



Kenny's 8 Count *for Achieving Optimum Health*



1. The most important habit for optimum physical health is **drinking enough water** (*shoot for 1/2 your body weight in ounces each day*). If you weigh 150, that means 75 ounces. Got it?
2. The second most important habit for great physical health is **consuming a wide variety (many colors) and sufficient quantity (7-13 servings) of fresh, raw fruits and vegetables each day.** (*For nearly 20 years, my wife and I have used Juice Plus+ to help us get in more produce every day. It contains all the important colors--red, yellow, orange, green and purple fruits and veggies--and helps bridge the gap between what we eat and need! Click here to learn more: www.lb.juiceplus.com.)*
3. **What you "don't" eat gets you into more health trouble than what you "do" eat.** As you begin to add more water, fruits and vegetables, your taste buds will start liking the change over time. A short list of things to avoid or limit are: sugar (except fruit); ingredients that God didn't make and you can't pronounce, and hydrogenated and cooked fats. Try and move from "it tastes good" to "it's good for me" decision making.
4. To the fullest extent possible, **move towards a plant-based diet.** Most of the unwanted hormones, antibiotics (*a reality of our food supply*) and saturated fat in our diets comes from meat and dairy. Everything these food groups have to offer is available in the plant kingdom. For example, legumes and vegetables are rich in protein; sesame seeds, almonds, and all greens are far better sources of calcium than dairy. And uncooked plant fats are actually good for us! Unprocessed plant foods (unbleached and with the fiber still intact, etc.) are best.
5. **Move your body.** It doesn't take spandex or gym membership. But raising your heart rate most days with some form of aerobic exercise keeps you from losing what you don't use. Additionally, weights or bands are helpful in building muscles which promotes good tone and strong bones.
6. **Reduce stress.** Exercise helps. If you are prone to worry, one of the best ways to combat this nasty little habit is with a gratitude journal. Just by focusing on the blessings you have—for example, your strengths, your past achievements, the people who love you, the things you are looking forward to—you can drive away the negative and focus on the positive. Jesus said it best in Luke 12:25-26: "Who of you, by worrying, can add a single hour to your life? Since you cannot do this very little thing, why do you worry about the rest?" It doesn't work, so make up your mind to stop.
7. **Sleep and rest.** Yes, they are two different things. Strive for 8 hours of restful sleep each night. You will be more effective the other 16 hours of the day if you don't rob from this time. Rest is taking a full day each week to allow your mind, body and spirit to regenerate. Again, you'll get more done the other 6 days if you recharge your batteries once a week. Perhaps you've heard it said but it bears repeating: "Most people spend their health pursuing wealth only to have to spend their wealth to regain their health."
8. **Take care of body, mind and spirit.** If you want to enjoy great health, you cannot attend to one area of your life and ignore the others. The foundation of my life and health is a personal relationship with God. It can start by digging into the instruction manual for life—the Bible. If you have had a bad experience in church, don't give up on God because a few well-meaning humans didn't represent him well. It may take some effort but you can find a fellowship of true followers of Christ--known by their love and willingness to serve one another. If you need help, contact me. There's really nothing better for you or your health!