**The Elder and His or Her Health**

**By Pastor Owen Jack**

Health is the Elder’s greatest wealth. If an Elder is sick, he or she will not enjoy food, life and all the material things acquired in this life. Degrees behind your names or an exalted position would not be of any value to you or others. Health is a gift from God that you need to value and preserve.

God’s desire for you is that you “prosper and be in good health.” 1 John 3:2. He promised that if we are faithful in following the laws of health, none of the diseases that affect unbelievers will affect us.

**Ten Ways to Preserve and Protect your Health**

1. Exercise at least three to five times a week. Exercise helps to prevent diseases, it helps us to look younger, feel better and live longer. You can walk for one hour, ride, swim or plant a kitchen garden.
2. Eat a balanced plant based diet consisting of nuts, grains vegetables, fruits and provisions.
3. Drink at least six to eight glasses of water each day.
4. Get at least five minutes of sunlight every day.
5. Be temperate in all things. “Temperance is total abstinence of that which is bad and a moderate use of that which is good.” Don’t overeat. Overeating is a sin. Don’t overwork. Do everything in moderation.
6. Take in adequate fresh air day and night.
7. Ensure that you get six to eight hours of sleep every night. Try to go to bed before ten o’clock every night. Take your yearly vacation.
8. Trust in God. One of the best ways to manage stress is by trusting God with your life and your future. Refrain from worrying. Worrying kills. Whatever is not of faith is sin. Another way to de-stress and manage stress is to exercise.
9. Pay attention to the social dimension of your life. Take your family to the beach, the mall, on a holiday and play games together. People who make time for their social life live longer and are happier.
10. Laugh and smile liberally, it will enhance your health.