

HEALTHY LIVING

A NEWSLETTER OF RCCGNA DEPARTMENT OF HEALTH AND NUTRITION



HEALTHY TIPS FOR CONVENTION

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. 3 John 1:2 (KJV)

The Redeemed Christian Church of God, Department of Health welcomes you to convention 2011. The Unshakeable God will uproot and shake off everything that is threatening your health and well being. All that stands between you and optimal health will receive a divine shaking. Every unpleasant circumstances and situations will receive a shaking. Sickness and diseases that followed you to this convention will be uprooted by the God whose name is Jehovah Rapha. Health is the state of physical and total well being of your body, mind and soul. Physical health is the state of your body. This can be improved by getting plenty of exercise, rest, connection to the healing power in the word of God, and adequate sleep.

Mental health is the state of your mind, and the way you express your feelings. You can improve your mental health by fixing your mind on Jesus and keeping

your mind sharp. In Philippians 2:4-5 (KJV), bible says... Look not every man on his own things, but every man also on the things of others. [5] Let this mind be in you, which was also in Christ Jesus:

The mind of Christ is the only mindset that enables you to conquer anxiety, depression and discouragements. You can improve your emotional health by learning to express feelings in healthful

social health by using table manners and treating others with respect. Maintaining the character of Christ, as you interact with people at all times.

Please take full responsibility to get high on your health. How? By choosing and adopting a healthy behavior, an action that increases the level of health for you and others. By avoiding risky behaviors, an action that can be harmful to you and others. By practicing life skills for health. This is a healthful action you learn and practice for the rest of your life. By purposing on achieving a high level wellness, this is the highest level of health you can reach. By imbibing a health knowledge, an awareness of facts about health.

Health knowledge is an awareness of health facts, that enables you to tell the



ways. Appropriating the word of God to your life will also diffuse the negative thoughts in your heart.

Social health is the state of your relationship with others. You can improve

difference between healthful behaviors and risk behaviors. It also enables you to know the risk situations that you must avoid. Unhealthy habits can jeopardize your

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RCCGNA Department of Health and Nutrition in conjunction with African Missions North America and Mercy Ministries are seeking medical personnel to volunteer for Medical mission to South Africa.

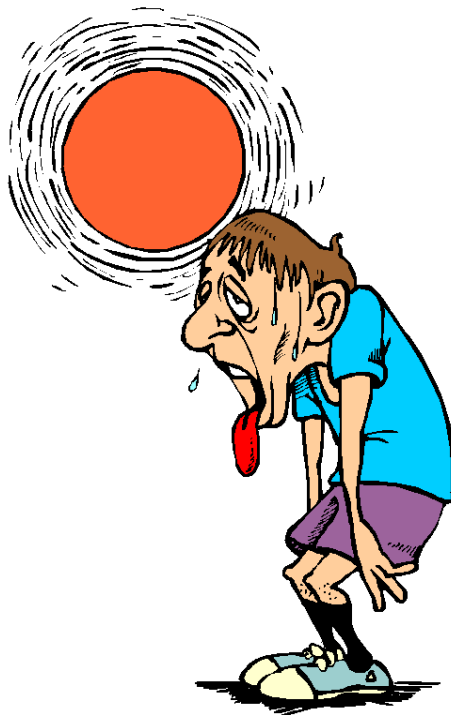
All interested Medical Personnel should please contact Pastor Toyin Laoye 973 672 8888 or Pastor Abby Daramola 301 588 8180

health. For example...whereas exercise is a healthy behavior that improves heart and Lung functions. It promotes mental and emotional relaxation and overall improvement in health. Smoking, cigarette or sniffing cocaine is a risk behavior. It is an unhealthy habit that damages lung cells and raises heart disease rate. It also increases the chance of cancer, severe depression and it harms many areas of health.

Therefore as you attend this convention, I challenge you to get high on your health, when you do, you are bound to enjoy life to its fullest. You will be operating at your best and you will reach your full potential, physically, spiritually and financially.

HEALTHY TIPS FOR OPTIMAL HEALTH DURING THE CONVENTION.

Because of the extremely hot weather experienced during the summertime, people can suffer from heat related illness when their bodies are unable to compensate and properly cool themselves. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. This is not a normal condition for the organs in the body to thrive. Very high body temperatures may damage the brain or other vital organs.



Delegates to RCGNA convention during the hot weather should note that it is important to take necessary precautions against heat related illness and discomfort. Illness can stem from heat exhaustion or heat stroke, as well as food borne illnesses because of inappropriate



handling of food.

The following tips can help to protect you during hot weather. These are not a substitute for medical care, but may help you recognize and respond promptly to warning signs of trouble.

TIPS FOR STAYING COOL.



1. Drink plenty of cool, water or non-alcoholic beverages to increase your fluid intake regardless of your activity level. Hydrate yourself even when you are

not thirsty.

2. Avoid liquids that have caffeine or lots of sugar because they will speed up fluid loss.

3. Stay in air conditioned areas to cool off occasionally.

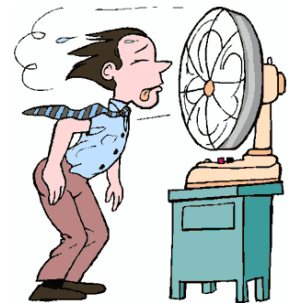
4. If you feel very hot, cool off by taking a cool bath or shower.

5. Wear lightweight, light colored, loose fitting clothing, such as cotton, so sweat can evaporate.

6. Avoid staying in closed parked cars during hot weather.

7. Do not bundle babies in blankets or heavy clothing. Infants do not tolerate heat well, because their sweat glands are not fully developed.

8. Wear a hat or use an umbrella because your head absorbs heat easily.



However, because this is a religious gathering and a lot of prayers have gone into the preparation, there will be no casualty in Jesus name.

Instead, be ready to leave the convention with loads of blessings and miracles. Be blessed.