

THE CHRISTIAN BROADCASTING NETWORK



Ageless LIVING



SECRETS TO LONGEVITY

Ageless Living

SECRETS TO LONGEVITY

A Faith-Based Guide to Lifelong Wellness

Presented by the Christian Broadcasting Network

Note: Before beginning any new health regimen, it is important to consult your family physician or healthcare professional first. The information given in this publication is for your consideration.

It is not intended to diagnose, treat, cure, or prevent any disease. Before starting or stopping any exercise routine or nutritional supplementation, please consult your family physician or healthcare professional about any contraindications that make doing so inadvisable.

This information is not intended as a substitute for the medical advice of physicians.

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Table of Contents

Introduction	03
About the Experts	05
PART 01	
Fueling Your Body With Purpose	06
PART 02	
Rest, Recharge, and Rehydrate	09
PART 03	
Staying Strong Through Every Season	12
PART 04	
Faith at the Center of Wellness	14
PART 05	
Healing in Community	16
Conclusion	22
Appendix 1	23
Appendix 2	25
Appendix 3	27
Learn More About CBN	29

Introduction

Welcome to *Ageless Living: Secrets to Longevity*, a faith-filled guide to help you embrace wellness—body, mind, and spirit—at any age. This resource is a companion to the *Ageless Living* video series, featuring trusted experts in health, fitness, sleep, and emotional well-being. Together, we explore how practical steps, rooted in science and guided by God’s wisdom, can lead to lasting transformation.

Whether you’re just starting your wellness journey or looking to renew your approach, these pages will offer encouragement, clarity, and doable next steps. Each chapter distills insights from leading voices in their fields, offering simple, practical tools you can start using right away.

I hope all is well with you and that you are as healthy in body as you are strong in spirit.

3 John 1:2 (NLT)

We believe vibrant health is possible at any age and begins with small, consistent choices. As you read, reflect, and act, know you are not alone. God is with you, and your best years can still be ahead.

Before beginning any new health practice, please consult with your healthcare provider.



WANT TO GO DEEPER?

Scan the QR code or visit **[CBN.com/AgelessTeachings](https://www.cbn.com/AgelessTeachings)** to stream expert interviews packed with practical insights on wellness, aging, and living well—body, mind, and spirit.

Here's What You Will Discover

HOW TO EAT FOR YOUR AGE

Learn how your nutritional needs shift by decade—and how foods like lean proteins, healthy fats, fiber, and antioxidants can help you live longer and feel better.

HEALING YOUR BODY FROM THE INSIDE OUT

Discover how movement, rest, and emotional awareness work together to release stored stress and support healing in your body, mind, and spirit.

THE POWER OF SLEEP, HYDRATION, AND BREATH

Explore how foundational habits—like breathing exercises, staying hydrated, and sticking to a sleep routine—can elevate your energy, focus, and mood.

WHY RELATIONSHIPS MATTER FOR HEALTH

Understand how meaningful connection and strong boundaries protect your peace, strengthen your immunity, and create a more fulfilling, resilient life.

MOVEMENT FOR LONGEVITY

Find out how small, sustainable steps in strength training, cardio, and core work can protect your mobility, independence, and confidence at every age.

FAITH-INTEGRATED WELLNESS

See how at every stage that God's Word, His design for your body, and your sense of purpose work together to lead you toward whole-person wellness.

About the Experts



Dr. Ian Smith, M.D., is a renowned physician, television personality, and bestselling author of numerous health books, including *Eat Your Age*. Known for his practical and approachable advice, Dr. Smith helps people thrive in every decade by making smart, sustainable choices in nutrition, exercise, and everyday living.



Dr. Michael Breus, Ph.D., widely known as “The Sleep Doctor,” is a board-certified clinical psychologist and one of the world’s foremost sleep experts. With a deep understanding of chronobiology and recovery science, Dr. Breus teaches how simple habits like sleep, hydration, and breathwork can transform your health from the inside out.



Dr. Henry Cloud, Ph.D., is a clinical psychologist, leadership coach, and bestselling author of *Boundaries*. With decades of experience in mental and relational health, Dr. Cloud offers biblically grounded insights on how connection, purpose, and healthy boundaries shape emotional wellness and longevity.



