

## ***Health, Exercise, and Nutrition***

### **Introduction**

The apostle Paul reminded the Corinthian church of something very important: the human body is a temple of the Holy Spirit (1 Cor. 6:19). As such, we are to take good care of our bodies. God Himself handcrafted our frames while we were still in our mother's wombs, and so it is our duty to look after ourselves (Ps. 139:13-14). Indeed, as with everything He has given us, we must exercise good stewardship of our bodies and treat them as a precious gift from God.

There are several aspects of proper care for our bodies. Health, exercise, and nutrition, among other things, are vital to properly maintain the human body. While it is wrong to become *obsessed* with our bodies, it is also a great mistake to be *negligent* with our physical well-being. It is important for those desiring to live the forerunner lifestyle to pay attention to their physical condition.

It is helpful to have regular checkups with a physician. There is wisdom in seeking medical expertise, in order to be as strong and healthy as we can.

### **Regular Exercise**

God set Adam in the garden of Eden to "tend it and keep it," or to work it (Gen. 2:15). Through Adam's work, his body was regularly exercised. Our bodies need regular work or exercise to have healthy systems, such as our cardiovascular system. It is unanimously accepted in the medical world that exercise is a key component of our basic health. Doctors advise at least thirty minutes of physical activity a day. We encourage our staff to include regular exercise as part of their lifestyle.

### **Nutrition**

The foods we eat directly affect our health. Or, as the old cliché says: "You are what you eat." We encourage our staff to become aware of standard nutritional requirements.

According to the USDA's Food Pyramid ([usda.gov](http://usda.gov)), three ounces of grains are needed per day, along with two to three servings of vegetables, two to four servings of fruit, three cups of dairy products, three to five servings of protein, and a small amount of fats/oils. As a very basic standard, these health guidelines should be observed in order to maintain nutritional balance. It should be noted that a typical fast food meal far exceeds the fat/oil limit set by the USDA, putting your body at risk for high cholesterol and liver problems, among other things.

### **Basic Care for Minors and Infants**

We recommend regular pediatric checkups for children. In addition, parents should pay close attention to their child's nutritional balance, as studies show a distinct link between adult disease and childhood nutrition. How your child is nurtured will directly affect his or her adult health. The International House of Prayer (IHOPKC) strongly discourages minors from fasting food, but suggests that they forego other legitimate aspects of life, such as social networking or other activities.

Specific notes for infant health include:

- A young child's eyes can be damaged by sitting too close to a television. It is advised that an infant be placed at least three and a half feet from the television as a safety precaution.
- An infant may undergo severe pain and/or long-term eardrum damage from high decibel levels of 70 dB and up (see [dangerousdecibels.org](http://dangerousdecibels.org)). As a general rule of thumb, if you can't easily talk over the sound, it's too loud for your infant's ears (see [babycenter.com](http://babycenter.com)).