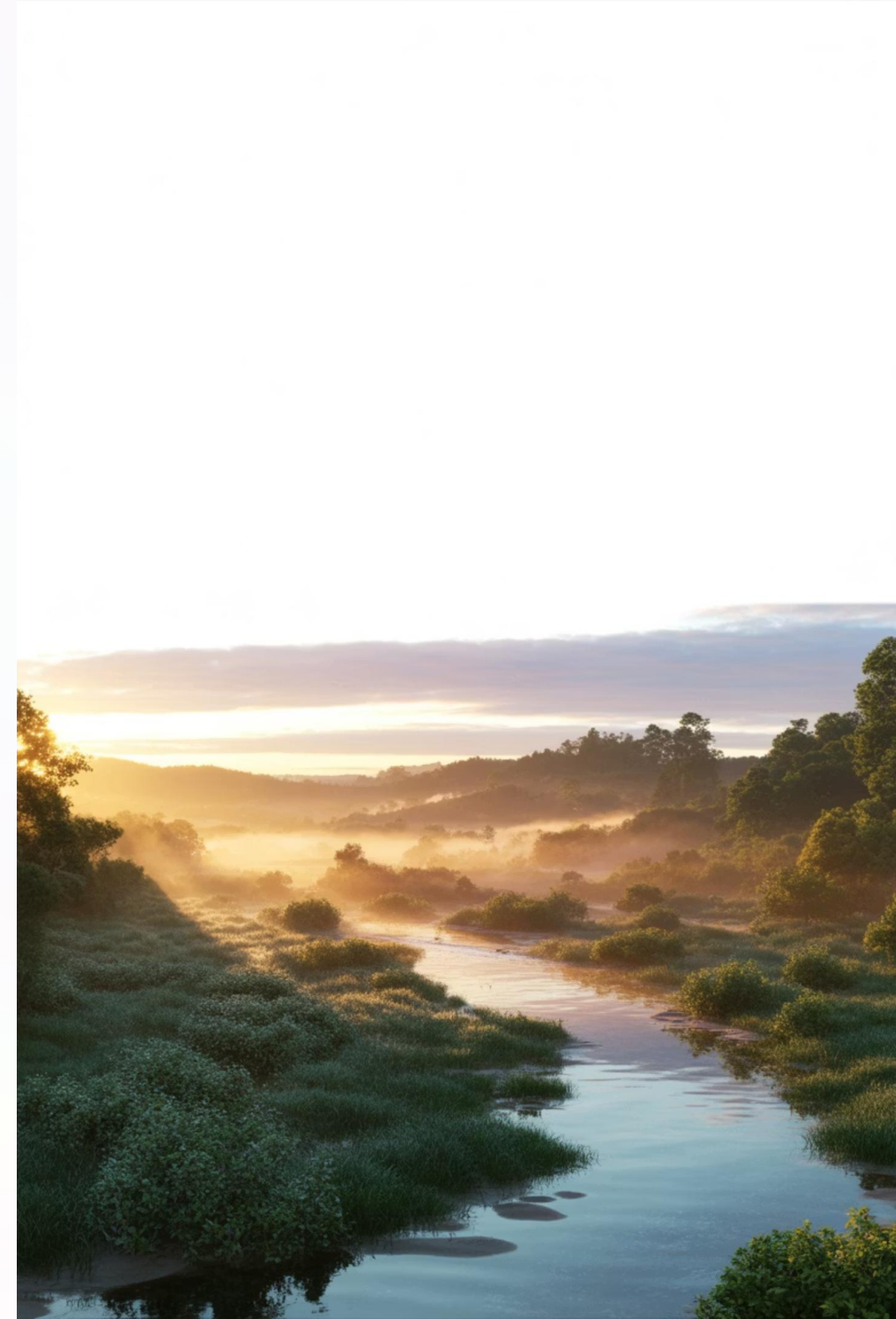


NEWSTART Health Principles

Session 1: Nutrition • Exercise • Water • Sunlight

By Katie Chan



Learning Objectives



Identify & Explain

Understand the four NEWS health principles and their scientific foundation



Apply Daily

Integrate these wellness principles into your everyday lifestyle choices



Analyze Impact

Examine how lifestyle decisions directly influence overall health outcomes



Connect Wellness

Explore the relationship between spiritual wellbeing and physical health

Opening Activity

Wellness Self-Assessment

Take 10-15 minutes to complete an online wellness evaluation using your smartphone or tablet. This self-guided assessment will help you identify your current wellness strengths and areas for growth.

