

**Remember, if you think you can...you can!  
Your health is your best wealth. Prioritize it!**

d. If possible, get your weight, blood pressure, cholesterol, and blood sugar levels tested before and after the challenge. You will see the change. **Yes, "where there is a will, there is a way"**

e. Write down how you feel before and after the challenge. Take before and after pictures and share them with the DHC Family.

f. Share what you are doing with your family. Ask them to support you, even if they are not doing the challenge.

g. **START! START!** Everything doesn't have to be perfect. Start! **Have fun doing it.** The first three days tends to be the most challenging. But it gets better and better every day. Share your struggles and successes with your DHC partners.

h. You can do this as an individual, family church, or group/

### **Spiritual preparation**

- Ask God to help you **forgive** all those who have hurt you.
- Pray for and receive daily victories. Exercise faith in your God!
- **Use the prayers of Daniels study guide.** The things that are impossible with men are possible with God!



## **DANIEL'S HEALTH CHALLENGE: 10 DAYS TO LOOK AND FEEL GREAT!**



DATE: \_\_\_\_\_

### **A HEALTH INITIATIVE OF NEC HEALTH MINISTRIES**

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***Your Health is Your Best Wealth***



## Components of Daniel Health Challenge (DHC)

### Daniel's Diet, Water, and God's Favor

1. ***Daniel's Diet:*** Daniel ate pulse and drank water. Pulse is a plant based diet derived from these 4 food groups — **whole grains, legumes, fruits, and vegetables.**

(See the New Four Groups in the DHC Resources)

- Prepare your own recipes from the 4 food groups or combine yours with the Daniel Diet Recipes prepared for the DHC.
- *Participate in 20 minutes of moderate walking after breakfast and lunch.*
- Having a DHC buddy is **strongly encouraged.**

2. ***Water:*** Aim to drink 8-10 glasses a day. Drink water half an hour before meals and two hours after meals. Drink it at room temperature and not cold. Start the morning with 2 glasses of water before breakfast, mid-morning - 2 glasses, early afternoon – 2 glasses, late afternoon – 2 glasses evening – 2 glasses.

**Remember if you don't Try it Won't Fly**

### Favor of God: Spiritual Component of the DHC

So many people try to change their unhealthy habits and create healthier ones but they fail to succeed. One of the reasons is they try to do it in their own strength.

- You need supernatural strength to empower you to break the unhealthy habits and create healthier ones. Daniel trusted and obeyed God. And God gave him **Favor, strength** and great success. **For the things that are impossible with men are possible with God. Remember, God is our healer and deliverer. He wants you to be healthy. So seek His strength!**
- Prayer: Daniel was connected with his God through praying three times a day. (6:10) He received amazing Deliverance Through Prayer. I wrote a DHC Study Guide on the Prayers of Daniel to be use during the Challenge. Subscribe to “Daley Health” our YouTube channel and receive your copy.

### Preparation For the DHC Diet:

**You will need to be mentally, physically, and spiritually prepared for the Challenge.**

**Mental** - like Daniel, you must have a made up mind to eat what is best for your health and bring glory to God. (Daniel 1:9)

- a. Write out specifically what you want to accomplish through DHC or set measurable and achievable goal for the ten days. Examples: lose five pounds; lower my cholesterol or blood glucose; I need to feel reconnected with God.
- b. Write out three big reasons why you want to accomplish what you want to achieve through the DHC. Repeat them before you go to bed and when you wake up in the morning. (Don't skip this)

### **Physical Preparation:**

- a. Two weeks before you start the Challenge clean your cupboards & refrigerators, cars, and office of foods that will tempt you break the Health Challenge.
- b. Then stock them with **Foods from the 4 Food Groups.**
- c. Make up the recipes for breakfast, lunch, and dinner by selecting **Foods from the 4 Food Groups.** Combine with some of our DHC Diet Recipes. **Make breakfast the heaviest meal and dinner the lightest.**