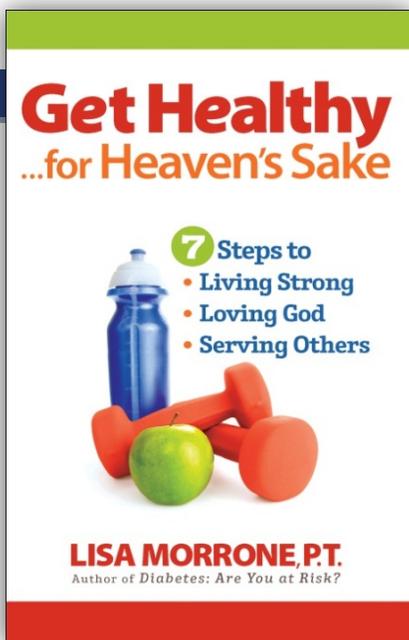


# The Surprising Health Fact ...You Don't Know



What's the key to living a long and healthy life? "Eat right and exercise," right? Actually, that's only partially true. In fact, *sleep* is the number one predictor of longevity—even beyond obesity. Yet 74% of Americans regularly get less than 7 hours of sleep per night, which decreases their lifespan and increases their risk of illness, disease, and disability.

There are actually six key components to wellness, as revealed by Lisa Morrone, PT in her latest book release, *Get Healthy...For Heaven's Sake!* If that number sounds intimidating, you can relax, because Morrone says pursuing a healthy lifestyle isn't a matter of counting calories and following rules. Lisa offers practical, "can-do" advice that makes

healthful living much less complicated and far less time consuming.

"The goal of better health is not about squeezing into your skinny jeans. I've written this book to improve the longevity and quality of the lives of Christians—for the specific purpose of improving and extending their ability to serve the Lord," says Morrone. "I want the reader to understand that caring for one's physical and mental well-being is an act of *worship* as well as a *sacrifice of praise*." Recognizing that *willpower* isn't enough, she directs us to trust in *God's will* and the *Holy Spirit's power* as we seek to make healthy lifestyle changes that will stand the test of time.

## SIX COMPONENTS TO BETTER HEALTH

1. Adequate sleep and rest
2. Healthy body weight
3. Sound nutrition
4. Good posture
5. Sufficient strength and flexibility
6. A well "fertilized" brain

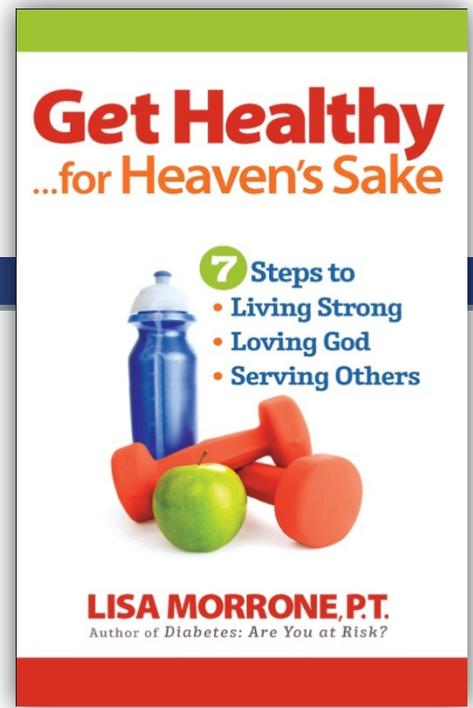


**Lisa Morrone** is a physical therapist, author, professor, and speaker. Lisa has been a guest on *The 700 Club* and a *Time for Hope* television programs and dozens of national and international radio programs. In addition, she is the president and founder of Restoring Your Temple, LLC. Her message of healing has been developed through 20+ years of experience in the field of orthopedic physical rehabilitation. The author of five health books, including, *Overcoming Back and Neck Pain* and *Overcoming Headaches and Migraines*, Morrone graduated her university PT training magna cum laude and now practices in New York State.



# INTERVIEW QUESTIONS

1. Most Christians know that their bodies are a temple of the Holy Spirit—so why do we believers find it so difficult to live healthy lifestyles?
2. You suggest that people can restore their health by using the same seven steps that Nehemiah used in rebuilding the wall around Jerusalem. What are those steps and how do we apply them to rebuilding our temple-bodies?
3. You talk about “walls” and “gates” as they pertain to restoring and maintaining physical wellness. How exactly do these two elements relate to our health?
4. Once we gain the correct spiritual and emotional mindset, what areas of our health do we need to restore and protect?
5. You are emphatic when you say we *need* 7-8 hours sleep per night. Why is that so critical?
6. So many people have experienced yo-yo dieting and weight loss. You say there is a poorly-acknowledged reason for failed long- term weight management— and it has nothing to do with food. Can you explain?
7. Give us some tips on effective weight loss.
8. What are some power foods that everyone should incorporate into meal plans?
9. How can we protect ourselves from the wear and tear that takes place in our bones, discs and muscles?
10. When it comes to the importance of exercise, do you have any suggestions for those of us whose lives are already jam-packed?
11. Most people in their 40s and 50s will tell you their mind just isn't what it used to be! How can we protect our brains from dulling down, and is there a way to protect ourselves from falling victim to dementia as we grow older?
12. What should a listener do who wants to make that first step toward being healthy?



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