

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



Nutrition:

D&C 89: 5-17

Strength of Youth-Physical Health



Exercise:

Strength of Youth-Physical Health



Rest:

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).