

5Fs Tips and Resources – FITNESS

Tips

Resources

- Test Your Health IQ and Fitness Knowledge. www.shapefit.com
 - What about health insurance? • <http://www.affordable-health-insurance-plans.org/>
 - Schedule periodic preventive and wellness exams. • <https://mychristiancare.org/>
 - Exercise: schedule and commit time; join a fitness center; find an accountability-workout partner. • <https://samaritanministries.org/>
 - Nutrition: commit to a healthy lifestyle including eating home more and eating out less. • The Daniel Plan by Rick Warren (one example of many resources that provide practical tips to support a healthy lifestyle)
 - Eating Yourself Sick by Dr. Joe S. Galati, MD includes an easy-to-read narrative to live a happy and healthy life.
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- God's Prescription for Health by Rick Warren https://youtu.be/ICP_XFm6EnE?t=1
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- Your Health First with Dr. Joe Galati podcast. <https://drjoegalati.com/on-the-radio/>
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- Are your food choices and lifestyle habits taking years off your life? Self-assessment. <https://drjoegalati.com/assessment-patients/>