



What is the MODEL FOR HEALTHY LIVING?

Church Health’s signature Model for Healthy Living is at the heart of what we do. We implement this strategy for caring for the whole person in our clinics, and we make it simple for individuals to use it in their own lives.

Life is a complex web. All the parts are interconnected. When a relationship is out of sorts, we fell out of sorts spiritually as well or we can’t concentrate at work. If we’re eating fast food in the car between meetings, exercise is the last thing on our minds. Sitting all day at work and all evening in front of the television can lead to lying awake in bed staring at the ceiling.

What happens when we see that change is a process that brings health and wholeness in the long term? In that context, the Model for Healthy Living is a tool for individuals to use to take charge of their own health, and it reflects that true wellness is not just about our bodies but about the interconnectedness of body, mind, and spirit in all the ways that we live. Here are the seven key dimensions of the Model for Healthy Living.

FAITH LIFE | *build a relationship with God, your neighbors, and yourself.*

Faith traditions vary widely, but at the core, exploring a richer faith life connected to God and other, and a more whole understanding of ourselves, brings overall wellness.

MEDICAL CARE | *partner with your health care provider to manage your medical care.*

When it comes to medical care, you bring something essential to the conversation. You can build a partnership with a provider that makes space for both of you to participate in managing your health care with what you each bring to the table.

MOVEMENT | *discover ways to enjoy physical activity.*

Celebrating how our bodies are designed for movement and how movement enriches our experience of the world leads to explore ways we enjoy—not dread—movement.

Work | *appreciate your skills, talents, and gifts.*

We find meaning for our lives through our jobs, life roles, or volunteer commitments, no matter what they are.

Emotional Life | *manage stress and understand your feelings to better care for yourself.*

It’s easy to turn to unhealthy habits in response to stress. Through understanding our feelings, it’s possible to make changes in the way we manage stress.

Nutrition | *make smart food choices and develop healthy eating habits.*

Good nutrition builds strong bodies that can lead us to being whole people better connected to others and on the path to finding the greatest meaning in our lives.

Friends & Family | *give and receive support through relationships.*

Coping with life is sometimes hard, but friends and family make it easier. You don’t have to go it alone.

None of these dimensions is more important than the others. A healthy life holds them all in balance with each other. That’s why we use a circular image for the Model for Healthy Living. Every piece matters for your health just as much as all the others.