

LIVING LIFE TO THE

FULL



A man in a dark t-shirt, shorts, and a cap is captured mid-air, jumping over a rocky cliff edge. The background features a vast, hazy mountain range under a blue sky with light clouds. The scene is bathed in the warm, golden light of a sunrise or sunset.

LIVING LIFE TO THE

FULL

PHYSICALLY

‘I have come that they may have life and have it to the full.’

John 10:10

“The glory of God is a person fully alive.”

Irenaeus

PHYSICALLY

**“We don’t become more spiritual by becoming
less human.”**

Eugene Peterson

***‘Do you not know that your bodies are temples
of the Holy Spirit, who is in you, whom you
have received from God? You are not your
own; you were bought at a price. Therefore
honour God with your bodies.’***

1 Corinthians 6: 19-20

PHYSICALLY

3 Basic Principles for Living Life to the Full Physically

1. The Focus Factor

'Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.'

3 John: 2



PHYSICALLY

3 Basic Principles for Living Life to the Full Physically

- 1. The Focus Factor**
- 2. The Food and Fitness Factor**
- 3. The Friendship Factor**



PHYSICALLY

‘Two are better than one, because they have a good return for their labour: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.’

Ecclesiastes 4:9,10



PHYSICALLY

‘..not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.’

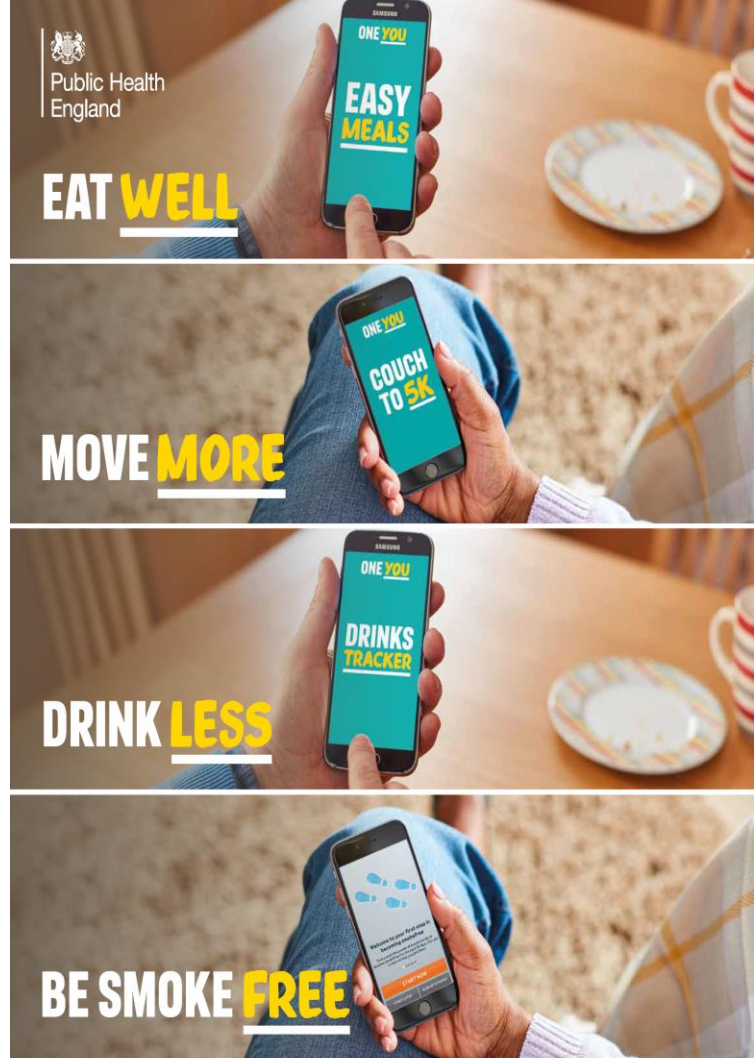
Hebrews 10: 25



PHYSICALLY

- 1. How does physical well being affect other parts of our lives (emotional, relational, spiritual, financial)?**
- 2. How do we become more physically healthy?**
- 3. How do gain and maintain more resilience to deal with adversity and stress in our lives?**

- There is a link between physical activity, preventing and managing ill health and mental wellbeing (including spiritual wellbeing)
- Food and sleep are as important to health as physical activity and we cannot live without them



BECAUSE THERE'S ONLY
ONE YOU

A healthier you at your fingertips.
Search **One You** apps.