Assessment Link:

<https://umatter.princeton.edu/wellness-self-assessment#no-back>

After completing the assessment, mentally note 1-2 areas you'd like to improve. Your responses are private and don't need to be shared.





What is NEWSTART?

Comprehensive System

Eight evidence-based natural laws of health designed to promote optimal wellbeing

Proven Track Record

Developed by Weimar Institute and successfully implemented for over 30 years


Scientific Foundation

Built on rigorous research and aligned with biblical health principles for holistic wellness

The NEWSTART program has helped thousands of people achieve lasting health improvements through lifestyle changes that address the whole person—body, mind, and spirit.

The NEWSTART Acronym

N Nutrition	E Exercise
W Water	S Sunlight
T Temperance	A Air
R Rest	T Trust in God

 **Today's Focus:** We'll explore the first four principles—N-E-W-S—examining their scientific evidence and practical applications for your daily life.

Principle 1: Nutrition



Foundation of Health

Proper nutrition serves as the cornerstone of wellness and disease prevention. The NEWSTART approach emphasizes whole, plant-based foods that nourish your body at the cellular level.

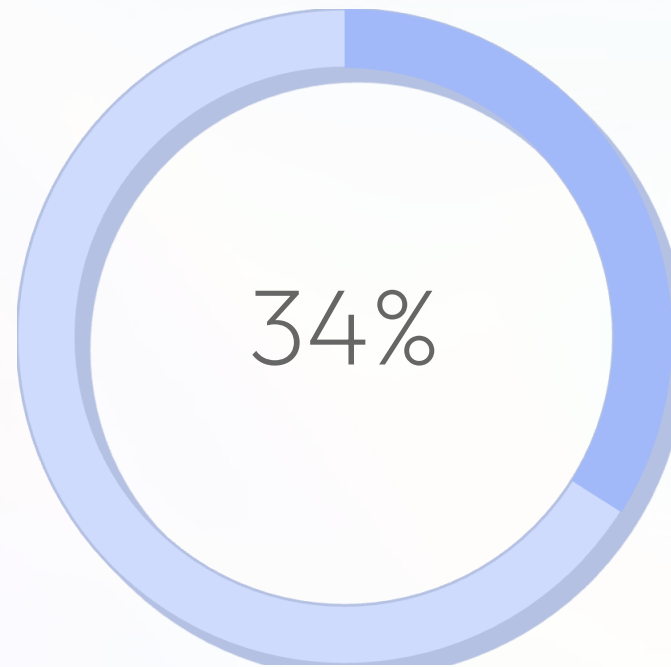
Choose Wisely:

- Fruits, vegetables, whole grains, nuts, and seeds
- Foods rich in vitamins, minerals, and phytonutrients
- Minimize refined foods, excess sugar, and salt

Every meal is an opportunity to fuel your body for optimal performance and longevity.

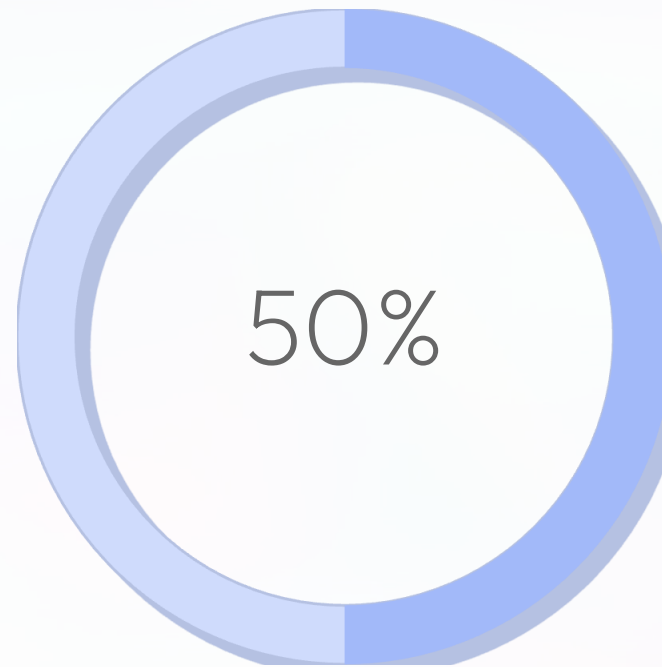
Nutrition: Scientific Evidence

Decades of research consistently demonstrate the powerful health benefits of plant-based nutrition. The evidence is clear and compelling:



