

HOLY *Healthy* UMC is a step-by-step faith based health and wellness resource for all Arkansas Methodists. The website benefits clergy, church staff, congregations and individuals and assists in building effective health ministries within the local church.



So are you ready to take the steps to Holy Healthy living?



Go to: www.holyhealthyumc.com



Forms in Holy Healthy Changes help you assess and track your progress.

- Personal Assessment Form
- Food and Stress Diaries
- Social Support Assessment
- Physical Activity Tracker and more



The United Methodist Church

emotional
physical
spiritual
social

THE STEPS TO BETTER HEALTH ARE A CLICK AWAY



HOLY *Healthy* UMC

STEPS TO FAITH BASED HEALTH & WELLNESS

Find these topics and more at 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 and families
- WHAT'S NEW: articles and information



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

