

HEALTH & WELLNESS BLOG

June is Men's Health Month! It is not by accident or coincidence that this is also the month that we celebrate Father's Day. According to the Word of God as it relates to the family, there is a rank structure:

1. God
2. Christ
3. Husband
4. Wife
5. Children and then others who may reside within the home.

Men, do you know that you have the power to greatly influence your family's overall health and wellbeing? In most households (not all), it is the responsibility of the wife to go grocery shopping and prepare meals. Young children imitate what they see you do! Men, you have the power to influence the holistic wellbeing: physical, mental, emotional, spiritual, environmental health, as well as the social and future financial and professional wellbeing of your children! Why? Because of your rank, your position in the family as "head of the Household" next in command under Christ! This is your position according to the Word of God and He is going to hold you accountable!

Your wife is to be "subject" to you as you are led by Christ! His desire is for you to "be in health and prosper, even as your soul prospers." Under His leadership, I encourage you to set the standard! Lead by example! Let your wife, your children see you eating more foods that are GOOD FOR YOU! After dinner, say to them, "Come on, wife; come on, kids. Let's go for a walk!" It's Summer time! Rent some bikes so you and the family can get out on the trails and ride! Have dance contests! Establish a set time for your family to settle down and prepare for sleep. Demonstrate to your family healthier ways to manage stress and anxiety.

Husband! Father! Lead by example! As the head of your household, you have the power to change how your family views health and wellbeing! We hear a lot about "leaving a legacy" for our children, but as we celebrate you this Father's Day, I challenge you to begin working towards leaving a legacy of health and overall wellbeing that will benefit you, your family, and future generations!

HAPPY FATHER'S DAY!

*Submitted by: Minister Jean Turner, RN
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**MEN'S HEALTH
MONTH**

