

South Pacific Division Strategy: Comprehensive Health Ministry



“Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases...” Psalm 103:2-3 (NIV)

In December 2004 smoking was finally banned in all enclosed spaces, as research showed that three cigarettes a day could reduce one’s life span by 10 years. Now sitting is the new smoking.

The latest research shows that extended sitting without regular daily exercise could bring on an early death, especially to the 94% of inactive women who fit into this category, compared to 48% of inactive men in Australia.

Sitting or lying down for too long increases your risk of chronic health problems, such as obesity, heart disease, diabetes, hypertension, stroke and cancers.

Too much sitting can also be bad for your mental health. The risk of both anxiety and depression is higher in people that sit more.

Sitting is the new smoking. The focus for our health week in 2019 is on regular exercise, which aims to encourage everyone to be more active every day. In this context we promote to you the Complete Health Improvement Program (CHIP), Depression Recovery and the Live More Project as programs that focus on the importance of exercise and other important interventional strategies in reversing chronic disease and depression. If you want to live well and retire well, then you must reduce your sitting time.

Appeal

Your offering today will enable us to build on the resources that are desperately needed for promoting health, lifestyle and behaviour changes for better health.

Prayer

Dear God, You are the great healer, and we thank You for the gift of our bodies that we can use for ministry. Amen.

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