Jim White is a registered dietitian, certified exercise physiologist, and nationally recognized wellness coach. With a focus on active aging, Jim empowers people to build strength, prevent disease, and enjoy movement through practical, age-appropriate exercise routines and lifelong habits.



Alisa Keeton is a certified fitness professional, Christian wellness advocate, and the founder of Revelation Wellness. Through her work and her book *The Body Revelation*, she equips people to experience whole-person healing by integrating faith, movement, rest, and emotional resilience.

Fueling Your Body With Purpose

How what you eat in your 40s, 50s, and beyond can fuel longevity, healing, and strength.

How you eat today can shape how you feel tomorrow. As your body changes over time, so do its nutritional needs. In this section, we look at age-smart strategies for fueling your body with intention—choosing foods that energize, protect, and heal. Small changes in your daily meals can lead to big rewards in how you think, move, and live.

Living longer and stronger begins with what's on your plate—but it's not just about food. **Dr. Ian Smith, physician and bestselling author**, says that thriving in every decade requires a shift in mindset, consistent lifestyle choices, and simple daily changes.

Choosing nourishing foods is one way to care for the body God has entrusted to us.

AGING IS NOT THE ENEMY

“Aging is really a time of opportunity,” says Dr. Smith. “It’s a time to grow, learn, and expand, not a time to withdraw.” He encourages us to embrace change instead of clinging to what worked in our 30s. “Trying to do what you did in your 20s and 30s when you’re in your 50s, 60s, 70s doesn’t work. Some of the things you can still do, but you have to make modifications.”

YOUR HEALTH, YOUR RESPONSIBILITY

While some things like genetics are outside our control, Smith reminds us that “your environment and your lifestyle choices make a huge difference.” Chronic conditions such as high blood pressure and type 2 diabetes develop gradually over time.



“They’re slow chronic illnesses,” he says. “If they are not managed well, they are doing micro-damage to your body every day.”

He recommends getting an annual check-up, even if you feel healthy. Essential tests include a metabolic panel, complete blood count (CBC), and a hemoglobin A1C test for some. “Even if you feel good and look good, you don’t always know what’s happening internally.”

UPGRADE YOUR KITCHEN

Want to start eating better? Start by clearing out your kitchen. “Don’t make bad food available,” Dr. Smith advises. That means removing sugary beverages, processed snacks, and high-sodium foods. Instead, stock up on:

WHOLE GRAINS:

brown rice,
oats, quinoa

LEAN PROTEIN:

skinless chicken,
salmon, legumes

COLORFUL VEGETABLES AND FRUITS

INFUSED WATER:

add citrus,
berries, or
cucumber

Make veggies taste good: “It’s not always the vegetable itself, it’s how we cook it.” He suggests roasting vegetables with a bit of olive oil and seasoning for flavor.



EAT ACCORDING TO YOUR DECADE

As we age, our nutritional needs shift based on common health challenges. Dr. Smith outlines power nutrients to add for each decade:

- **40s:** Focus on potassium and monounsaturated fats. “Avocados, bran cereal, and olive oil help protect your heart and support energy.”
- **50s:** Prioritize fiber and omega-3s. “Chia seeds, leafy greens, and walnuts help with digestion, brain health, and heart protection.”
- **60s+:** Add more immune-boosting foods. “Tomatoes (for lycopene), sweet potatoes, and legumes provide key vitamins and support overall wellness.”

START WHERE YOU ARE

If you didn't eat well in your 30s or 40s, it's not too late. “It's never too late to start making change and find improvement,” Dr. Smith says. Start small. “Make one or two changes until they become habits.” Over time, your body and energy will respond.

STRATEGIC SNACKING

Snacks aren't the enemy, but they shouldn't become full meals. “A good snack should be 200 calories or less,” Smith advises. Look for a combo of protein and fiber. Great options include:

- Hummus with carrots
- Roasted chickpeas
- Almonds or cashews
- Homemade energy bites

Each nourishing choice you make today builds a stronger tomorrow.