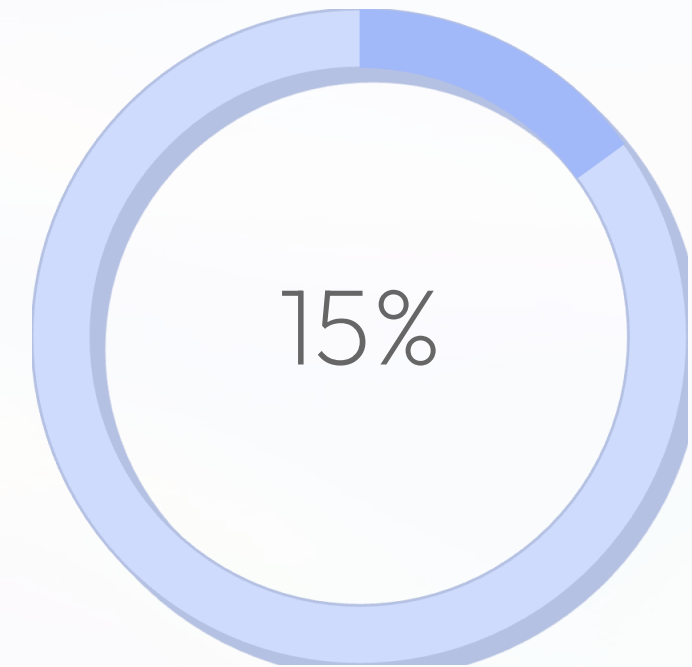
Lower Heart Disease Risk

Cardiovascular disease reduction in those following plant-based diets



Diabetes Prevention

Decreased type 2 diabetes risk with whole food nutrition



Cancer Risk Reduction

Lower overall cancer incidence linked to plant-rich diets

Studies show that people following these nutritional principles not only live longer but also experience significantly lower rates of chronic diseases throughout their lifespan.

Nutrition: Biblical Foundation



God's Original Design

"Then God said, 'I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.'"

— **Genesis 1:29**

Daniel's Wisdom

In Daniel 1, we see how choosing wholesome plant foods led to superior health, strength, and mental clarity compared to the royal diet of rich foods and wine.

These biblical principles connect spiritual obedience with physical health, demonstrating that caring for our bodies honors God's design.

Principle 2: Exercise

Action is the Law of Life

Regular physical activity is essential for holistic health, benefiting your body, mind, and spirit. Exercise is not just about fitness—it's about vitality.



