

# The Model for Healthy Living



# Faith Life



Building a relationship with God,  
your neighbors, and yourself.

# Movement



Discovering ways to enjoy physical activity.



Partnering with your healthcare provider  
to manage your medical care.

# Work



Appreciating your skills, talents, and gifts.

# Emotional



Managing stress and understanding your feelings to better care for yourself.

# Nutrition



Making smart food choices and developing  
healthy eating habits.



Giving and receiving support through relationships.