

What It Means to Be a Healthy Christian Woman

How do you know if you're healthy? What does "healthy" mean anyway—as a woman, as a Christian? Are you too old to be healthy?

As a women's health physician, I regularly see firsthand the impact of lifestyle, emotions, relationships and spiritual life on a woman's health. Every day I am privileged to help women find ways to experience a more "fully alive" kind of life in all these areas.

Take a few moments to watch this short video. You'll see other women just like you. And you'll find out:

- What it means to be a healthy Christian woman
- What factors impact how a woman looks and feels
- Why a Christian woman should especially care about her health
- The single most important thing you can do to improve your health. And the best news: that single most important thing doesn't cost a penny!

Can you relate to any of the women you saw in the video? Do you have any reasons why you would like to experience better health? What would that look like for you? Which area of your life do you find most challenging to live healthy? {eoa}

Dr. Carol Peters-Tanksley is both a board certified OB-Gyn physician and an ordained doctor of ministry. As an author and speaker, she loves helping people discover the **Fully Alive** kind of life that Jesus came to bring us. Visit her website at .