Immune Strength

Strengthens your body's natural defense system against illness



Mood Enhancement

Boosts serotonin levels, improving emotional wellbeing



Weight Management

Helps maintain healthy body composition and metabolism



Stress Reduction

Naturally reduces anxiety and promotes mental clarity



Better Sleep

Improves sleep quality and helps regulate circadian rhythms

Exercise: Scientific Evidence

34%

30min

Heart Disease Risk Reduction

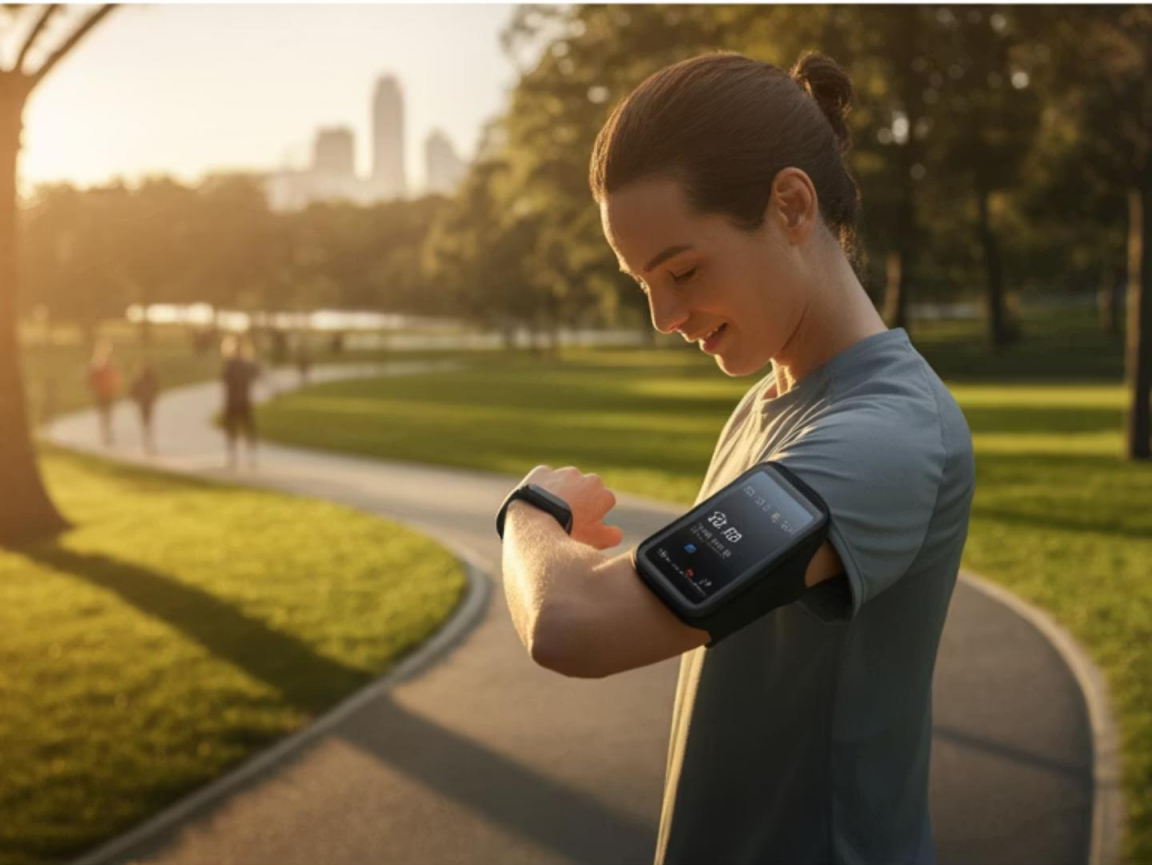
Daily Recommendation

Just 30 minutes of daily moderate exercise significantly lowers cardiovascular disease risk

Moderate physical activity needed to achieve substantial health benefits

Research consistently shows that even moderate exercise provides remarkable benefits. Regular physical activity enhances cognitive function, sharpening memory and concentration while also significantly improving emotional health and resilience to stress.

The message is clear: you don't need to be an athlete to gain profound health benefits from movement.



Exercise: Biblical Foundation

Physical Training Has Value

"For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."

— **1 Timothy 4:8**

Your Body is a Temple

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."

— **1 Corinthians 6:19-20**





運動教室



香港中文大學運動醫學及健康科學碩士 - 陳嘉寶 Katie
中國香港體適能總會委任講師 - ACSM健康體適能專家

預防腰椎間盤突出

腰腿痛是腰椎間盤突出的常見的症狀，如何預防是一個受關注的議題。其中一個有效預防方法是進行合適的運動鍛鍊。運動鍛鍊可以加強脊柱附近的肌肉及韌帶強度，從而達到保護脊柱的作用。以下兩種建議都可幫助預防腰椎間盤突出：



改善日常姿勢

長期彎腰用力的動作，如舉起重物時，壓力可比正常提高幾倍，加重腰部負荷。長期坐立工作的人，腰部發病率較高，應保持良好坐立姿勢，並堅持每隔一小時活動腰背，可舒緩腰間壓力。另外，提取重物時應屈髖屈膝、收腹挺直腰取物，儘可能避免過度彎腰或扭腰。需要長時間站立時，髖膝關節可微屈至15度左右，輕微收腹，兩側臀肌肉往內收，使骨盆前傾，腰椎自然變直，這些姿勢都可以有效防止腰部損傷。

強化肌肉運動

強化腰部肌肉可防止腰背部軟組織損傷，適宜的運動包括，游泳、太極或普拉提。在家中，亦可仰臥在墊上，練習拱橋臥式，強化肌肉。將手交叉放於胸前，屈膝後，頭與雙腳支撐全身，挺直腰，提起臀部離地，停頓5秒。每天重覆10次，有助於減少腰椎負荷，可以有效防止腰椎間盤突出的發生。



拱橋臥式：
手交叉放於胸前，屈膝，頭與雙腳支撐全身，腰挺直，提起臀部，停頓5秒，每天重覆10次。

主要訓練部份：
《腰腹》 · 《大腿》
《臀部》 · 《骨盆肌肉》

纖體 健身班

你知道身體要燃燒脂肪，「必須」保持甚至要增加肌肉質量？靜止代謝率 (Resting metabolic rate) 指當身體在休息時所消耗卡路里的能力。肌肉所佔的比例越高，RMR 就會越高。透過自身重量訓練，調整肌肉力量及線條，塑造健康身段。