Rest, Recharge, and Rehydrate

How sleep, breath, and hydration work together to heal and strengthen you.

Sleep, hydration, and breathwork are often overlooked in wellness, but they are vital. Discover how these three habits can restore energy, balance your mood, and improve every system in your body. In these pages, you'll find simple, science-based ways to improve your rest, support your sleep routine, work through stress, and stay well-hydrated throughout your day.

Good health isn't always about expensive treatments or complicated routines. According to **Dr. Michael Breus, a board-certified sleep specialist and clinical psychologist**, three of the most effective tools for improving wellness are completely free: sleep, hydration, and breathing.

"You don't have to spend a dime if you don't want to, and you can become a well person," says Breus. "It doesn't have to be complicated."

SLEEP SETS THE TONE

Dr. Breus stresses that sleep is foundational. "You can eat right and exercise all day long, but if you're not sleeping, you're still going to feel like garbage." Rather than obsessing over sleep duration, he emphasizes regularity. "Wake up at the same time every single day, including the weekends," he says.

To build better sleep habits, Breus recommends:

- No caffeine after 2 p.m.
- No alcohol within three hours of bedtime
- Finish eating three hours before sleep
- Stop screen time at least one hour before bed



He also encourages using all five senses to optimize your sleep environment:

- Sight: Dim lights and block out external light
- Sound: White noise or calming music can help
- Touch: A comfortable mattress and a cool room are key
- Smell: Try lavender for relaxation
- Taste: Avoid spicy or rich foods late at night

“A good night’s sleep,” he adds, “actually starts the moment you wake up.”

MAKE SLEEP A PRIORITY

“Sleep is not a luxury, it’s a necessity,” Dr. Ian Smith emphasizes. “It’s when your body resets, restores, and repairs.” Lack of sleep is linked to issues ranging from heart disease to poor mental health. Let your body rest fully so you can live fully.

Beyond physical recovery, rest has spiritual implication, too.

REST AS RESISTANCE

In a culture of constant striving, rest is a spiritual weapon.

Alisa Keeton, a certified fitness professional, says, “Rest is not laziness. It’s strategic recovery.” She describes rest as a way to honor how God designed our bodies and to reject the pressures of hustle and overachievement.

“Sabbath isn’t a suggestion—it’s a command for your freedom,” she says. “Rest is part of your redemption story.”

BREATHE TO REWIRE YOUR BRAIN

Breathing is automatic, but intentional breathing changes everything. “It helps your mood, helps your stress level, and definitely helps your sleep,” Dr. Breus says. When you practice deep, controlled breathing, you activate the parasympathetic nervous system, which shifts the body out of fight-or-flight mode.

He recommends the 4-7-8 breathing technique:

- Inhale through your nose for 4 seconds
- Hold your breath for 7 seconds
- Exhale slowly for 8 seconds

“It’s easy. And you can do it right in bed.”



HYDRATION HELPS EVERYTHING

Most people are dehydrated and don't know it. Dr. Breus points out that the effects of dehydration show up quickly in cognition, mood, and energy. "You should be drinking about half your body weight in ounces of water every single day," he advises. For example, if you weigh 150 pounds, you should drink about 75 ounces of water each day.

One of his top tips: "When you wake up, don't drink caffeine. Drink water." Cortisol, the hormone that helps you wake up, naturally peaks shortly after waking, so "wait about 90 minutes before your first cup of coffee." This helps ensure that the caffeine doesn't override your body's natural rhythm.

Keeping a water bottle close throughout the day can also curb overeating. "A lot of people confuse hunger with thirst."

Hydration matters, especially during exercise. "Just a 2% dehydration of the body affects performance," notes Jim White, a registered dietitian, certified exercise physiologist, and nationally recognized wellness coach. He recommends:

- 16 oz. of water within an hour before exercise
- Sipping water during exercise
- Another 16 oz. post-exercise

Whether it's how you rest or how you refuel, consistency—not complexity—is key.

SIMPLICITY WINS

Wellness doesn't require big changes—just consistent ones. "If all you focused on were sleeping, hydration, and breathing," says Dr. Breus, "you would be on your way to wellness, guaranteed."

