Sustainable Leadership Life

3 Your Physical Wellbeing

GROW A HEALTHY CHURCH

Your health matters

GROW A HEALTHY CHURCH

Exercise

GROW A HEALTHY CHURCH

Sleep

GROW A HEALTHY CHURCH

Diet

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Stand up desk

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Next Steps

GROW A HEALTHY CHURCH

Get moving

Reset your sleep patterns

GROW A HEALTHY CHURCH

Give up sugar for 7 days

GROW A HEALTHY CHURCH

Research a stand up desk

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