.

Secondhand smoke can be as lethal as smoking. Especially at risk are children of smokers who breathe this deadly air frequently.

Smokers who quit begin to heal almost immediately. The biggest favor you can do for your body is: **kick the habit and breathe free.**

Air pollution can also be a problem. If that is a problem in your city, try to stay out of the worst concentrations. Don't exercise out doors when the smog is at its worst.

N-NUTRITION

The original diet consisted of fruits, vegetables, grains and nuts. Scientific research has proven that the Eden diet (fruits, nuts, whole grains, & vegetables) is still the most healthful. By eating foods in their natural state, unrefined, and without additives, many diseases can be prevented and often even reversed. By combining different types of plant-foods we are assured that we are getting all the necessary nutrients needed for good health.

Protein can be obtained from many sources other than flesh foods. Peas and beans are excellent sources, especially when eaten with a whole grain such as brown rice, whole wheat, oats, or corn. Nuts are also rich in protein, but should be used in smaller quantities due to their fat content. Even vegetables contain protein. Most people consume far more protein than needed, which can overwork the kidneys and can lead to osteoporosis.

Carbohydrates are an important source of food energy. It is best to limit the refined carbohydrates found in most desserts, candies, soft drinks, and snacks. Complex carbohydrates are much better for us. Good sources include ground provisions, whole grains, vegetables, fruits, nuts, seeds, and legumes.

Limit fats. Lard, shortening, butter, fish, meat, poultry, margarine, fried foods, mayonnaise, and cheese contain unhealthy saturated fats. Plant fats, such as avocado, olives, seeds and nuts are healthier.

Fiber is like scrub brushes in our bodies to keep our digestive system clean and functioning well. Fresh fruits, vegetables, nuts, and whole grains are high in fiber. Animal products and refined foods have no fiber and clog the digestive system, leading to disease. Research has shown that a high fiber diet decreases the risk of several cancers.

Sodium (salt) is hidden in many foods such as flesh foods, pickles, canned foods, baked goods, and even many breakfast cereals. It promotes high blood pressure and heart disease. Be aware of excess sodium and try to limit amounts in your diet.

What should I eat? A balanced plant-based diet is the best. Every day we should enjoy liberal portions of vegetables, fruits, and whole grains. Be sure to include legumes, seeds, and nuts in your diet, too.

Breakfast is the most important meal of the day! A good breakfast should contain the most calories of any meal. Choose foods high in protein and complex carbohydrates. Don't forget the fruit. Try to eat a good lunch and a very light supper (if at all). This will give you energy for the day and a better night of rest.

For healthy bodies and lots of vitality eat a variety of good food in the most natural form possible and in moderation. Enjoy your food!

E-ENTIRE TRUST IN GOD

Human beings are living longer than ever before, yet many feel less and less satisfied. In today's fast-paced life, people often feel so pressured and stressed, so full of pain, disappointment, and hopelessness that they are willing to risk their health--and even their lives--on almost anything that promises relief.

Emotional stress can cause physical illness. Discouragement, bitterness, and anger leave your body exhausted and weaken the immune system. God has promised to lift these burdens if we bring them to Him. "Cast your cares on the Lord and He will sustain you." Psalm 55:22

Positive emotions like love, joy, faith, and trust produce protective substances that strengthen the immune system. Peace of mind can have a vitalizing, invigorating influence. "A merry heart doeth good like a medicine: but a broken spirit drieth the bones." Proverbs 17:22 Many who are otherwise healthy carry within themselves a deep longing for something more. At the root of our being is the need for greater purpose and meaning in life. The ultimate lifestyle includes not just health and fitness; it also includes spiritual growth.

The brain is the master control of our bodies. When our brains are not dulled by alcohol, tobacco, drugs, lack of sleep, or overeating; when we are exercising and getting fresh air and sunlight, we will be able to think clearly. We will be able to make sound decisions and choose to allow the Lord to speak to us.

Entire trust in God supplies a missing piece in our lives. It brings fulfillment and hope for the future. Trusting God opens the door to His miraculous intervention. Many people find a relationship with God to be the key to success in achieving a healthful lifestyle.

To trust Him we must get to know Him. Invest some time. Get better acquainted. Set aside time every day for reading the Bible and prayer (talking with God like you would a friend). Then go and tell someone what you have learned. These spiritual exercises will strengthen you in ways you never dreamed. God has a plan for your life that you will only discover in a dependent, surrendered, and trusting relationship with God. Don't hesitate. Start now. He is waiting for you.

A 'for-real' relationship with the true God, our Creator, is never optional—it is The very root of health.