

RESTOREDTM

Restore & Preserve Your Health

Activity Sheet

Name: _____



REST

Researchers found that sleep affects the body's response to real infection. People who only have six hours or less of sleep a night are more than _____ times more likely to catch a _____ when exposed to the virus than those who have more than _____ hours of sleep each night.

Lack of sleep also contributes to cognitive impairment, which may lead to the inability to think _____, concentrate, control _____, be productive, and have a sense of _____.

Weekly well-balanced rest is as important as daily rest. That's why God created the _____-day Sabbath.

EAT WHOLESOME FOOD

Eating a _____-based, wholesome food not only nourishes the body but can also help prevent and lower the risk of chronic _____ diseases, such as _____, _____ diseases, and _____.

A _____ plant-based diet lowers the risk of _____, cancer, and, in particular, _____ disease, while an _____ plant-based diet contributes to a higher _____ for mortality and major _____ diseases.

To produce energy and maintain structure and system, the body needs macronutrients, which comes from carbohydrates, _____, and _____.

Vitamins, minerals, and trace minerals are essential and are called _____. Antioxidants and phytochemicals can only be produced by _____, which protect our bodies from the effects of aging and diseases.



SUNSHINE

The energy produced by the Sun, called solar _____, is the _____ source of energy for planet Earth. Without the Sun, _____ will not grow, and therefore there will be no _____.

Exposure of the _____ to solar ultraviolet B (UVB) triggers the production of _____ in the body, which is important for bone health and _____, and it reduces _____ and _____ cell _____ and helps control _____.

A _____-minute brisk walk in the morning sun and allowing sunshine through the windows is beneficial for our _____ and _____ health.



TRUST IN DIVINE POWER

A study of 177 individuals in Spain diagnosed with cancer revealed that those who _____ in God and had _____ support gained a _____ impact on their affective well-being in contrast with those who _____ in God.

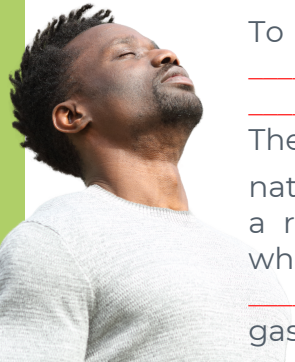
A wonderful promise is _____ to those who put their trust in the Lord and _____ Him in all their ways, in that He will direct their _____ to all aspects of _____.

OXYGEN

People can survive up to _____ weeks without food and no longer than _____ days without water. However, permanent brain damage occurs after only _____ minutes of oxygen _____.

To facilitate proper breathing, the upper _____ should be kept _____ and _____.

The best _____ to breathe is in _____ nature, such as mountains, lakes, and after a rainstorm, that is free of air pollutants, which includes _____, cigarette _____, or indoor _____ fumes from gas _____ and poor _____.



RESTRAINT / SELF-CONTROL

Achieving health involves making the _____ decisions on a _____ basis, including _____ or _____ ourselves from taking in anything that can be harmful to our bodies, whether through _____, inhalation, or _____, while using _____ that which is good.

Stimulants, such as nicotine, caffeine, and marijuana, cause the brain to work under a _____ state, leading to _____ major changes: _____ and _____.

The harmful use of alcohol accounts for _____% of all deaths worldwide, while people who smoke tobacco have a higher risk of _____ death compared to those who don't.



EXERCISE

To thrive in life, the body has to engage in _____ activity. _____ to move, the body will undergo _____ with _____ levels of movement.

Walking is a great _____ exercise as it _____ our heart rate, which then improves _____ flow and may _____ blood pressure.

Unlike high-impact physical activities, _____ walking is a moderate-intensity, _____-impact, and low-injury exercise because it does not put too much _____ and tension on the joints prone to injury.

Other benefits of exercise are _____ management and promotion of sleep _____ without the _____ effects of drugs. For maximum benefit, engage in a _____ exercise routine of at least _____ minutes.



RESTORED™



Health Ministries

Ontario Conference of
Seventh-day Adventists

adventistontario.org/ministries/health/

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DRINK WATER

Called the "_____ solvent," water makes up between 50 - _____ percent of the human body _____.

The human body utilizes water for _____ and _____ processes. Dehydration occurs when the

body _____ more water than it is supplied with. Water use in personal _____ is important for health as it helps to cleanse away dirt, _____, and _____ products from the skin.

The _____ liquid for the body is _____, _____ water. Drink between _____ to _____ glasses of water each day for good health.