Start by tracking one thing at a time: your sleep schedule, your water intake, or your breathwork. Even just 60 seconds of intentional breathing or drinking one extra glass of water a day can help.

"It's all about consistency," he concludes. "That's where you're going to see the biggest impact."

Honor your body by giving it what it needs most—deep rest, clean water, and space to breathe.

Staying Strong Through Every Season

How movement builds strength, protects independence, and keeps you thriving at every age.

Movement is more than fitness—it's freedom. Maintaining muscle, flexibility, and endurance helps you live fully and independently at every age. Explore realistic, adaptable approaches to movement that fit your season of life. Whether you're walking, swimming, or strength training, your body was designed to move, and doing so regularly keeps your bones, brain, and heart strong.

"If I could only write one prescription, it would be exercise," says Dr. Smith. "Exercise touches every organ system. It's the fountain of youth." Start with three days a week for 15-20 minutes and build up to 30 minutes most days.

MOVEMENT IS MINISTRY

Exercise doesn't need to be performance-based or punishing. "I'm not here to make you have a six-pack," Alisa Keeton clarifies. "I'm here to help you get in your body and discover God." For her, movement is a way to engage faith, not just fitness.

She encourages people to move with joy and intention: "Whether you're walking, dancing, or lifting weights, move your body because you love it, not because you hate it."

According to **certified exercise physiologist, Jim White**, movement isn't just a lifestyle choice; it's a prescription for life. "Our health is our wealth," says White. "Exercise decreases diseases such as high blood pressure, heart disease, cholesterol, diabetes ... and it really helps with mental health." Consistent movement remains among the most powerful wellness tools, from reducing disease risk to boosting confidence and energy.



When you move your body in alignment with God's purpose—not performance—you honor the design He gave you.

START SMALL, STAY STRONG

One of the top reasons people abandon exercise is trying to do too much too soon. “Fifty percent of people fall off the fitness wagon because they go so hard,” White explains. His recommendation? Start with just 10 minutes a day. “Once you get to that 10-minute mark, go to 15 minutes in small increments.”

White emphasizes a “baby step approach” because longevity requires sustainability. “We’re looking to do this for the rest of our lives.”

RESISTANCE TRAINING IS NON-NEGOTIABLE

Muscle loss with age—also known as sarcopenia—is a major concern. White explains, “We lose about eight to 10% of muscle mass per decade after age 40 and one to 3% of strength after age 50.” That’s why he now tells clients that strength training isn’t just important—it’s “imminent.”

He recommends at least two days a week of full-body strength training to combat muscle loss using 8-12 reps per set. “If we don’t use it, we are going to lose it,” he warns. Progression is key: “Once you hit those 8-12 reps and it feels good, increase the weight 5-10% the next week.”

Key movements for the 50+ crowd include:

- **Air squats:** for leg strength and balance
- **Bicep curls:** to maintain function in everyday tasks
- **Planks:** for core stability

For beginners, White offers three foundational moves, with modifications to meet you where you are:

1. Squats — “We sit and stand every day.

Strengthening those quadriceps and glutes improves our quality of life.” For those with knee sensitivity, a partial squat—lowering only to chair height—can still build strength safely.



2. Planks – “The core is so important. A strong core strengthens pretty much everything... even helps prevent back pain.” If full planks are too strenuous on the wrists, try doing forearm planks or wall planks instead.

3. Pushups – “They work the chest, shoulders, and triceps. You can modify them on your knees or do them on your toes.” Older adults or those with wrist issues can do pushups against a wall or a countertop to reduce joint pressure.

These exercises mimic daily movements, helping you stay independent and mobile as you age.

Low-impact movements matter, so for those who need gentler options, low-impact exercises like walking, biking, and swimming are excellent ways to improve cardiovascular health and build endurance, without putting stress on the joints. These activities can complement strength training and help you stay consistent as you age.

If joint pain, arthritis, or balance issues are a concern, talk with your healthcare provider about the best types of movement for your needs. The goal is progress, not perfection.

