



## HEALTH & WELLNESS BLOG

# IT'S A FAMILY AFFAIR!



Have you ever sat back and thought about how one family member's illness affects the entire household? Not only does it affect the present, but it has the potential to affect future generations as well.

Our perspective, our health behaviors and lifestyles, influence our children who grow up inheriting, if you will, the behaviors and values instilled in them. These behaviors, in turn, affect the entire being: Body, Mind, and Spirit.

According to the Word of God, there is a rank structure within the family: God, Jesus, Man (the husband), Woman (the wife), Children and others within the home. With that said, men have the power to greatly influence family health behaviors and lifestyle. Wives are to submit to the husband's leadership (as the husband submits to God.) Children imitate their parents in word and actions.

This is the month of new beginnings (the 8th month of the year; the spiritual meaning of the number 8 is new beginning.) It's never too late to start over, to begin again! We are the first defense against health disparities. Men, seek God's guidance as to how He would have you to go forward based on the current health status of those in your household. The Word of God gives instruction for taking care of our bodies, the temple of the Holy Spirit. Seek ways you can positively influence your family's well-being: Body, Mind, and Spirit as you strive to make health a lifestyle. Remember: healthy families = healthy communities.

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