PHYSICALLY

The Focus principle: how does physical well being affect other parts of our lives?

- Physical Exercise is important but godliness is more important (1 Timothy 4:8)

For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come

- How do we govern our physical activities, eating and sleeping to maximize our lives and souls for the Kingdom?

PHYSICALLY

The food & fitness principle: self control

- In 1 Corinthians 9 Paul says that just as an athlete practices self-control to win a perishable wreath, we should discipline our bodies and keep them under control in order to win an *imperishable wreath*: heaven
- It is important that physical health does not become an end in itself.



PHYSICALLY

Sleep in numbers



annual cost
of lost sleep
to the UK¹

around
£30bn

200,000 working days lost



in UK every year to
insufficient sleep¹



1 in every 3

people in the UK are
affected by insomnia³

Better sleep

is the biggest
single contributor
to living better⁶



We naturally feel
tired at two different
times of the day:

2pm



2am

Working **night shifts**
has about a **25-30%**
higher risk of injury
than working day shifts⁷



3.2
million **night workers**
in the UK⁵

And **1 in 9** workers
who work night shifts⁵

Health risks:



Adults who sleep fewer
than **6 hours** a night have
a **13% higher mortality**
risk than adults who sleep
at least 7 hrs¹



Adults who sleep less
than **7 hours** a day are
30% more likely to be
obese than those who
sleep for 9 hours or more⁴



Adults **need**
between

7 & 9

hours of
sleep a night²



We spend about
1/3 of our
lives sleeping

1 RAND Europe • 2 NHS Livewell • 3 NHS Choices • 4 One You • 5 TUC • 6 Sainsbury's Living Well Index • 7 IOSH

PHYSICALLY

The food and fitness principle: sleep

Remember the Sabbath day by keeping it holy. Six days you shall labour and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work...

Exodus 20: 8-11

- *Mark 4:35-41*
- *Psalms 4: 8*

PHYSICALLY

SOCIAL ISOLATION

"An objective condition determined by the number of social relationships and contacts between individuals, across groups and communities."



LONELINESS

"A subjective state based on a person's emotional perception of the number and/or quality of social connections they need, compared to what is currently being experienced."



It is possible to be socially isolated without feeling lonely, or conversely feel lonely without being socially isolated.

IMPACTS

NO =
SOCIAL
CONNECTIONS



15
A DAY

Research has shown that, in terms of negative health outcomes, **lacking social connections is comparable to smoking 15 cigarettes a day**, and has worse health outcomes than risk factors such as obesity and physical inactivity.

HELLO! THIS IS SOCIAL SERVICES. HOW CAN I HELP?

MORE FREQUENT USE OF PUBLIC SERVICES

- 1.8** times more likely to visit a GP
- 1.6** times more likely to visit A&E
- 3.5** times more likely to enter state funded residential care



INCREASED LIKELIHOOD OF DEVELOPING CERTAIN HEALTH CONDITIONS

- 3.4** times more likely to suffer depression
- 1.9** times more likely to develop dementia in the following 15 years
- 2^{TO} 3** times more likely to be physically inactive, which may result in many health conditions



INCREASED MORTALITY

Loneliness increases the likelihood of mortality by **26%**



PHYSICALLY

The friendship principle: resilience

- **One million older people in the UK can go for a whole month without speaking to a friend, neighbour or family member**
- **Hebrews 10:19-24 calls upon us to foster relationships and networks towards love and good deeds and encouraging each other**



