

NEWSTART Principles



Living a healthy life doesn't have to be complicated. The NEWSTART principles provide a simple, practical guide to improving your overall health through everyday habits. By focusing on these eight areas, you can boost your energy, strengthen your body, and enhance your emotional well-being.

Nutrition

Think of nutrition like giving your body the right fuel. Eating balanced meals filled with fruits, vegetables, whole grains, and healthy proteins helps your body run smoothly, gives you energy, and keeps illnesses away.

Exercise

Exercise doesn't mean spending hours in a gym—it's about keeping active. Taking a daily walk, biking, or even gardening can boost your mood, strengthen your heart, and keep your body feeling young and energized.

Water

Our bodies are mostly water, so drinking plenty of it is essential. Water helps your mind stay sharp, keeps your skin clear, flushes out toxins, and boosts your energy levels throughout the day.

Sunlight

Getting sunlight every day is like charging your body's battery. Just a short amount of sunlight boosts vitamin D levels, strengthens bones, lifts your mood, and even improves your sleep at night.

Temperance

Temperance is simply moderation—enjoying good things without overdoing it and avoiding harmful habits. It helps you maintain balance, prevents disease, and keeps your mind clear and focused.

Air

Fresh air is vital. Breathing deeply outdoors increases oxygen to your brain, sharpens thinking, reduces stress, and gives your energy a noticeable boost.

Rest

Rest is more than just sleep—it's giving your body and mind time to recover. Quality rest helps you heal, improves your mood, boosts your immune system, and even enhances your memory.

Trust

Trust refers to your emotional and spiritual health, having confidence that God loves you and will take care of you. This helps reduce stress, gives you peace of mind, and encourages a positive outlook on life.

Incorporating these eight NEWSTART principles—Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, and Trust—into your daily routine can significantly transform your health. Start small, be consistent, and you'll soon discover how these simple practices lead to lasting improvements in your quality of life.