日期 2016年 (一期八堂)

第一期 9月7、14、21、28日、10月5、12、19、26日

第二期 11月2、9、16、23、30、12月7、14、21日

時間 晚上 6:30-7:30

地點 香港港安醫院-荃灣 主座1樓

名額 25位 (先到先得，額滿即止)

修線條
Firming



肌肉耐力
Muscle Endurance

消脂
Fat Burn



全新運動班

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會員 \$390/期

非會員 \$420/期

單堂試堂 \$70/堂



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Exercise Activity

Exercise Style Exploration (8 minutes)

Let's experience different types of exercise firsthand! Stand up and join in as we try each style for 1-2 minutes:



Aerobic

Brisk walking or jogging in place to get your heart pumping



Strength

Simple squats and push-ups to build muscle



Flexibility

Basic stretching to improve range of motion



Balance

Single-leg standing to enhance stability

 **Discussion Question:** Which exercise type did you enjoy most? How could you incorporate it into your daily routine?

Principle 3: Water



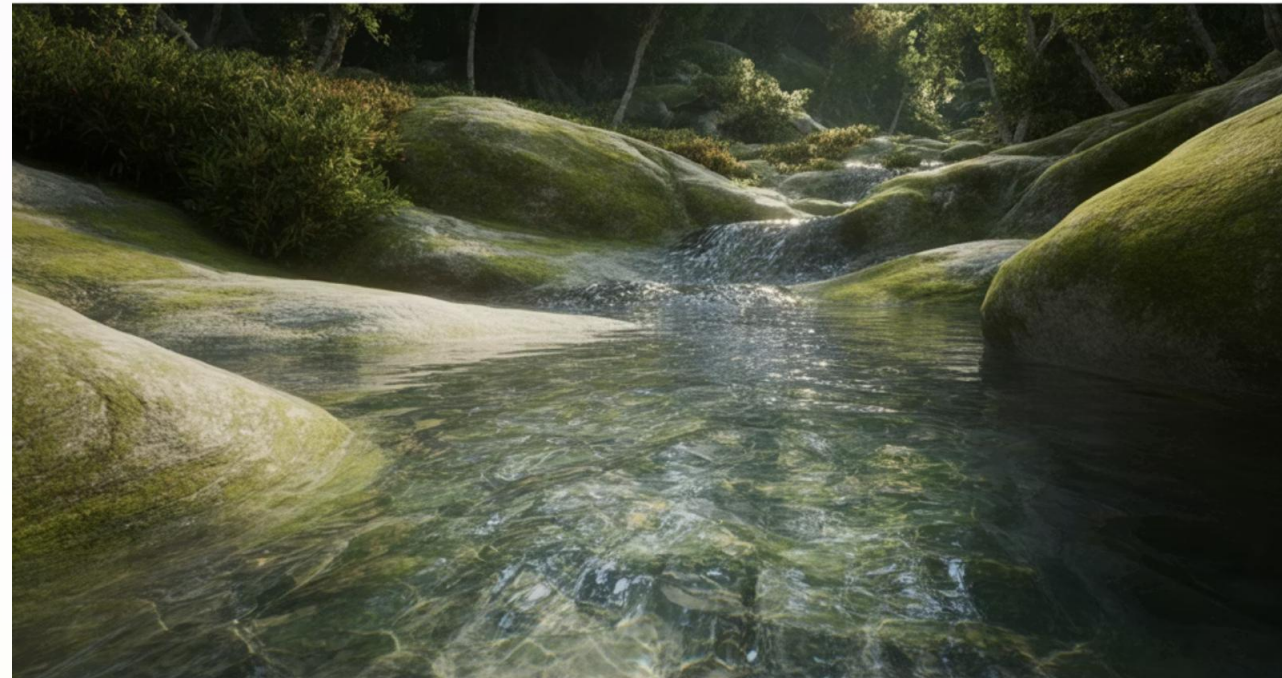
Essential for Life

Water comprises approximately 70% of the human body, making proper hydration absolutely essential for optimal health and function.

