

RESTOREDTM

Restore & Preserve
Your Health

Activity Sheet

ANSWER
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 **four** times more likely to catch a **cold** when exposed to the virus than those who have more than **seven** hours of sleep each night.

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

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

EAT WHOLESOME FOOD

Eating a **plant**-based, wholesome food not only nourishes the body but can also help prevent and lower the risk of chronic **lifestyle** diseases, such as **cancers**, **heart** diseases, and **strokes**.

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

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

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



SUNSHINE

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

Exposure of the **skin** to solar ultraviolet B (UVB) triggers the production of **Vitamin D3** in the body, which is important for bone health and **development**, and it reduces **inflammation** and **cancer** cell **growth** and helps control **infection**.

A **30**-minute brisk walk in the morning sun and allowing sunshine through the windows is beneficial for our **mental** and **physical** health.



TRUST IN DIVINE POWER

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

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

OXYGEN

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

To facilitate proper breathing, the upper **torso** should be kept **straight** and **upright**.

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



RESTRAINT / SELF-CONTROL

Achieving health involves making the **right** decisions on a **daily** basis, including **restraining** or **controlling** ourselves from taking in anything that can be harmful to our bodies, whether through **ingestion**, inhalation, or **injection**, while using **moderately** that which is good.

Stimulants, such as nicotine, caffeine, and marijuana, cause the brain to work under

a **forced** state, leading to **two** major changes: **neurotoxic** and **addiction**.

The harmful use of alcohol accounts for **5.3%** of all deaths worldwide, while people who smoke tobacco have a higher risk of **premature** death compared to those who don't.



EXERCISE

To thrive in life, the body has to engage in **physical** activity. **Designed** to move, the body will undergo **deterioration** with **low** levels of movement.

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

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

Other benefits of exercise are **weight** management and promotion of sleep **naturally** without the **adverse** effects of drugs. For maximum benefit, engage in a **daily** exercise routine of at least **thirty** minutes.



RESTORED™



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Ontario Conference of
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DRINK WATER

Called the "**universal** solvent," water makes up between 50 - **75** percent of the human body **weight**. The human body utilizes water for **mechanical** and **chemical** processes. Dehydration occurs when the

body **loses** more water than it is supplied with.

Water use in personal **hygiene** is important for health as it helps to cleanse away dirt, **grime**, and **waste** products from the skin.

The **best** liquid for the body is **plain, clean** water. Drink between **six** to **eight** glasses of water each day for good health.