



A New You In The New Year!

10...9...8...7...6...5...4...3...2...1...**HAPPY NEW YEAR!!!**

As women, so many of our New Year's resolutions have to do with the care and maintenance of our bodies. We often vow to loss weight, to eat healthier, and to exercise more. And we start out with such good intentions—hey, even great intentions! Yet sometime before January has turned into February, the resolution we were so passionately pursuing at first has faded into the background of day-to-day life.

The reason our resolutions fail to become resolute is because we often begin our “health pursuit” at a great disadvantage. You see when we seek wellness solely for *temporal* reasons (to look great or feel better) we will usually get *temporary* results. But if we pursue our renewed health for spiritual gain, then long term success is more likely to be had. Here's how you and I can start off on the *right* foot:

The right motivation:

Your physical body is the temple of the Holy Spirit, and a gift from God—similar to your finances, your children, and your talents. Honoring God by improving the care and maintenance of your temple is not only an act of good stewardship; it is also an act of worship as well (Mark 12:30). By pursuing a healthier you, you are pledging that as far as it depends upon you—you will obtain and maintain a body which allows you to live long and serve strong as God's hands and feet—well into your golden years.

The right information:

Before you begin your transformation or attempt your tune up, it is a good idea to know the present “health state” of your body—specifically your body mass index (BMI) and your waist circumference. Your BMI is a measurement calculation which takes into account your height and weight, and your waist circumference is easily measured with a tape measure run round your midsection at the height of your belly button. Together these two pieces of information can tell you what your present risk status is regarding diseases related to overweight or obesity, such as diabetes, heart disease, and breast cancer to name a few. To learn your BMI and your associated health risk status, simply visit my website: **www.LisaMorrone.com**

and click on **Free Resources/ BMI Calculator**, plug in a few numbers, and voilà—you will be in the know!

The right preparation:

In all honesty, the reason a New Year's resolution of this sort must be put into practice is because we have either abused or neglected the gift that is our body. I believe our first response to this acknowledgment should be to repent and ask God for forgiveness. Once we have done that, we need to get empowered for the road ahead. This comes from asking the Lord for *His power* for success (no more relying on Mr. Will Power—whoever *he* is!). The second part of preparation is to define a “ways and means” protocol that will move you towards where you want to be. In other words, be specific as to the method(s) you will use to achieve your goal. Get counsel if you lack wisdom. Plan ahead and you will be rightly prepared.

The right dedication:

Health is a journey, not a destination. It is a life-long pursuit and practice. Better “practice” today than yesterday is a victory for you and for the Kingdom of God. Adopt changes, habits, and lifestyles that you can live with. Slow and steady wins the race (the one Scripture says is “marked out for us”). And when (not if) you backslide, repent quickly, forgive yourself, and continue on. Health is one good choice at a time, one day at a time.

The right communication:

In the book of Ecclesiastes, King Solomon writes that “a three strand cord is not easily broken”. In terms of renewing your health, those three strands are you, a support system, and Jesus. If you try to go it alone and keep your new pursuit to yourself, success will likely elude you. By staying in communication with your Savior and a supportive friend, family member, or even a group of people with similar goals, you will have both a cheerleading section and a renewable energy source—and that, my friend, is a winning combination!

New Year's resolutions can become *New Life Resolutions*—the difference is in the way you approach them. Let's you and I seek to age well so we can live long and serve strong!