Water's Vital Roles:

- **Digestion:** Breaks down food and absorbs nutrients
- **Circulation:** Transports oxygen and nutrients throughout the body
- **Temperature regulation:** Maintains core body temperature
- **Detoxification:** Flushes waste products from cells

Water therapy techniques, including hydrotherapy, can also enhance circulation and strengthen the immune system.



Water: Scientific Evidence

Research demonstrates that maintaining proper hydration is crucial for both physical and mental performance.



Cognitive Function

Adequate hydration improves focus, memory, and mental clarity. Even mild dehydration can impair concentration and mood.

Athletic Performance

Proper fluid intake enhances endurance, strength, and recovery time during physical activity.

Daily Recommendation

Health experts recommend approximately **eight glasses daily** (about 2 liters), though individual needs vary based on activity level, climate, and body size.

Water: Biblical Foundation

Living Water

"Jesus answered, 'Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.'"

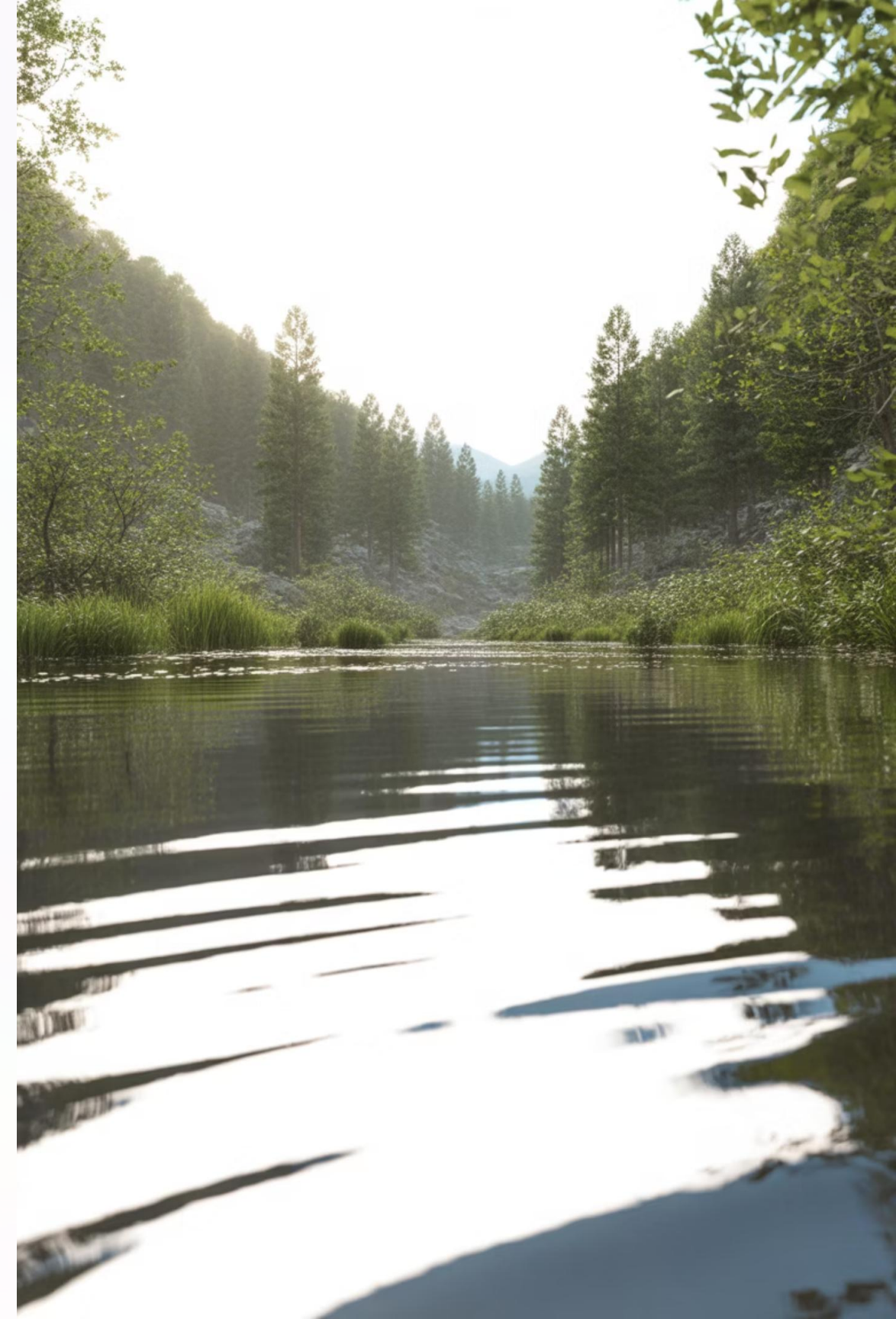
— **John 4:10-14**

Spiritual Thirst

"As the deer pants for streams of water, so my soul pants for you, my God."