WHY CARDIO STILL MATTERS

“Heart disease, cancer, and stroke are the top diseases in the U.S.,” says White. “By working our heart with cardiovascular training, we’re decreasing cholesterol, high blood pressure, diabetes, and that alone is worth so much.”

Cardio doesn’t need to be complex or costly. “You can walk outside every morning... biking, jogging, swimming, anything that gets the heart moving will reap the benefits.”

EXERCISE SNACKING AND HABIT STACKING

Overwhelmed by fitting in long workouts? Try “exercise snacking.” This trending approach breaks activity into shorter sessions throughout the day. “Instead of 30 minutes, do a 10-minute walk in the morning, a 10-minute core routine in the afternoon, and a 10-minute upper-body workout later.”



Pair movement with rewards to stay motivated. “Do your workout, then enjoy a cup of coffee; these little ‘carrots’ help,” White says. “Habit stacking” makes exercise feel more rewarding and doable.

BUDDY UP AND STAY ACCOUNTABLE

White stresses the value of community, whether it’s a walking partner or a group class: “Research shows that when you’re exercising with somebody, you’re more likely to do more reps, walk faster, and push it more.” Accountability increases consistency and adds fun to the routine.

YOU’RE NEVER TOO OLD TO START

Age is not a disqualifier. “I feel that we can exercise at any age,” White affirms. “My aunt is 103 years old, and she is active.”

If you have trouble standing, do chair exercises. You can use canned foods at home as weights. Any movement helps! Work with your healthcare provider to find modified exercises that work for you and your limitations. Exercise may look different with age, but it always matters.

His encouragement to everyone: “Just get out and go for two minutes. Anyone can do that. Sometimes the hardest thing is putting on your shoes. Once you get out there and start moving...you’ll want to do more.”

Every step, stretch, or rep is a declaration: your body is still capable, your health still matters, and God is not finished with you yet!

Faith at the Center of Wellness

How faith leads the way in healing your body, mind, and spirit.

True wellness starts on the inside. This section reminds us that our bodies are vessels of God's story, not projects to perfect. With Scripture and spiritual insight, this section explores how faith shapes how we think, speak, and move. You'll discover that healing isn't just physical—it's spiritual. And it begins with trusting God to lead the process of restoration.

Wellness is more than physical fitness. According to **Alisa Keeton, founder of Revelation Wellness and author of *The Body Revelation***, healing happens when we address the body, mind, and spirit together. "We are not just a body," she says. "We are body, mind, and spirit. And our mind talks to our body, and our body talks to our mind. And the Spirit of God governs both."

YOUR BODY HOLDS THE TRUTH

Pain, anxiety, and stress aren't just mental. Keeton explains that emotional and spiritual issues often manifest physically. "The body keeps the score," she says. "It tells us what's going on inside and will not lie to us." When we suppress pain, it accumulates, often showing up in the form of fatigue, inflammation, or disease.

Rather than pushing through or ignoring discomfort, Keeton invites us to listen. "Pain is a prophet. It's trying to tell us something."

THE GOSPEL ISN'T JUST FOR YOUR SOUL

As a wellness professional and Christian leader, Keeton challenges the idea that God only cares about our spiritual lives. “He’s the God who put on flesh. He embodied. He came in a body.” That matters. “The Gospel isn’t just for your sin,” she says. “It’s for your pain.”

Healing begins when we let the truth of God touch our bodies, not just our beliefs. “God doesn’t ask for your perfection. He asks for your presence.”

HEAL THE PAIN TO CHANGE THE PATTERN

Unprocessed pain often leads to toxic patterns of behavior and health. Keeton offers a three-part tool to support healing: the **3 Ms—Mind, Mouth, Move.**



M

Mind: “Be aware of what you’re thinking.”

M

Mouth: “What are you saying?” Speak truth, gratitude, and Scripture.



M

Move: “What are you doing with your body?” Move in celebration, not comparison.



“You don’t need to clean it all up at once,” she reminds. “You just need to show up.”

