



Christian Health Forums

"Restoring The Balance"
Improving Physical, Mental, and Spiritual Health

Dare To Be A Healthy Christian

Acts 20:7-10

The Christian Church has been lulled to sleep by the current American culture of self destructive health behaviors. Christians are dying a self induced death of obesity, diabetes, stroke, and heart disease. But, there is still life present. Christians have an Almighty God who can overcome any human weakness, the Holy Spirit as the guiding force in their lives, and the power of prayer which can keep them connected to God. Only by utilizing these Christian principles can the current plague of poor health be overcome.

Dare To Be A Healthy Christian is a church based health program focusing on 4 proven Health Principles.

1. Do Not Smoke.
2. Maintain a BMI<30.
3. Exercise 150 minutes/week. (30 minutes 5 days a week of some form of aerobic exercise)
4. Eat 5 servings of fruits or vegetables daily.

Currently it is estimated that only 8% of Americans practice all 4 of these health habits which offer a reduction in overall mortality, heart disease, diabetes, hypertension, stroke, congestive heart failure, and cancer. The overall goal is to advance these principles within each church and within 1 year have over 50% of individual church members practicing all 4 habits, thereby dramatically improving the overall health of the Nation. Also, by linking these health habits to Christian beliefs the informed, inspired, and supported Christian Church will be able to sustain these health changes where the rest of society has failed.

Project Structure:

Dare To Be A Healthy Christian Presentation - A 40 minute DVD presentation introducing the case for why good health is important in the Christian community and offering guidance on how to start improving the health of church members. This can be shown and discussed on a Wednesday or Sunday night, or in Sunday School classes.

Dare To Be A Healthy Christian Health Guide - A one month program consisting of 4 one week lessons focusing each week on one of the 4 Principles of Healthy Living. Each week will start with a Hope and Healing Healthnote detailing practical medical advice about how to incorporate each principle into daily life. The weekly program includes daily devotional readings featuring all of the New Testament scripture verses which reference the Holy Spirit. These writings will challenge Christians to trust in and use the power of the Holy Spirit to do what the rest of the world cannot do - change their health habits from those of destruction to regeneration, from death to life, from darkness to Light, from a life conformed by this world to a life transformed by Jesus.

Surveys - Group participants will be anonymously surveyed on the frequency of following the 4 Principles along with the presence of individual diseases (diabetes, high blood pressure, high cholesterol, heart disease). This information should be mailed back to Christian Health Forums where it will be analyzed and compared to National Standards. A summary sheet with recommendations about each church's health will be sent to the **Dare Leader** for distribution within the church.

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