

# B.E.S.M.A.R.T.™

Believe in God | Eat Fruits/Veggies | Sunshine | Moderation | Action | Rest | Tell Others about Jesus | Limit TV Time  
Brush & Floss



## BELIEVE IN GOD

A personal relationship with God is the foundation of a healthy existence.



**BRUSH** for 2 minutes at least 2 times a day.



**FLOSS** every day.

## BeSmart



**EAT FRUITS & VEGETABLES**  
Reduce your risk of heart attack and diabetes. This also helps with weight loss.

Drinking **WATER** energizes you, gives you clear skin, and helps you avoid constipation.

## SUNSHINE

improves your blood pressure, blood sugar, energy and mood.



## GET INTO ACTION!

**EXERCISE** strengthens your bones & muscles and helps you control your weight.

Get **15 minutes OR MORE** of sunshine every day. The darker you are, the more sunshine you need.

**EXERCISE** at least 30 mins/day - 6 days a week.

## MODERATION is self-control in GOOD THINGS.



**Avoid bad things.** Added sugar causes diabetes, weight gain, weakens your immune system and promotes certain cancers.

Soda destroys your teeth, weakens your bones, contributes to heart disease, diabetes, and some cancers. **NO SODA!**

Getting enough **REST** strengthens your immune system and memory. It also improves your mood.



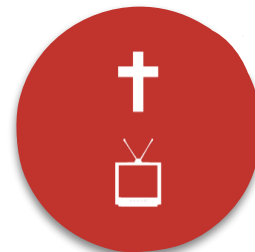
**Adults should be in bed by 10pm.**

Children should be in bed by 8pm.

## TELL OTHERS about Jesus

"...**PREACH** the gospel to all creation..." (Mark 16:15)

**LIVE** the gospel by serving others.



## LIMIT TV TIME

This improves sleep, brain function & gives you more time to spend with family/friends.

Research has shown, that these health principles can add 7 to 20 years of vibrant, disease free life. Hundreds of scientific studies have shown that these lifestyle habits can completely reverse (or at least improve), Type 2 diabetes, hypertension, and heart disease. These health principles can also reduce risk of cancer, Alzheimer's disease, and many intestinal disorders.