STRESS IS A SPIRITUAL SIGNAL

God designed your body and spirit to work in harmony. When stress builds up, it’s often a signal that something deeper needs attention. Managing stress isn’t just about physical relief, it’s an act of stewardship. By inviting God into your pressures, creating margin in your day, and practicing habits of peace, you make room for both healing and clarity.

Unchecked stress releases cortisol—increasing weight gain, raising blood pressure, and damaging your heart and mind. Dr. Smith encourages identifying what’s in your control and “deciding which battles are worth fighting.” Hobbies like gardening, reading, or listening to music can help reduce stress.

YOU’RE NOT A PROJECT—YOU’RE A VESSEL

Keeton emphasizes that our goal is not fixing our bodies, but honoring them. “You are not a project to fix. You’re a vessel of purpose.” That purpose, she says, includes showing up to your life with compassion for your pain and trusting in God’s healing power.

Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body (1 Corinthians 6:19-20).

Healing in Community

How safe relationships and emotional healing strengthen your life and your faith.

You were created for connection. Discover why relationships aren't optional—they're essential for a healthy, resilient life. Safe connections, healthy boundaries, and emotional healing all play a role in your long-term well-being. This section offers wisdom for building meaningful relationships, letting go of toxic patterns, and living in the kind of community that supports growth and grace.

Dr. Henry Cloud, clinical psychologist and bestselling author, says social connection is essential to life itself. "It is really the source of life," he states. "You can feed and water a baby, but without a secure attachment, they'll have lower body weight, weakened immune systems, and impaired development." He adds, "We're made for relationship. The internalization of love actually fuels the whole system."

That need doesn't disappear with age. Dr. Cloud notes that even among elderly patients recovering from heart attacks or strokes, those with strong support systems fare significantly better than those who receive only top medical care. "You need air, water, and food, and you must have connection."

RECOGNIZING AND REPAIRING BARRIERS

Yet meaningful connections can be challenging to find or sustain. Dr. Cloud outlines two types of obstacles: external and internal. Some people face physical or social isolation. Others carry inner wounds—broken trust, unresolved pain, or underdeveloped relational



skills. “Sometimes people have been wounded and their ‘trust muscle’ is broken,” he explains. “Even when they reach out, fears can keep them from opening up.”

Healing, he suggests, often requires rebuilding capacity and learning to connect again. “We’ve got to look at: What is my capacity to connect? And who’s available for me to connect with in the right kinds of experiences?”

BOUNDARIES: NOT WALLS, BUT GATES

For relationships to thrive, boundaries must be understood and respected. “A boundary is basically a property line; it defines where you end and someone else begins,” Dr. Cloud says. “Every fence has a gate,” reinforcing that boundaries aren’t meant to shut people out, but to make healthy connections possible.

Dr. Cloud warns that without good boundaries, toxic people and dynamics can “come into your yard,” harming your mental, emotional, and even physical health. “Boundaries protect you from bad stuff coming in, but they should also allow good connections in.”

People often hesitate to set boundaries out of fear of rejection, judgment, or conflict. But he encourages building what he calls the “no muscle” through small, consistent steps. “Start with little bitty no’s. Go through the drive-thru and say, ‘No fries, thank you.’ You learn the world doesn’t fall apart.”

CREATED FOR COMMUNITY

Alisa Keeton encourages us to remember that healing isn’t meant to happen alone. “Get in a group. Get with people who are on the journey,” she urges. “God heals in community.” She reminds us that breakthrough often comes through connection, not isolation.

“Your body tells God’s story. It was created to reflect His goodness.”

RED FLAGS AND SAFE RELATIONSHIPS

When relationships are unhealthy, the signs often start internally. “You get a little tweak inside you when something doesn’t feel good,” Dr. Cloud compares this



to a traffic light: “Red means stop. Yellow means caution. Green means go.”

Dr. Cloud’s five characteristics of safe relationships:

- 1. Empathy** – “Safe people see you, hear you, and know you.”
- 2. Freedom** – “Love has to do with freedom. If you can’t say no, that’s a red flag.”
- 3. Metabolizing the negative** – “Good relationships can handle pain, conflict, and forgiveness.”
- 4. Mutual respect** – “They help you become more of who you’re designed to be.”
- 5. Trustworthiness** – “Forgiveness is free. Trust is earned.”

