

The steps to health and happiness are in part a spiritual path that we all travel. The Arkansas Conference of The United Methodist Church realizes the importance of this journey. It has developed a program to address the health needs of our clergy and offer valuable health and wellness resources to every Methodist in Arkansas. The Conference is proud to present Holy Healthy UMC, your path to faith based health and wellness!

So, whether you eat or drink,
or whatever you do,
do everything for the glory of God.

1 Corinthians 10:31



Are you ready to take the steps to Holy Healthy living?



HOLY Healthy UMC

STEPS TO FAITH BASED HEALTH & WELLNESS

emotional
physical
spiritual
social

To emphasize the importance of self-care for clergy, staff, and laity and to facilitate intentional health ministries for body, mind, and spirit in and through our churches.

The 7th Vision Initiative



www.holyhealthyumc.com

Holy Healthy UMC provides information, motivation and inspiration for Arkansas Methodists in their journey towards better health. It offers resources to enable and empower clergy, congregations and individuals to achieve their health goals through health ministries and self-care practices.

Steps to Better Health

Follow the Holy Healthy footsteps to guide you down the path to health and wellness. Start with Step 1 of The Vision.

STEP 1

Some helpful topics from Holy Healthy UMC

- Understanding your total health
- Manage your stressors
- Building and improving relationships
- Prayer and meditation
- Basic principles and tools for healthy eating
- Links to meal plans, menus and recipes
- Getting your family active
- Health resources for church leaders, staff & families
- WHAT'S NEW: updated articles and information



There are forms to help you assess and track your progress.

The call to health is one from God directly to you.
If you're ready to respond go to: www.holyhealthyumc.com

The screenshot shows the website's navigation menu with four main sections: **STEP 1 THE VISION**, **STEP 2 WHO ARE YOU?**, **STEP 3 HEALTHY CHANGES**, and **STEP 4 GROW HOLY HEALTHY**. The 'THE VISION' section includes a quote from the 7th Strategic Vision Initiative and a 'CLICK TO BEGIN' button. The 'WHO ARE YOU?' section lists resources for congregations, clergy, and individuals. The 'HEALTHY CHANGES' section features a 'WHAT'S NEW' badge and a 'CLICK HERE' button. The 'GROW HOLY HEALTHY' section highlights various health topics: Mental & Emotional Health, Social Health, Spiritual Health, and Physical Health. At the bottom, there is a footer with the text: 'The Vision | Who Are You? | Holy Healthy Changes | Grow Holy Healthy UMC | Mental & Emotional Health | Social Health | Physical Health | Spiritual Health | How To Use This Site | Site Map | Contact | Home'.

Holy Healthy UMC is a program of The Arkansas Conference of The United Methodist Church.