Caring for our Physical Bodies

Our bodies are temples-1 Corinthians 3:16-17

"The Lord has commanded you to take good care of your body. To do this, observe the Word of Wisdom, found in D&C 89. Eat nutritious food, exercise regularly, and get enough sleep. When you do all these things, you remain free from harmful addictions and have control over your life. You gain the blessings of a healthy body, an alert mind, and the guidance of the Holy Ghost."

> Physical Health For the Strength of Youth, 36

Knowledge of how to care for our physical temples:

D&C 89

Strength of Youth-Physical Health, Dress & Appearance



D&C 89: 5-17

Strength of Youth-Physical Health



Strength of Youth-Physical Health



D&C 88:124

Strength of Youth-Physical Health

Grooming:

D&C 42:41

Alma 1:27

Strength of Youth-Dress & Appearance

Example from the scriptures:

Daniel 1:3-20

Promises:

D&C 89:18-21

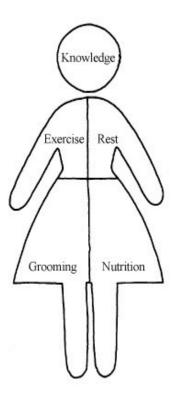
Strength of Youth-Physical Health & Dress & Appearance











Elder Delbert L. Stapley said: "There is a close relationship between physical health and spiritual development. ... When one's physical health is impaired by disobedience to God's eternal laws, spiritual development will also suffer" (in Conference Report, Oct. 1967, p. 74; or Improvement Era, Dec. 1967, p. 77).