STRUCTURE, CADENCE, AND LONGEVITY

Longevity is about more than connection; it’s also about structure and purpose. Dr. Cloud shares the story of his father, who lived to 94 and began having daily coffee breaks with his two best friends after a health scare in his 40s. “That sense of routine is really important,” he says. “Motion is lotion. Your brain is a muscle. You’ve got to keep it moving.”

He highlights five ingredients for a long, flourishing life:

- **Connection** – **Meaningful relationships that fuel your well-being**
- **Purpose** – **Knowing why you get up in the morning**
- **Choice** – **Autonomy in your schedule and lifestyle**
- **Optimism** – **Reframing life’s challenges with hope**
- **Learning** – **Staying mentally active and curious**

Life becomes more vibrant and resilient when these puzzle pieces are in place. “Start with the vision of what you want your life to look like,” Dr. Cloud encourages. “Then gather the pieces, safe people, meaningful purpose, healthy structure, and fit them together with intention.”

Healing is hard work, but you don’t have to do it alone. In God’s design, connection brings strength.

Two people are better off than one, for they can help each other succeed (Ecclesiastes 4:9).

Conclusion

Wellness doesn't require big changes—just consistent ones.

“It’s all about consistency. That’s where you’re going to see the biggest impact.”

—Dr. Michael Breus

No matter your age or stage of life, it's never too late to make meaningful changes. The journey to lasting wellness doesn't require perfection, just small, faithful steps taken consistently over time.

Whether you start by walking each morning, drinking more water, setting a boundary, or simply getting more sleep, every choice matters. Your body is a gift. Your life has purpose.

So take heart, God is with you! Let His wisdom guide your habits, His strength renew your body, and His love inspire your next step toward ageless living.

Your best days can still be ahead. Keep going. You're not alone.

So whether you eat or drink, or whatever you do, do it all for the glory of God (1 Corinthians 10:31).

Appendix 1

EAT WELL AT EVERY AGE

Your body is a vessel of God's purpose; how you fuel it matters. Eating well isn't about following a fad or reaching a number on a scale. It's about nourishing your body with the foods that support energy, reduce inflammation, and help you thrive through every season of life.

In this section, you'll find a smart shopping guide, decade-specific food suggestions, and healthy snack ideas you can implement today. Dr. Ian Smith reminds us that every small step counts: "You don't have to do everything at once. Start with what you can do."

Whether you're building a new pantry, prepping your meals with intention, or simply looking to make one better choice a day, this guide is here to help.

CORE 12 FOOD STAPLES (FOR EVERY AGE)

- Olive oil
- Oats
- Brown rice
- Canned beans (low sodium)
- Frozen berries
- Almonds or walnuts
- Leafy greens
- Greek yogurt
- Eggs
- Canned tuna or salmon
- Sweet potatoes
- Herbal tea

FOODS BY DECADE

In Your 40s

- Avocados
- Bananas
- Bran cereal
- Olive oil
- Lean poultry

In Your 50s

- Leafy greens
- Walnuts
- Chia seeds
- Quinoa
- Berries

In Your 60s and Beyond

- Tomatoes
- Lentils
- Sweet potatoes
- Broccoli
- Low-fat dairy

Smart Snacking (<200 calories)

- Apple slices with almond butter
- Hummus and cucumber rounds
- Handful of almonds
- Boiled egg and cherry tomatoes



Appendix 2

MOVEMENT MADE FOR YOU

Movement is one of the best ways to care for your body, support your independence, and strengthen your mind. But staying active doesn't mean pushing harder; it means moving smarter.

This section includes gentle strength exercises, modifications for everyday movements, and a simple weekly plan to follow. Inspired by advice from Jim White and Dr. Ian Smith, these exercises help you build strength, improve balance, and feel more energized—without risking injury or overexertion.

As you move, remember: “Exercise may look different with age, but it always matters.” The goal isn't perfection—it's progress. Let your movement become a celebration of what your body can still do, not what it can't.

