

How to Maintain Your Balance, Independence & Joy as You Age!

“Nuggets to Remember”



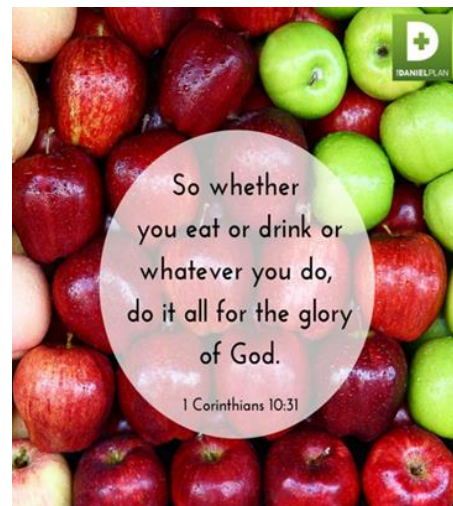
It's not the Age, it's the Attitude!

Use it or Lose it!

The JOY of the LORD is your Strength! Nehemiah 8:10

How we take care of ourselves, physically & mentally, can be a testimony to our commitment to our Lord Jesus Christ!

You are what you eat...your body is a temple, not a trash can!



Today is the day the Lord has made; let us rejoice and be glad in it. Psalm 118:24

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your body.”

1 Corinthians 6:19-20

“Rest is RUST but....MOTION is Lotion” Orthopedic Surgeon

“A healthy lifestyle is not about the mirror; it’s about the ONE we are trying to mirror.”

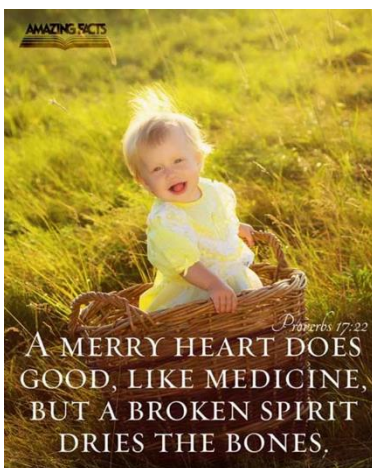
“Life is not about our body but our health is a means of praise to our Heavenly Father.” Jimmy Pena, author of PrayFit

I can do all things through Christ who strengthens me.”
Philippians 4:13

“No test or temptation that comes your way is beyond the course of what others have had to face. All you need to remember is that God will never let you down; he’ll never let you be pushed past your limit; he’ll always be there to help you come through it.”
1 Corinthians 10:13/The Message

**Never too late to start improving your health!
Age is a limitation of your mind! Just do it for GOD!**

“Be joyful always; pray continually; give thanks in all circumstances, for this is God’s will for you in Christ Jesus.”
1 Thessalonians 5:16



“God created it.
Jesus died for it.
The Spirit lives in it.
I’d better take care of it.”

Pastor Rick Warren



Remember.....It's NEVER too late to start!