— **Psalms 42:1**

Scripture uses water as a powerful metaphor, connecting our physical need for hydration with our spiritual thirst for God's presence and truth.



Water Activity

Daily Water Intake Calculator (6 minutes)

Calculate Your Personal Needs

Use this simple formula to determine your optimal daily water intake:

$$\text{Your Weight (kg)} \times 30\text{-}35 \text{ milliliters} = \text{Daily Water Need}$$

Once you've calculated your personal requirement, compare it with your actual daily intake. Are you meeting your hydration goals?

Practical Hydration Tips:

- Carry a reusable water bottle throughout the day
- Drink a full glass of water before each meal
- Add fresh fruit slices for natural flavor enhancement
- Set hourly reminders on your phone to drink water



Consider the impact of sugary drinks on your health—water is always the best choice for hydration.

Principle 4: Sunlight

God's Energy Source

Sunlight is the natural energy source designed by God to sustain life on Earth. Moderate sun exposure plays a crucial role in human health, particularly in the production of Vitamin D.

Bone Health

Vitamin D is essential for calcium absorption and maintaining strong, healthy bones throughout life

Immune Function

Adequate Vitamin D levels strengthen immune response and help protect against illness

Metabolic Balance

Sunlight is vital for regulating metabolism and maintaining proper hormonal balance

Sunlight: Scientific Evidence

01

Optimal Vitamin D Production

Just 15-20 minutes of daily sun exposure provides adequate Vitamin D for most people, though needs vary by skin tone and geographic location.

02

Mental Health Benefits

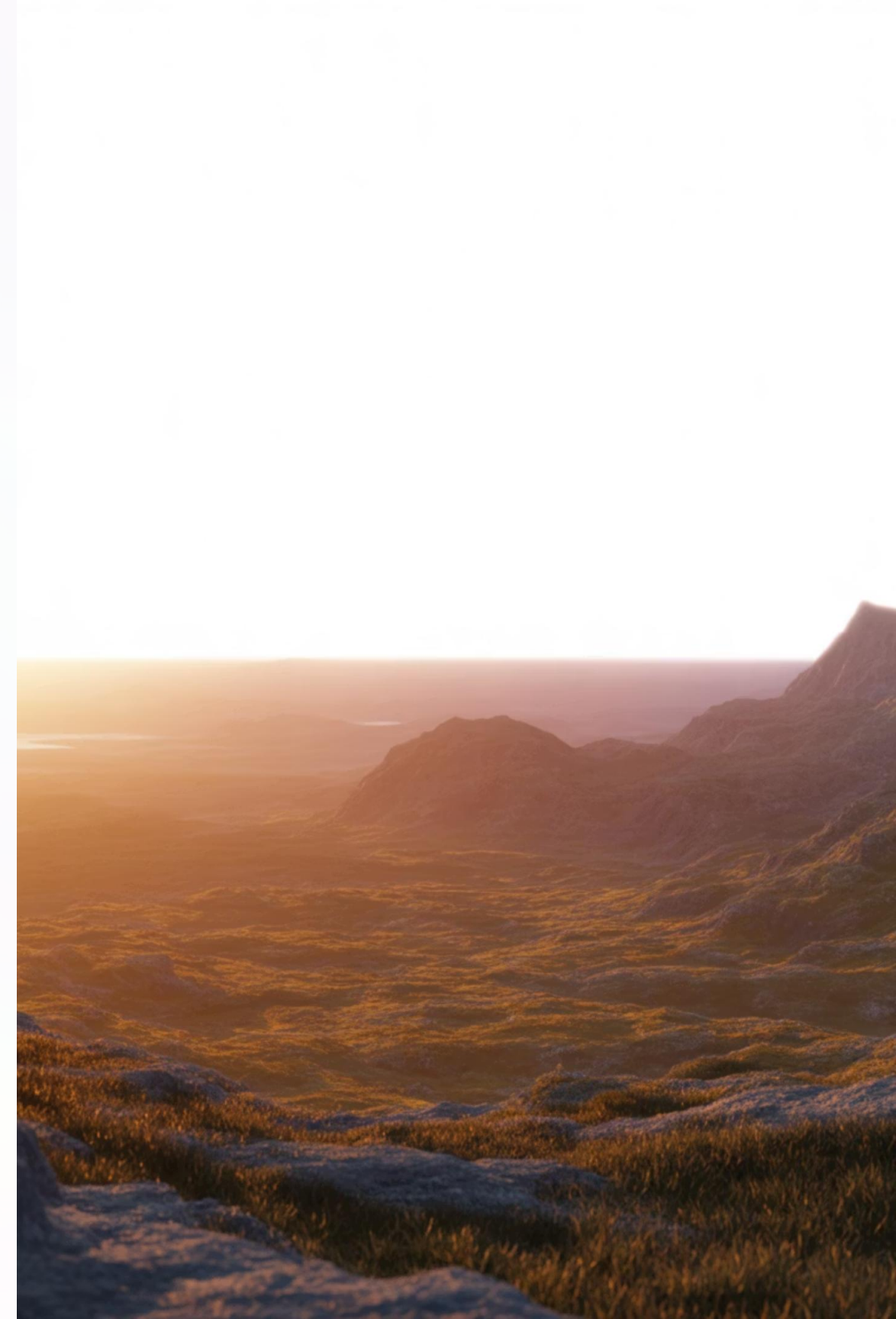
Sunlight exposure significantly reduces depression risk and improves overall mood by triggering the release of serotonin, the "happiness hormone."

