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# LIFE

## SEMINAR

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*“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.” 3 John 1:2 NKJV*

Over the past couple of decades, a lot of research has been done on nutrition and its relationship with mental peak performance. Diet and lifestyle are essential factors in achieving peak mental performance. During our LIFE Seminar, we have spent time looking into the importance of mental health, parenting, healthy relationships, finance, making smart choices, etc. Is it worth working on these important areas of your life but then not have the physical and mental health to be able to enjoy your life? I want to encourage you to begin to think that taking care of your physical and mental health is an investment in you. The greatest wealth that you have is your health.

### NEWSTART

N = \_\_\_\_\_

1. Eat a \_\_\_\_\_ nutritious breakfast
2. Eat \_\_\_\_\_% of your calories in the first two meals.
3. Have a \_\_\_\_\_ for dinner.

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4. Drink plenty of \_\_\_\_\_ .
  5. Consume \_\_\_\_\_ of fruits and vegetables each day.
  6. Eat a handful of \_\_\_\_\_ each day.
  7. Eliminate \_\_\_\_\_ . 20% of calories in a typical diet come from snacking.
  8. Chose \_\_\_\_\_ — wheat bread, whole grains, brown rice, wheat pasta, etc.
  9. \_\_\_\_\_ sugar-filled beverages.
  10. Eat \_\_\_\_\_ legumes.
  11. Learn to \_\_\_\_\_ food labels.

**E** = \_\_\_\_\_

Regular exercise lowers our risk of many \_\_\_\_\_ .

**W** = \_\_\_\_\_

You should drink \_\_\_\_\_ cups of water each day.

**S** = \_\_\_\_\_

**T** = \_\_\_\_\_

**A** = \_\_\_\_\_

**R** = \_\_\_\_\_

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Without adequate sleep, you are \_\_\_\_\_ more likely to become sick.

**T** = \_\_\_\_\_

A study showed that regular church attendees are more likely to:

1. Stop \_\_\_\_\_ .
2. \_\_\_\_\_ physical activity.
3. Become more \_\_\_\_\_ .
4. \_\_\_\_\_ married.

### Life Group

1. What is one change that you want to make in your diet?
  
  
  
  
  
  
  
  
  
  
2. What is one good decision that you want to make regarding your physical fitness?
  
  
  
  
  
  
  
  
  
  
3. What part of the NEWSTART acronym spoke to your heart the most?

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## Homework

Begin to apply the NEWSTART principles to your life. Continue to read your Bible, spend time in prayer, and go to church so that you can experience community.

## Notes and Action Points