



The 10,000 Toes Campaign presents:



# Health Keys

[Introducing the speaker for Health Keys, and the program]

I am (give your own Name) and I come from (give a little information about yourself)

- Welcome to this health series which has been developed by 10,000 Toes, an initiative of Adventist Health.
- This 14-part health series is designed to educate and empower you to live your best life.
- Today's topic is called the "Divine Design" and will focus on the '7 Dimensions of Wellness' which is a Whole-Person Health approach to life.



# Divine Design

Let's begin by using our imagination for a moment.

Imagine you were a pilot and you were going to fly a plane.

- Would you want your mechanic to look after the plane by:  
Making sure it was regularly checked before each flight

For example:

- testing your flight controls,
  - landing gear
  - position lights and
  - fuel gauge
- What happens if you found out that your mechanic didn't do the regular checks?
  - What if you found out that the mechanic filled the fuel tank with water instead of fuel?
  - Would you want to fly the plane? Would the plane function well?
  - No, it would break down...

Well, our bodies were designed to thrive, however, often we do not look after our body and do not put the right fuel (adequate healthy food) and water into our body, just like a mechanic who does not look after the plane.

- This can lead to sickness, disease, and dying much earlier than we should.

# What is Wellness?

**Wellness is about living your life to the full and looking after all the different areas of your life that help you to live your best life. These areas are called: the 7 Dimensions of Wellness.**



Let's begin by answering the most important question:

What is Wellness?

Wellness is about living your life to the full and looking after all the different areas of your life that help you to live your best life.

These areas are called the:

7 Dimensions of Wellness.



**Physically Energised**  
**Socially Connected**  
**Vocationally Enriched**  
**Spiritually Empowered**  
**Intellectually Attuned**  
**Environmentally Attuned**  
**Emotionally Thriving**

These 7 Dimensions include the following...

Wellness is being:

- Physically energised
- Socially connected
- Vocationally enriched
- Spiritually empowered
- Intellectually attuned
- Environmentally attuned
- Emotionally thriving

Let's look at these aspects one by one.



# Physically Energised

**Caring for the body through nutrition, movement, rest, and healthy habits.**



Physically Energised -

- is the intentional care of the body through activity, nutrition, rest, and preventive measures.

Being physically energised allows us all to:

- Perform daily tasks effectively without fatigue
- Engage actively in church and community activities
- Support mental and emotional health
- Prevent illness and maintain long-term vitality



# Emotionally Thriving

**Managing thoughts, emotions, and stress in life-giving (rather than damaging) ways.**



## Emotional Thriving

- is the God-given capacity to recognise, understand, regulate, and express emotions in a healthy and constructive way.

It is not the absence of difficult feelings, but the ability to manage them wisely and faithfully.

God created humans with emotions.

Throughout Scripture, we see expressions of:

- Joy (Psalm 16:11)
- Grief (John 11:35)
- Anger (Mark 3:5)
- Fear (Psalm 56:3)
- Peace (John 14:27)

Emotions are not sinful in themselves—they are signals. They help us understand our inner condition, our relationships, and our spiritual needs. Emotional wellness means responding to these signals in ways that honour God and strengthen relationships.



# Intellectually Engaged

**Lifelong learning,  
curiosity, and wise  
decision-making**



## Intellectual wellness

- is the intentional practice of stimulating the mind, seeking understanding, and applying knowledge wisely in daily life and service.

It is not limited to formal education. A person does not need a university degree to be intellectually well.

Intellectual wellness includes:

- Learning from experience
- Gaining practical skills
- Reading and studying
- Asking thoughtful questions
- Reflecting on Scripture
- Solving everyday problems.

Intellectual wellness keeps the mind active, flexible, and growing. Just as the body needs exercise, the mind also needs stimulation.





# Socially Connected

**Building supportive, meaningful, and loving relationships. Spiritually Empowered– Growing in faith, trusting God, and spiritual discipline**



## Social wellness

- is the ability to form, nurture, and maintain healthy, meaningful, and life-giving relationships with:

- Family members
- Friends
- Workmates
- Neighbours
- The wider community

Human beings were created for relationships. We are not designed to live in isolation. Social wellness recognises that our relationships strongly influence our emotional health, spiritual growth, physical well-being, and overall life satisfaction.

Social wellness is not about having many friends. It is about having quality relationships built on trust, respect, and mutual care





# Environmentally Attuned

**Caring for our surroundings as stewards of God's creation**



## Environmental wellness

- is the ability to recognise how our surroundings affect our physical, emotional, and spiritual health—and to actively maintain safe, clean, healthy, and sustainable environments.