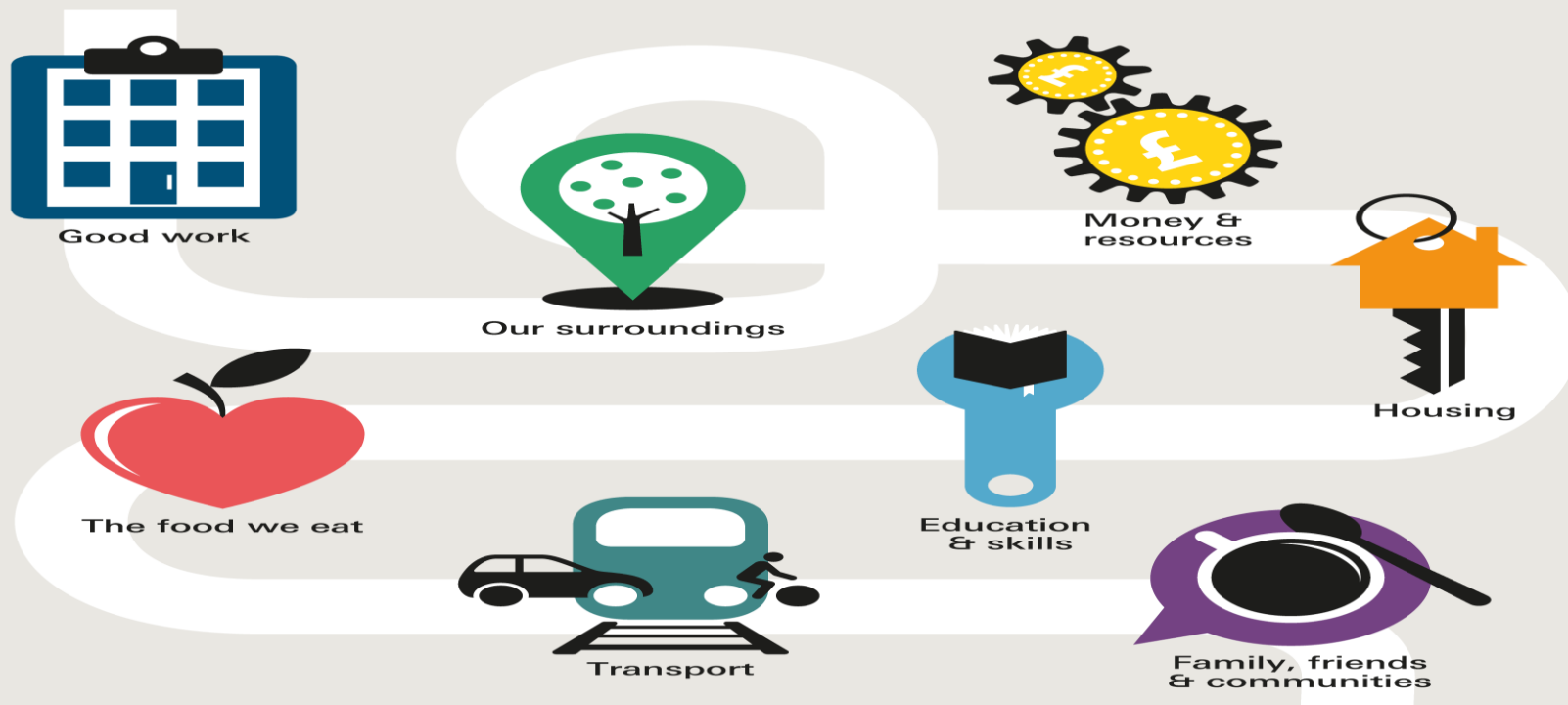
PHYSICALLY

What makes us healthy?

AS LITTLE AS

10% of a population's health and wellbeing is linked to access to health care.

We need to look at the bigger picture:



But the picture isn't the same for everyone.