GENTLE STRENGTH MOVES (2-3X PER WEEK)

Chair-Assisted Squats: Stand in front of a sturdy chair, lower down to touch the seat, and rise back up.

Wall Pushups: Stand an arm's length from a wall, place hands flat, and gently bend elbows toward the wall.

Wall Planks: Lean against a wall or counter, holding for 10-30 seconds with your core engaged.

Seated Leg Lifts: Sit tall in a chair and lift one leg at a time, holding for 5-10 seconds.

WEEKLY MOVEMENT PLAN

MONDAY:

Walk
10 minutes

TUESDAY:

Strength
moves

WEDNESDAY:

Gentle
stretching

THURSDAY:

Walk or
swim

FRIDAY:

Strength
moves

SATURDAY:

Bike or
walk

SUNDAY:

Rest or
stretching

MOVEMENT SAFETY TIPS

- Always consult your doctor before starting a new exercise regimen
- Warm up before and stretch after any activity
- Use a chair, wall, or railing for balance
- Stay hydrated
- Listen to your body—stop if you feel dizzy or unwell

Appendix 3

STRENGTHEN BODY AND SPIRIT

True wellness is spiritual as well as physical. God created your body with intention, and your journey toward health begins by aligning your habits with His truth.

This section invites you to slow down, reflect, and draw closer to God as you care for your whole self. Through Scripture, prayer, and a simple tool from wellness expert Alisa Keeton, you'll be encouraged to examine your thoughts, words, and movement through the lens of grace.

Healing doesn't always happen overnight, but sometimes it does. Whether God brings instant breakthrough or walks with you through a gradual journey, every step toward healing matters. With His help, you can renew your body and strengthen your spirit day by day. These daily prompts and practical faith exercises will support that process and help you stay rooted in hope.

DAILY SCRIPTURE + JOURNALING PROMPTS

DAY 1 – 1 Corinthians 10:31 What does it mean to glorify God in my daily choices?

DAY 2 – Isaiah 40:29 Where do I need God's strength today?

DAY 3 – Romans 12:2 What thoughts do I need to renew?

DAY 4 – Psalm 23:2-3 How is God inviting me to rest and restore?

DAY 5 – 3 John 1:2 In what ways do I want to grow in soul and body health?

**THE 3 M'S REFLECTION TOOL
(FROM ALISA KEETON)**

Mind:

Are my thoughts aligned
with God's truth today?

Mouth:

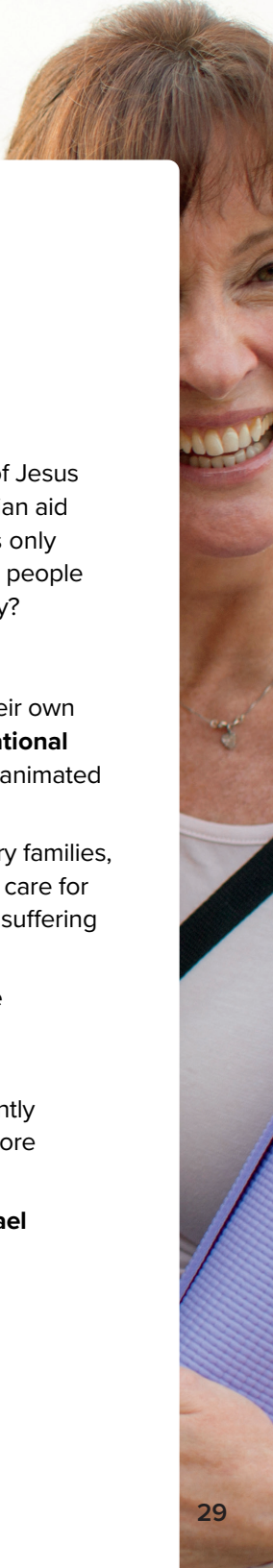
Have I spoken life—Scripture,
gratitude, encouragement?

Move:

How have I moved my body
to honor its strength and design?

PRAYER FOR WHOLENESS

Lord, thank You for the body You've given me. Help me honor You with every step, breath, and choice. Heal what's broken, strengthen what's weak, and guide me to walk in alignment with Your truth. In Jesus' name, amen.



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