

# The Model for Healthy Living

The Model for Healthy Living is a tool to help you take charge of your own health, and it reflects that true wellness is not just about our bodies but about the interconnectedness of body, mind, and spirit in all the ways that we live. We use this model of care in our clinics and provide robust resources to help you live a healthy and well-balanced life.



Church Health  
care for one another



## Faith Life

Building a relationship with God, your neighbors and yourself.



## Movement

Discovering ways to enjoy physical activity.



## Emotional

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



## Medical

Partnering with your health care provider to manage your medical care.



## Work

Appreciating your skills, talents and gifts.



## Nutrition

Making smart food choices and developing healthy eating habits.



## Family & Friends

Giving and receiving support through relationships.



To learn more and find additional resources, visit [ChurchHealth.org/mhl](https://ChurchHealth.org/mhl)



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