

Staying Healthy in Body, Mind, and Soul

With many things in life the best way to accomplish something is to develop a solid routine. The same goes for living a healthy lifestyle. Diet and exercise, managing stress, and prayer are some good habits to contribute to a much healthier you.

Your Body is Your Temple

When people hear the word, diet, they usually identify it as a way to lose weight. Although this can be true, you will benefit more from a regular daily diet, one that focuses on healthy eating and the value of [nutrition](http://www.everydayhealth.com/diet-nutrition/101.aspx?xid=GSLP&s_kwcid=TC|6122|nutrition%20websites||S||351938702&gclid=CLaO3db9-JsCFQxM5Qod61vBAA) (http://www.everydayhealth.com/diet-nutrition/101.aspx?xid=GSLP&s_kwcid=TC|6122|nutrition%20websites||S||351938702&gclid=CLaO3db9-JsCFQxM5Qod61vBAA). A diet is about more than just a means to losing weight and looking fit, it's about your quality of life.

Exercising offers many benefits all in one. [Cardiovascular](http://www.shapefit.com/cardio.html) (<http://www.shapefit.com/cardio.html>) exercise and [weight training](http://www.webmd.com/fitness-exercise/guide/build-muscle-better-health) (<http://www.webmd.com/fitness-exercise/guide/build-muscle-better-health>) are the best ways to burn calories and body fat and they also help relieve stress. While you workout your body removes toxins through perspiration and your brain releases [endorphins](http://organizedwisdom.com/helpbar/index.html?return=http://organizedwisdom.com/Endorphins_and_Exercise&url=www.naturaltherapypages.com.au/article/Exercise_Endorphins), (http://organizedwisdom.com/helpbar/index.html?return=http://organizedwisdom.com/Endorphins_and_Exercise&url=www.naturaltherapypages.com.au/article/Exercise_Endorphins) helping you combat stress and feel great.

Nothing will give you more peace and perspective on life than faith. People with faith generally lead happy and healthy lives, and recent [studies](http://www.time.com/time/health/article/0,8599,1879016,00.html) (<http://www.time.com/time/health/article/0,8599,1879016,00.html>) have shown that those who have faith are less likely to get sick and more likely to live longer. Prayer and having faith is important, and at Ave Maria University we emphasize the need for prayer in our daily lives as well as maintaining a healthy body and mind.

http://www.templeton.org/capabilities_2008/ms/rsh.html Here's another link I found about the relation between faith and health. It's shorter than the above and you may wish to use it instead.

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View more Sites about Nutrition

<http://www.ag.ndsu.nodak.edu/foodlink.htm>

Tips and Techniques on how to deal with Stress

http://helpguide.org/mental/stress_management_relief_coping.htm

Visit Ave Maria's [about us](http://avemaria.edu/aboutus/) (<http://avemaria.edu/aboutus/>) page to learn more about the role faith plays in our curriculum and community.

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"I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you." Matthew 17:20

All things can be done through faith and at Ave Maria University we encourage our students to live balanced lives supported by a continued learning and growth in their beliefs. From counseling to educating to clubs and organizations we make resources available to our students for their ongoing spiritual development and well being.

Socializing, helping others, and staying physically and spiritually active are at the heart of our [clubs and organizations](http://www.avemaria.edu/clubsandorganizationshome/) (<http://www.avemaria.edu/clubsandorganizationshome/>). Tennis, hiking, faith teaching, and prayer groups are just a few of the many clubs you can participate in at Ave Maria University.

Softball fields, basketball courts, and fitness centers are all located in the *town* of Ave Maria (<http://www.avemaria.com/Default.aspx?ID=39>). Most of them are but a short walk from the school and fantastic places to exercise and relax. And if you enjoy sports and being a part of a team our [Athletics Department](http://www.amuathletics.com/) (<http://www.amuathletics.com/>) has many opportunities for you to choose from.

"Therefore, whether you eat or drink, or whatever you do, do all to the glory of God." Corinthians 10:31

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A [message](http://avemaria.edu/deansmessage/) (<http://avemaria.edu/deansmessage/>) from the Dean of Students about the unique experience of combining faith with your education.

Consider becoming a [Theology](http://www.avemaria.edu/theology) (<http://www.avemaria.edu/theology>) major at Ave Maria University.

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Take your quest for a healthy body, mind, and soul to Ave Maria's neighboring cities and towns.

In the city of Naples you'll find any number of gyms for you to join and take your workout to the next level. Check out this [list](http://www.healthclubdirectory.com/health_club/clubResults/FL/Florida/Naples/) (http://www.healthclubdirectory.com/health_club/clubResults/FL/Florida/Naples/) of fitness centers where you can sign up for a variety of classes including pilates, aerobics, boxing, and spinning to name a few.

The best way to eat healthy is to shop healthy. Shop at health food stores in Naples like Food & Thought, (<http://www.foodandthought.com/>) For Goodness Sake, (<http://www.forgoodnesssake123.com/>) and Sunsplash Market and Deli (<http://www.naturalretail.com/htm/ss08.htm>). There you'll find organic foods and produce, vitamins, minerals, and supplements to set the foundation for a healthy diet.

Take a look at other activities (<http://www.naples-florida.com/active.htm>) going on in Naples or visit one of the city's churches (<http://www.saintwilliam.org/>) for prayer and fellowship.

Southwest Florida is a great place to stay active. Fort Myers, (<http://www.cityftmyers.com/>) Fort Lauderdale, (<http://ci.ftlaud.fl.us/>) and Bonita Springs (<http://www.bonitasprings.com/>) are also nearby and contain many of the same types of facilities for your convenience. It's all there welcoming you and lending you the chance to grow physically, mentally, and spiritually.

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Workouts you can do right from your home. Browse (<http://www.collagevideo.com/>) from a long list of DVDs and videos that contain all sorts of workout programs.

Find books (<http://browse.barnesandnoble.com/browse/nav.asp?visgrp=nonfiction&isendeca=y&bncatid=914366>) that can help you learn more about the benefits of diet and nutrition and how to implement them into your lifestyle.

“As iron sharpens iron, so one man sharpens another” Proverbs 27:17. Connect with fellow believers and Catholics for prayer and Bible study groups (<http://www.catholicity.com/links/158/>) online.

