



MY GUIDE TO
**HEALTHY
HOLIDAYS**



Seventh-day Adventist Church
NORTH AMERICAN DIVISION

HEALTH MINISTRIES

1

The first step to help you enjoy a healthy holiday is to **PLAN** ahead for how you will stick to healthy choices.



QUESTIONS TO ASK YOURSELF

- If I allow myself a small holiday treat each day, will I be able to resist the urge to overindulge?
- How will I stick to a healthy sleep schedule?
- Who will be my accountability partner? How will I empower them to help me choose wisely?
- When and for how long will I exercise? How many times a week?
- How do I want to feel about myself during and after the holidays? What will help me keep a positive outlook?
- How will I prioritize my time with God?

FIRST STEPS

2

The next step is to **PREPARE** ahead for the challenges that are sure to come.

WRITE DOWN:

- How will I politely decline invitations to overindulge?
- What will I do if my schedule gets out of control or overwhelming? How will I prioritize tasks & responsibilities.
- If conversations during the holidays turn negative, what will I do to keep my mind on positive things? Will I try to change the conversation? If so, how?
- Do I need a professional coach or therapist to help see me through the holidays?

3

Finally, keep in mind your priorities for the season, be generous with yourself and others, and remember the reason for the season.

REPEAT THIS PRAYER:

"Take me, O Lord, as wholly Thine. I lay all my plans at Thy feet. Use me today in Thy service. Abide with me, and let all my work be wrought in Thee."

Steps to Christ, p. 70



Menu Ideas

Fill your plate with deliciously nutritious foods.
Click each photo to link to the recipe.



Holiday
Dinner Roast



Roasted Apple
& Butternut
Squash



Mashed
Cauliflower



Mean Kale Salad



Pineapple
Cranberry
Stuffing



Portobello
Mushroom
Gravy



Fruit Tart



MY EXERCISE PLAN

Getting in 15 minutes of physical activity is better than none!
Stay active throughout the day by finding excuses to get up and move. Your body was made for it!

WARM UP YOUR MUSCLES

- March in place for 2 minutes, slowly increasing how high you lift your knees.
- Use a rebounder (trampoline) for 2 minutes, slowly increasing the intensity of your jumps.
- Lift your arms above your head 10 times, swing your arms from side to side 10 times, then twist your body at your waist from side to side 10 times. Repeat the full set 2-3 times.

GET YOUR HEART GOING

- Run in place for 30 seconds, then walk for 15 seconds. Repeat 5 times.
- Do 20 jumping jacks.
- March in place for 10 seconds.
- Do 20 high kicks.
- Do 20 squats.
- Repeat the activities above.

STRENGTHEN YOUR MUSCLES

- Use dumbbells, water bottles, cans of food, or other objects you have at home for the following:
- While lying on your back, stretch your arms out to the side then bring them together above your chest. Repeat 12 times.
- Continue lying on your back, hold one dumbbell in both arms, raise your arms above your head, slowly lower them to the floor above your head, then pull back up. Repeat 12 times.
- While on your back, raise both legs straight upwards then lower slowly to the floor. Repeat 20 times, then alternate between each leg for 20 times.
- Hold a plank for at least 30 seconds.

COOL DOWN

- Walk in place for 2 minutes. Breathe deeply while you slowly raise your arms above your head.
- Put your hands on your waist as you stand up straight. Slowly bend at your waist from one side to the next. Repeat 10 times.
- While standing, raise one knee up to your chest, hold it with both arms for 5 seconds. Do the other knee, then repeat 10 times.
- Sitting on the floor with your legs straight out in front, slowly reach for your toes. Hold the stretch for 5 seconds, then repeat 10 times.
- Stand up straight and slowly bend your neck from side to side.
- Take 3 deep breaths.



Wondering if it's safe to exercise? Scan the QR code to take the PAR-Q survey.



Adventist
HealthyYOU

MADE TO MOVE CHALLENGE

Find more workouts at
[MadetoMove.org](https://www.MadetoMove.org)

For many of us, the holidays bring up grief due to memories of loved ones who we've lost or the loneliness we feel inside. These feelings should not be ignored, but rather acknowledged. Then recognize that your life is still of infinite value and see what you can do to share that good news with others. Here are some ideas to cope in healthy ways.

MERRY- LESS NIGHT

Write down happy memories of your loved one.

Visit the JoshuaProject.net website and commit to pray for a people group.

Take an online course.

Draw or paint a picture of a happy memory.

Write a book of short stories.

Wash an elderly neighbor's car or take them shopping.

Make a list of the people you care about. Pick 2 or 3 to call or email.

Create or expand your prayer journal to include people you don't know very well.

Visit an animal shelter to play with the animals or volunteer to help the staff.

Research a charitable organization or ministry that you would like to support.

Help to clean out the church or a local park.

Visit the local library and pick out a book you've never read before.

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Start learning a new language using online video tutorials or an app.

Look up friends you knew in the past and reach out to them.

Volunteer at a hospital.

Help organize a visitation group to a nursing home.

Research opportunities to go on a mission trip.

Explore a part of the city you have never before visited.

Initiate a gathering with some folks from your neighborhood or church.

Talk to a counselor or therapist.

Learn how to grow microgreens indoors.

Talk to your pastor about starting a Seasons of Grief support group. Visit SeasonsofGrief.org for details.

SEASONS
MOVING THROUGH
THE CHANGES OF
GRIEF AND LOSS



MENTAL WELLNESS SABBATH

February 3

Plan to share resources at your local church to support brain health.

HEALTH TRAINING WEEKEND

April 26-28

NAD Office, Columbia, MD

Join us to learn about an exciting new approach to ministry, and be trained as a program facilitator.

NURSES APPRECIATION SABBATH

May 4

Plan to recognize the ministry of nurses and other health professionals at your church.



GREAT EXPECTATIONS

MAKE PLANS TO BE PART OF THESE
HEALTHY EVENTS IN 2024



MADE TO MOVE 5K

October 6

Gather your church, friends, and community to participate in this virtual event.

NURSES CONFERENCE

Date & Location TBA

Join hundreds of other Adventist nurses for this inspiring and educational weekend.

RECOVERY SABBATH

December 7

Share the hope of recovery from addictions, grief, and trauma with your church and community.

Visit NADhealth.org/calendar to be informed of details about these events.



JOYOUS LIVING

While you are devising gifts for one another, I would remind you of our heavenly Friend... Jesus, the Prince of Life, gave all to bring salvation within our reach. Oh, matchless love!

Shall not our heavenly Benefactor share in the tokens of our gratitude and love? Come, brethren and sisters, come with your children, even the babes in your arms, and bring your offerings to God according to your ability. Make melody to Him in your hearts, and let His praise be upon your lips... Let us, upon the coming Christmas and New Year's festivals, not only make an offering to God of our means, but give ourselves unreservedly to Him, a living sacrifice.

Ellen G. White
Review & Herald, December 26, 1882



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NADHEALTH.ORG