

# WHO'S COUNTING?

HEALTHY TEMPLES | WEEK 2  
PASTOR DANNY ANDERSON

Your health is a \_\_\_\_\_ issue.

God dwells \_\_\_\_\_ of you 24/7.

Don't you realize that your body is the **temple** of the **Holy Spirit**, who lives **in you** and was given to you by God? *1 Corinthians 6:19*

You do not **belong** to yourself, for God bought you with a high price. So you must **honor** God with your body. *1 Corinthians 6:20*

Your health is necessary to \_\_\_\_\_ all that God has planned for you.

For we are God's **masterpiece**. He has created us anew in Christ Jesus, so we can do the **good things** he **planned** for us long ago. *Ephesians 2:10*

*"As a doctor, it is heartbreaking to lose just one patient to a preventable disease or injury - and it is that much more poignant as the director of the nation's public health agency to know that far more than a hundred thousand deaths each year are preventable."* - Tom Frieden, MD, MPH

1. Count the number of minutes you \_\_\_\_\_ daily.

*"As a general goal, aim for at least \_\_\_\_\_ minutes of moderate physical activity every day."* - Mayo Clinic

*"The number one predictor of death is low cardiorespiratory fitness."*  
Dr. Steve Blair

2. Count the number of ounces of \_\_\_\_\_ you drink.

\_\_\_\_\_ % of your body is water.

To be safe, drink \_\_\_\_\_ - \_\_\_\_\_ ounces daily.

*"The results suggest that proper hydration may slow down aging and prolong a disease-free life."* - Natalia Dmitrieva

3. Count the number of \_\_\_\_\_ you consume daily.

It takes \_\_\_\_\_ to make energy.

Take in \_\_\_\_\_ calories than you burn.

To maintain: Current weight x 12/13

To lose: Current weight x 10

How healthy are you? [1-10]

\_\_\_\_\_



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