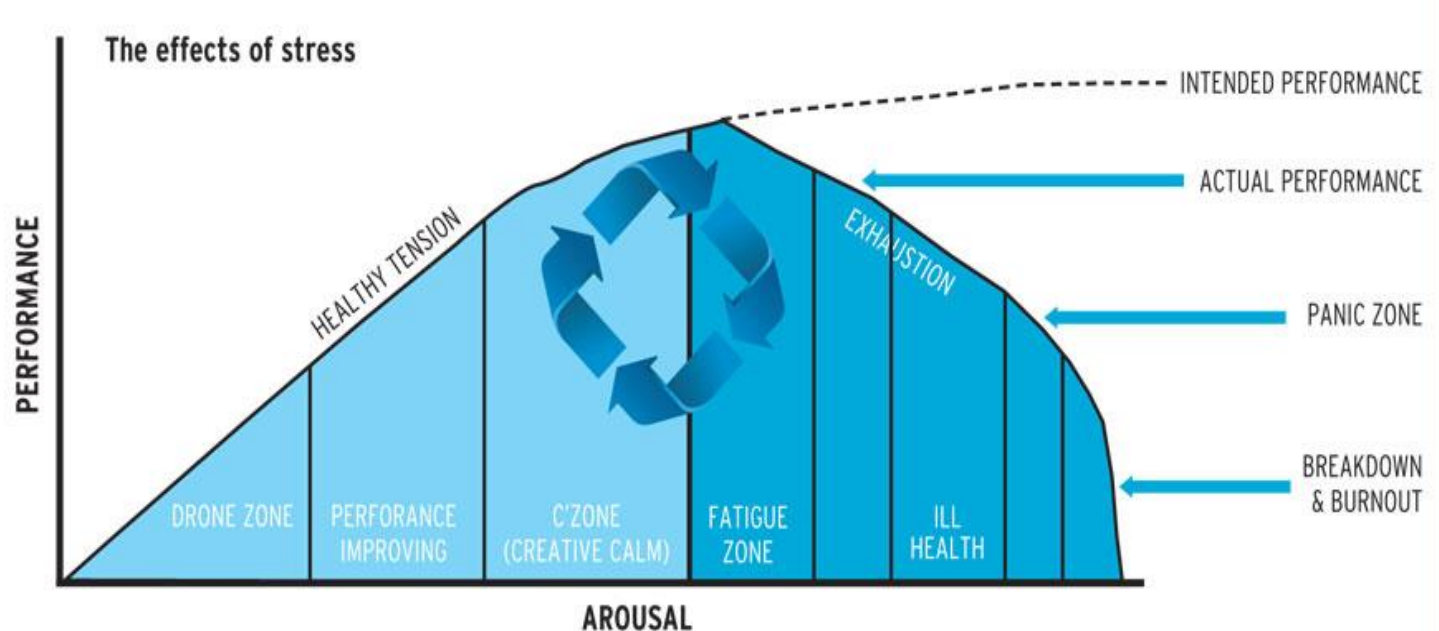
The healthy life expectancy gap between the most and least deprived areas in the UK is: **19** YEARS

The food & fitness principle: fellowship

- **Interventions focused on encouraging individuals to change their behaviour with regard to diet and physical activity need to be underpinned by broader, community based level changes**
 - **Healthy cities and communities**
 - **“Food deserts”**
 - **Unhealthy food banks**
 - **Sugar taxes**
 - **Workplace based incentives**

The friendship principle: How do we gain and maintain more resilience to deal with adversity

Resilience is the human capacity to deal with and overcome the adversities of life



PHYSICALLY

- **all sufferings that pale in comparison with the future glory awaiting believers (Romans 8:18)**
- **Jesus himself assures his followers that “in the world you have tribulation, but take courage, I have overcome the world” (John 16:33)**
- **Paul says that the secret to triumphant living under these promises is to be transformed by the constant renewing of our mind (Romans 12:2), giving the Holy Spirit the dominion over our will and action**



PHYSICALLY

The friendship principle: resilient communities

- A family or community of genuine Christ followers is naturally positioned to provide the conditions for personal and organisational resilience
- *Ephesians 4, Romans 12*



PHYSICALLY

The friendship principle: resilient communities

Evidence-based approaches to improve health reduce social exclusion and health inequalities include

- volunteering**
- peer support**
- social network approaches**



PHYSICALLY

How does physical well being affect other parts of our lives?

There is a link between physical activity, preventing and managing ill health and mental wellbeing (including spiritual wellbeing)

1 Corinthians 9



PHYSICALLY

How do we become more physically healthy?

Physical and mental health is important but godliness is more important

We need to exercise self control in our diet, physical activity, sleep and commitment to fellowship and spiritual disciplines

1 Timothy 4:8

PHYSICALLY

How do gain and maintain more resilience to deal with adversity and stress in our lives?

Remember God's promises to us and the need to be transformed by the constant renewing of our mind giving the Holy Spirit the dominion over our will and action

John 16:33, Romans 8:18, Romans 12:2

PHYSICALLY

The friendship principle: resilient communities

A family or community of genuine Christ followers is naturally positioned to provide the conditions for personal, organisational and community resilience

Ephesians 4, Romans 12



PHYSICALLY

A man in a dark t-shirt, shorts, and a cap is captured mid-air, jumping over a rocky cliff edge. The background features a vast landscape of rolling hills and a forest under a sky with soft, golden light from a low sun, suggesting a sunset or sunrise. The overall mood is one of freedom and physical activity.

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