Our environment includes:

- Our homes
- Our church buildings
- Our gardens and farms
- Our water sources
- Our air quality
- Our wider community surroundings
- The natural creation around us

Environmental wellness recognises that health does not exist in isolation. The condition of our environment directly influences disease rates, stress levels, productivity, and spiritual awareness.

To be environmentally attuned is to live responsibly within God's creation.



# Vocationally Enriched

**Finding purpose, dignity,  
and service in work and  
calling**



## Vocational wellness

- is the experience of being fulfilled, productive, and purposeful in one's work or calling. It is not limited to paid employment.

In the context of church and community life across the Pacific, vocation includes:

- Farming and gardening
- Fishing and small business
- Teaching and healthcare
- Ministry and church leadership
- Parenting and household management
- Volunteering and community leadership

Vocational enrichment means that what you do each day has meaning, direction, and alignment with God's purpose for your life. Work is not just survival. It is stewardship



# Spiritually Empowered

**Finding purpose and meaning in life, working out what is important to you, and why. Getting involved in church and things that matter to you.**



## Spiritual wellness

- is the intentional practice of growing closer to God, living according to His principles, and allowing faith to guide decisions, actions, and relationships.

It is the foundation upon which all other dimensions of wellness rest because it aligns life with God's purposes.

Spiritual wellness is more than church attendance or ritual. It is a lifestyle of faith—where every thought, word, and action reflects God's guidance and love.

A spiritually empowered individual:

- Seeks a personal relationship with God
- Understands God's design for life
- Aligns daily living with biblical values
- Serves others in gratitude and humility

# Divine Designer



Gen 1 & 2

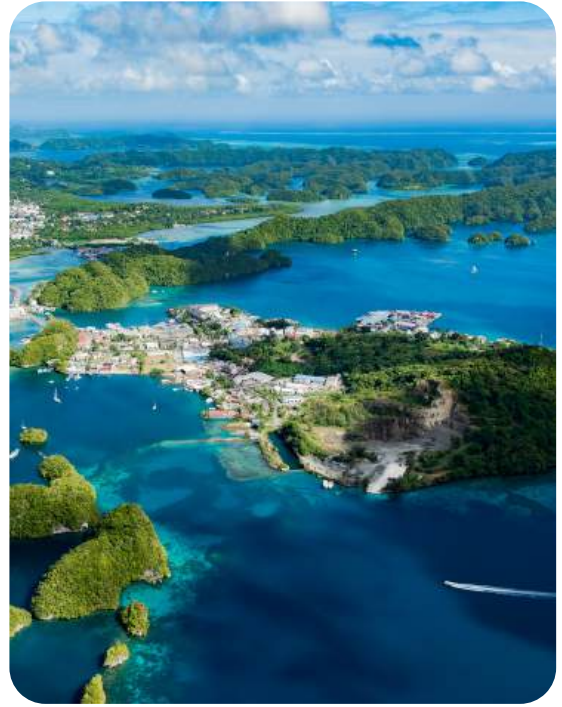
- Light
- Firmament (air)
- Water
- Sunshine
- Food
- Trust
- Rest
- Exercise

The 7 Dimensions of Health is a health model that incorporates the various components that form part of a balanced human life.

One acronym that is very simple to remember is NEWSTART. It describes these very things that God made during creation week.

