



Every Journey Starts with a First Step

"Our steps are made firm by the Lord, when he delights in our way; though we stumble, we shall not fall headlong, for the Lord holds us by the hand." Psalm 37:23-24 (NRSV)

For many of us, a healthy lifestyle is often more of a vision than a reality. Sometimes making changes to our lives seems like a looming task, and it's easier to avoid changing than to start on the journey toward better health. The first step toward a healthier lifestyle doesn't have to be big. It could be as simple as taking the stairs instead of the elevator, or replacing an afternoon candy bar with a piece of fruit. Once the decision to improve health is made, start with one basic change. Every change after that will seem easier.

For additional Great Plains Health & Wellness Committee and other resources, visit <http://healthfund.org/hcresources.php> or contact your congregation's Health & Wellness liaison.

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