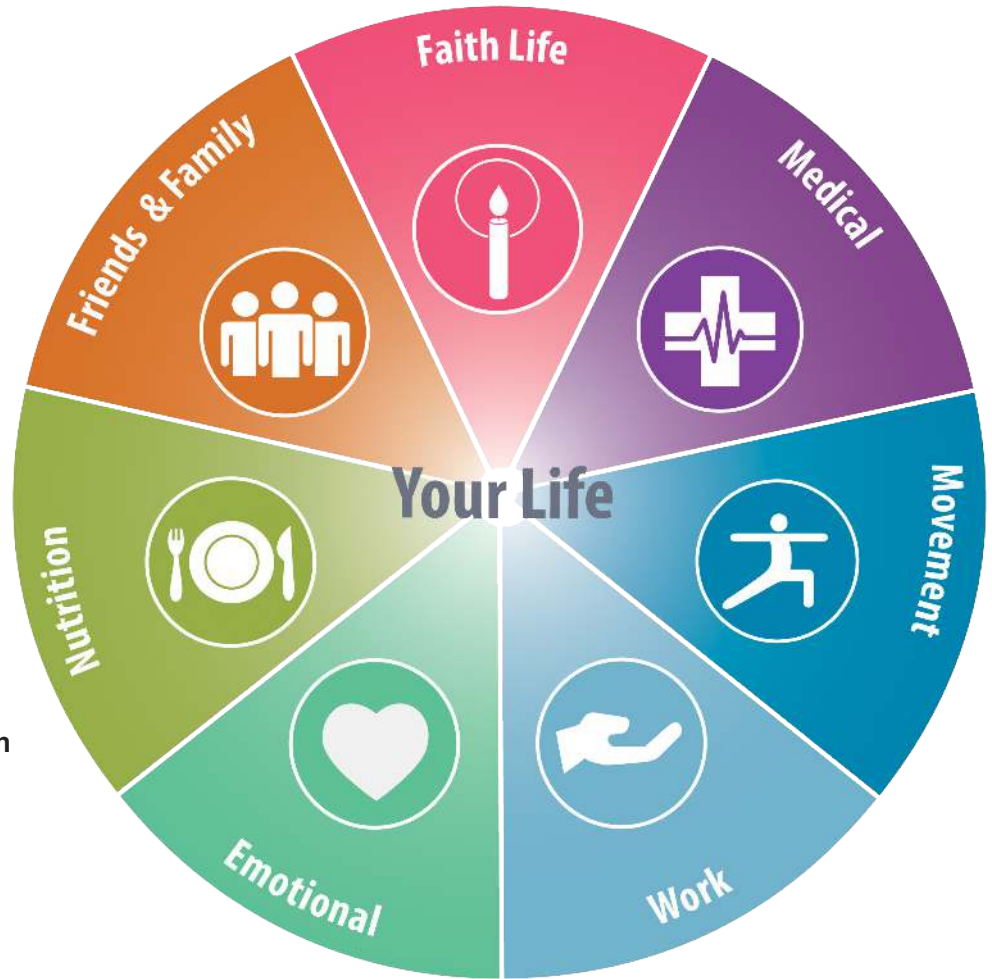


# Model for Healthy Living

The Model for Healthy Living is a tool that shows us the interconnectedness of life by focusing on seven key dimensions.

No one dimension is more important than any other. When we pay attention to all these aspects, we find a life of health as a whole.

Learning to cook well is an important path to be well, but the greatest benefit comes from understanding how nutrition fits into whole life balance. The Model for Healthy Living can help us with daily reminders.



## Faith Life

Building a relationship with God, your neighbors, and yourself.

## Medical

Partnering with your healthcare provider to manage your medical care.

## Movement

Discovering ways to enjoy physical activity.

## Work

Appreciating your skills, talents, and gifts.

## Emotional

Managing stress and understanding your feelings to better care for yourself.

## Nutrition

Making smart food choices and developing healthy eating habits.

## Friends & Family

Giving and receiving support through relationships.

