

Health and Well-Being

Thanks for all that attended our 1st tasting party! If you missed getting a recipe please let us know as we have copies to share.

The Health & Well-Being committee has come up with 10 Steps to Well-Being to practice in the new year. Look for our beautiful bookmarks that list these 10 steps, available at TUMC and BHOB. We will be focusing on one step each month and including suggested reading materials on each topic.

Our first step is to drink at least 8oz of plain, preferably filtered, water. There have been various recommendations over the years on how much water people should drink, from the well-known

8X8 as in 8, 8oz glasses, to another recommendation of 13 cups for males and 11 cups for females. We feel that drinking when thirsty and at least the 8, 8oz's is a great start as many people don't even get this much in. Our kids especially are chronically dehydrated. Kids should drink water as their main beverage and reserve soda, sports drinks or other sweet drinks such as juice for special occasions.

Book suggestion – *Your Body's Many Cries for Water*, by Dr. F. Bat-manghelidj

Blessings and good health,
Linda Dove, Ginia Finch, Mandria Montplaisir, Kristi Murphy, Ava Taylor