# In The Beginning

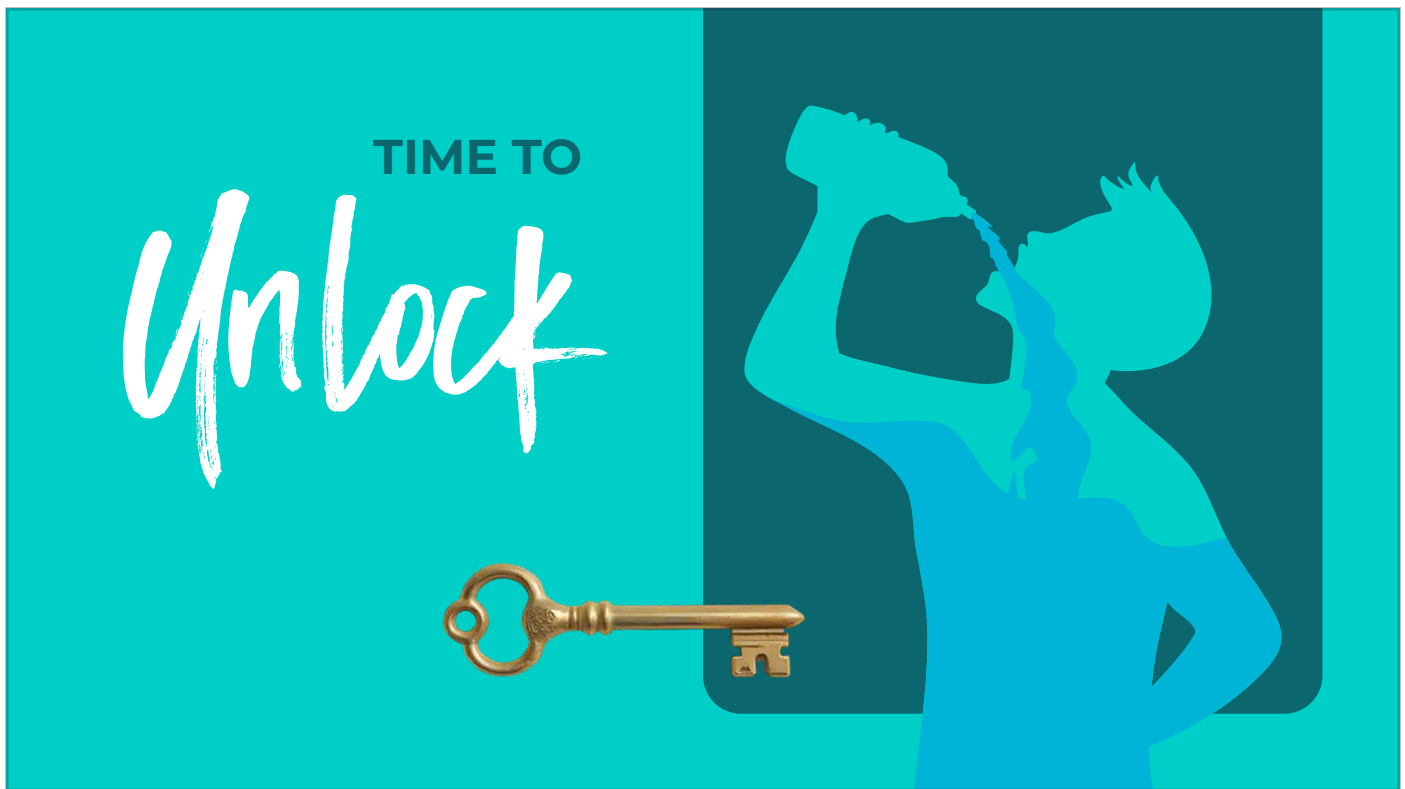
<b>N</b>	<b>Nutrition</b>
<b>E</b>	<b>Exercise</b>
<b>W</b>	<b>Water</b>
<b>S</b>	<b>Sunlight &amp; Light</b>
<b>T</b>	<b>Temperance (choice)</b>
<b>A</b>	<b>Air</b>
<b>R</b>	<b>Rest</b>
<b>T</b>	<b>Trust</b>



## NEWSTART

Every single component of these acronyms is recognised by modern research to be essential for health, and is found in the 7 Dimensions of Wellness

At the START of our world, God established laws of health to ensure that the people He made, would remain in the best health.



The laws of health were established by an all-knowing, all-loving Creator, and today He is still inviting us to voluntarily take hold of these life-giving health gifts.

Tonight, let's focus in on one of the basic health laws - WATER.

It's one of the simplest, most essential gifts for life. Did you know the human body is made up of about 60% water? Even the brain, which controls everything we do, is about 73% water. Every cell, every organ, every system depends on it to function properly.

Where does all this water come from? About 10% comes from digesting the food we eat, 20% comes directly from the water in our food, and a full 70% comes from the water we drink. That shows how important it is to make sure we're drinking enough each day.

Yet it's one of the easiest things to forget. Too often we replace it with sugary drinks, or we wait until we feel thirsty—which is in fact our body's way of crying for help when we are severely dehydrated.

So tonight, here's a simple challenge for the next 24 hours: drink at least 8 glasses of water, or more if you are active. We are in a warm climate here in the islands. We lose a lot of water through sweating! Make water your main drink.

Each glass is more than hydration—it's a small act of trust in the Designer who knew exactly what your body would need. Notice how your body feels, your energy, your clarity.



# Want to unlock **more?**



## REACH OUT!

If you would like support in your health journey, please join me at the end of the program, for a chat.

The Key to health is simple:

Trust the One who designed you!