

## Discipline The Engine of Change

Motivation is a fleeting emotion; you can't base your well-being on it. The key lies in discipline. Growth isn't about superficial changes, but about having the energy, perseverance, and consistency to maintain healthy habits out of respect for your own life, knowing that every daily decision is shaping or damaging your future.

Stop waiting for the "perfect moment" and turn your intentions into actions. Instead of saying, "I want to be healthy," affirm: Today I am acting to live better. Life happens now. Be consistent, look in the mirror and reflect: Do my actions today honor the gift of being alive? Remember that your most valuable investment is yourself.

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For more information

A Healthy Lifestyle  
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Healthy Living  
9<sup>th</sup> Edition

HEALTHY NUTRITION EXERCISE TIPS

## WEIGHT TRAINING: AN ALLY AGAINST DIABETES

Weight training is a central part of the treatment for diabetes and insulin resistance because it opens more receptors within cells, especially within muscle fibers, which can absorb more glucose from the bloodstream, stabilizing blood glucose levels.

Strength training triggers molecular cascades that suppress or inhibit pro-inflammatory substances.

Studies have shown that a weight training program of 3 days a week for 6 months, for example, performing 3 sets of 10 repetitions of squats with a dumbbell or stone on the shoulders and other weight training exercises, reverses the condition of prediabetes in people over 50 years of age.

## An Astrological Perspective on Health

In this new year, health takes center stage in your birth chart. Each phase of the moon, ruler of water and emotions, influences your physical and energetic well-being. Practicing breathing exercises during the waning moon helps release tension. Saturn brings discipline to maintain healthy habits, while Jupiter expands vitality if you align mind and body.

This year will be one of renewal and healing if you learn to flow with natural rhythms and care for your body as the temple where your spirit resides. Be mindful of what you eat, what you think, and what you feel. If you strive for well-being, the universe will support you with all its strength and wisdom.



## A Green and Delicious Vegetable Cake

A different way to eat vegetables, rich in vitamins, minerals, and salts that the body needs for its well-being.  
Ingredients:

3 eggs  
2 tablespoons whole wheat flour  
Grated:  
1/2 cup carrot  
1/2 cup zucchini  
Chopped:  
1/2 sweet pepper  
2 onions  
1/2 cup spinach  
Salt, oregano, and thyme to taste.

Preparation: Beat the eggs, add the flour, salt and the spices, Add the grated vegetables and mix well.

Spread in a skillet, cover, and cook over low heat. Flip and... that's it!

The vegetables can vary according to your taste and creativity.

Remember:

Avoid overcooking the vegetables so they retain all their nutritional properties.

## The Earth in Our Hands

Water, fertile soil, air, forests, animals, plants: these are treasures our blue home possesses, but day by day it deteriorates due to pollution, indiscriminate logging, illegal hunting, genetic manipulation, and a lack of a sense of belonging. More than 2.2 billion people lack access to water; more than 673 million suffer from hunger, while 10.9 million hectares of forest are lost every year.

It's time to:

Be a guardian of your home's water resources – turn off the tap!

Plant edible forests that protect wildlife and increase flora. Practice urban agriculture.

Create smoke-free spaces – air is life! Don't be indifferent; your actions leave a mark.