03

Circadian Rhythm Regulation

Natural light helps regulate your body's internal clock, leading to better sleep quality and more consistent sleep-wake cycles.

The health benefits of sunlight extend far beyond Vitamin D production—it's a key factor in overall wellbeing and vitality.



Sunlight: Biblical Foundation



God's Creation

"And God said, 'Let there be lights in the vault of the sky to separate the day from the night... God made two great lights—the greater light to govern the day and the lesser light to govern the night.'"

— **Genesis 1:14-18**



Healing Light

"But for you who revere my name, the sun of righteousness will rise with healing in its rays."

— **Malachi 4:2**

Scripture connects God's creation of light with its healing properties, reminding us that even the sun serves His purposes for our wellbeing.

Sunlight Activity

Sunlight vs. Vitamin D Supplements (6 minutes)

Partner up and engage in a friendly debate! One partner will advocate for natural sunlight, while the other represents Vitamin D supplements. List the pros and cons of each approach.

Natural Sunlight


Consider:

- Free and readily available
- Provides additional health benefits
- Risk of overexposure and skin damage
- Seasonal and geographic limitations

Vitamin D Supplements

Consider:

- Consistent, controlled dosage
- No sun exposure risks
- Cost considerations
- Lacks additional sunlight benefits

 **Key Discussion Points:** How can we balance the benefits of sun exposure with skin cancer prevention? What constitutes safe sun exposure in your climate?



Closing Activity

Write on a sticky note: 2-3 min



One specific action you will practice from N-E-W-S principles this week

Remember

NEWSTART provides a comprehensive approach:

- Scientifically-supported
- Faith-based

Healthy living is not about perfection. It's about progress.
Each small step moves toward a healthier life



Closing Scripture:

"Dear friend, I pray that you may enjoy good health and that all may go well with you, just as it is going well with your soul."

3 John 1:2

References:

1. Weimar University NEWSTART Program Official Materials
2. Taiwan Adventist Hospital NEWSTART Program
3. Hong Kong Adventist Hospital Lifestyle Management Center
4. Scientific research on lifestyle effects on health outcomes
5. Interactive teaching methods and best practices
6. Biblical health principles and spiritual foundations
7. Health education activities and strategies

Educational videos:

For a deeper dive into nutrition and health, check out this NEWSTART resource:

<https://www.youtube.com/watch?v=RDHOnvRD1cc>

For an inspiring look at exercise and its benefits, watch this:

https://www.youtube.com/watch?v=zqZuB_GwaMU

For a great overview on hydration, watch this:

<https://www.youtube.com/watch?v=PgC9Ql-i8Xo>

For a comprehensive look at vitamin D and sunlight:

<https://www.youtube.com/watch?v=81Zj3aQiFRA>

NEWSTART Official Website and Videos: <https://newstart.com/>

NEWSTART Videos Playlist: <https://www.youtube.com/playlist?list=PLDsa34fnyMoQLSqX8duBDcabraGbSoer8>