

THE DAILY BASICS

YOUR BODY IS MARVELOUSLY MADE, AND MIGHT CONTINUE TO FUNCTION PRETTY WELL EVEN THROUGH GREAT AMOUNTS OF ABUSE. BUT SOONER OR LATER, IT RUNS OUT OF WHAT IT NEEDS TO MAKE REPAIRS, AND EVENTUALLY THINGS WILL "BREAK" IRREPARABLY IF YOU DON'T LEARN HOW TO CARE FOR IT.



123 ... 124 ... 125

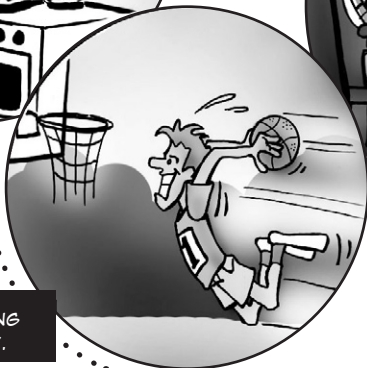


TAKING CARE OF YOUR BODY DOESN'T MEAN THAT YOU NEED TO BECOME A FITNESS GURU OR SPEND UNREALISTIC, LONG HOURS AT THE GYM. IT'S MAKING SURE THAT YOU TAKE CARE OF THE BASICS, THE THINGS WHICH YOU SHOULD TRY TO DO DAILY, SUCH AS:

* EATING HEALTHILY.



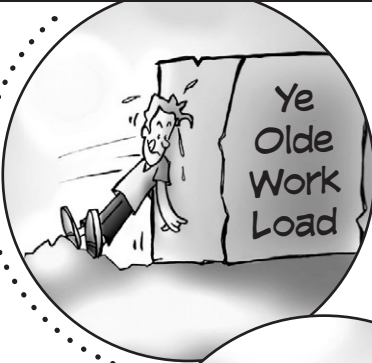
* EXERCISING REGULARLY.



* SLEEPING ENOUGH (ACCORDING TO WHAT YOUR BODY NEEDS).



* MINIMIZING STRESS, WORRY, FEAR, AND NEGATIVE EMOTIONS WHICH CAN AFFECT YOUR PHYSICAL BODY AND TEAR DOWN YOUR DEFENSES.



* LIVING A LIFE THAT'S AS BALANCED AS POSSIBLE, KNOWING WHEN TO WORK HARD AND WHEN TO REST.



Time to exercise!



IT HELPS TO ALSO WORK TOWARD A HEALTHY CHARACTER, AND THIS IS DONE BY THINGS LIKE SHOWING LOVE, GIVING UNSELFISHLY, AND MAINTAINING FAITH AND HAPPINESS AND JOY.

FINDING TIME MAY BE A FACTOR FOR YOU, BUT THERE IS TIME FOR THE THINGS WHICH ARE IMPORTANT, AND HEALTHY LIVING IS IMPORTANT.



IF YOU'RE STUCK AND AREN'T SURE HOW TO GET STARTED, ASK AROUND FOR ADVICE FROM OTHERS WHO ARE TAKING GOOD CARE OF THEIR BODIES. YOU CAN ALSO ASK JESUS TO GIVE YOU A FEW IDEAS. HE'S VERY INTERESTED IN YOUR HEALTH AND FUTURE, SO HE'LL DEFINITELY HELP YOU OUT.