

Walking in WELLNESS

DIGEST

Where Biblical Wisdom Meets Evidence-Based Wellness

FOUNDING EDITION

JULY 2026



JULY WELLNESS PRESCRIPTION STAY HYDRATED, STAY HEALTHY

Small sips today,
better health
tomorrow.

PRESCRIPTION NO. 001



DIAGNOSIS:

Dehydration risk due to summer heat, busyness & lifestyle habits



PRESCRIPTION:

Stay Hydrated, Stay Healthy



DOSAGE:

Drink water consistently throughout the day



REFILLS:

Daily – Make it a habit!



SIDE EFFECTS:

Improved energy, focus, digestion, and overall wellness

PRESCRIBED BY:

Your Health Care Provider (God)
John 4:14



Welcome to the Founding Edition

Every journey begins with a single step.

Welcome to the very first edition of Walking in Wellness Digest! It is our prayer that this monthly publication will encourage and equip our church family to faithfully steward the health God has entrusted to us. Each issue will combine biblical truth with evidence-based wellness education, practical health tips, simple recipes, and monthly challenges designed to help us honor God through whole-person wellness.

Thank you for joining us as we begin this exciting journey together!



JULY WELLNESS PRESCRIPTION

Stay Hydrated, Stay Healthy

Summer heat, vacations, outdoor activities, and busy schedules can all increase our risk of dehydration. Water plays an essential role in nearly every function of the body—from regulating temperature and supporting digestion to transporting nutrients and helping us think clearly.

Even mild dehydration can contribute to fatigue, headaches, and difficulty concentrating.

This month, make hydration a daily habit. Keep a refillable water bottle nearby, drink water consistently throughout the day, and choose water more often than sugary beverages. Small, consistent choices can have a big impact on your overall health.



SCIENCE BEHIND THE SCRIPTURE

John 4:14 (NKJV)

"But whoever drinks of the water that I shall give him will never thirst..."

Jesus was speaking of the living water that brings eternal life. While this passage points to our deepest spiritual need, it also reminds us that God created us as whole persons—body, mind, and spirit. Caring for our physical health is one way we faithfully steward the life He has entrusted to us.



KITCHEN PRESCRIPTION

Lemon • Cucumber • Mint Infused Water

INGREDIENTS

- ½ lemon, sliced
- ½ cucumber, sliced
- Fresh mint leaves
- Cold water

Combine ingredients in a pitcher and refrigerate for 2-4 hours before serving.



TRY THESE COMBINATIONS NEXT:

- Strawberry + Basil
- Orange + Blueberries
- Watermelon + Lime



JULY WELLNESS PRESCRIPTION CHALLENGE

- ✓ Carry a refillable water bottle.
- ✓ Drink water before reaching for another beverage.
- ✓ Add fresh fruit or herbs to your water.
- ✓ Track your water intake for seven consecutive days.



WELLNESS REFLECTION

How can I better steward the body God has entrusted to me this week?

Take a few moments to pray and ask God to help you develop one healthy habit that honors Him.



COMING NEXT MONTH

August Wellness Prescription

Eat the Rainbow



Discover how God designed colorful fruits and vegetables to nourish, protect, and strengthen our bodies.



NURSE'S CORNER

Evidence-Based Hydration Tips

- Aim for approximately half your body weight (in pounds) in ounces of water daily, unless your healthcare provider recommends otherwise.
- Thirst is often a late sign of dehydration.
- Increase your fluid intake during hot weather, exercise, illness, or when spending extended time outdoors.
- If plain water is difficult to drink, naturally flavor it with fruit or herbs instead of sugary beverages.



WELLNESS INSIGHT

Did you know?

Even mild dehydration can reduce concentration, reaction time, and physical performance—even before you feel thirsty.

