

THE BALM
IN GILEAD
INC.

Sunday Morning

HEALTH CORNER



Faith + Fitness + Fall: Steps Toward Better Health in the Fall Season

Staying healthy and rooted in faith during Autumn involves aligning physical wellness with spiritual rest. Nourish your body with seasonal superfoods like squash and apples, and use cooler mornings for outdoor walks. Spiritually, lean into the season's natural rhythm of letting go and trusting God's provisions.

Fall into Healthy Habits

Fall is the time of year where, as the leaves begin to change, so do our routines. Between the rhythm of the school year, social gatherings, and preparing for the holidays, it's easy to get sidetracked and put our physical, mental, and spiritual health on the back burner. When we talk about spiritual growth, we often think of prayer, reading scripture and seeking God's purpose for our lives. But what about physical health—fitness, rest, nutrition and movement?

Our bodies matter to God in their entirety—not just as a vessel. He created us with intentionality, and calls us to steward every area of life—including our physical health—with purpose.

Fun, Active Fall Activities

There are lots of ways to combine faith, fitness, food and fun with your family this Fall.

- Visit an Apple Orchard
- Visit Your Local Farmer's Market
- An Outdoor Movie Night Under the Stars
- Host a Fall-Themed Family Game Night
- Visit a Pumpkin Patch
- Attend a Fall Festival
- Go on a Nature Walk
- Host a Seasonal Dinner
- Take a Family Bike Ride

Building Healthy Habits That Honor God

Prioritize Fitness: Your body is your temple. Keep it strong and healthy by building a fitness routine that works for you.

Build Discipline: Consistency in our physical life often mirrors consistency in our spiritual walk. Small, intentional decisions lead to lasting healthy habits.

Honor Rest & Recovery: Taking care of your body includes giving it time to heal and recharge.

Embrace the Harvest: Fall brings an abundance of seasonal foods like pumpkin, apples, and sweet potatoes. Let the comforting flavors of fall help you taste God's goodness.

Enjoy the Outdoors: Comfortable temperatures and stunning scenery make Fall the ideal time to get outside and explore God's creation.



The mission of **The Balm In Gilead, Inc.** is to improve the health of individuals who are most at risk for chronic and acute diseases by supporting faith and community organizations in areas that mobilize and strengthen their capacity to increase awareness in areas of prevention, treatment and access to care through education, programming and advocacy. Learn more at balmingilead.org.

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