

PHYSICALLY HEALTHY PEOPLE SHARE THESE TRAITS

- The dedication to daily activity, including leisurely physical activity and structured exercise to maintain strength, flexibility, and endurance.
- The commitment to follow a balanced diet, including proper nutrient intake, fluid intake, and foods for healthy digestion.
- The commitment to abstain from the abusive consumption of drugs and alcohol.
- The dedication to immediately address medical conditions including self-care, major and minor ailments, and injuries.
- The commitment to maintain proper rest and relaxation.
- The commitment to treasure their body as the temple God designed it to be.
- The commitment to drink enough water to maintain proper hydration.