



Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have from God, and that you are not your own?

1 Corinthians 6:19

Stewardship of Health

EXERCISE

The hardest thing about living to serve the purpose for which we were created – as Jesus did – is choosing to do so. He expressly compares this choice to a great physical effort: “Take up your cross and follow me.”

My cross is no more or less than everything I can do today. Jesus tells me that it will never be heavier than I have the gifts to bear. I can be thankful for life as it is, stop worrying and simply do what my gifts have already made possible.

But I have to make that choice, and then do it. A gift is useless unless it is used.

There is no gift more basic to my purpose in the physical world than my body. A healthy body is true wealth. What good are money and property if I haven't invested and faithfully managed the one and only form I will take in this world, a living human body?

It is my responsibility as a good Steward to use my body to do as much as it is given to do, and to keep it fit for a life of service.



For more information go to
www.oakwood.org
 or call
800.543.WELL

To subscribe to and use
 this free series call
 Cathrine Stock R.N. at
 313.586.4996

These are things we need to know about keeping our own bodies fit.

“Our society conducts itself at a very fast, yet often empty pace,” says Jeff Kline, Director of Sports Medicine, Oakwood Healthcare System.

“A hundred years ago, the pace of life was slower, yet much more fulfilling. Due to our ‘get-it-now’ mentality, we have abandoned the daily physical benefits of exercise and settled for life threatening levels of inactivity, obesity and preventable disease.”

People who **never exercise regularly** are likely to suffer from **three out of four chronic health problems: arthritis, high blood pressure, heart disease or diabetes.**

Regular exercise is as essential to health as food and rest.

- It helps maintain **heart and lung fitness.**
- It lowers **blood pressure**, prevents loss of **muscle mass**, reduces **body fat** and helps maintain **ideal body weight.**
- It helps reduce **blood sugar**, regardless of the presence of or resistance to insulin.
- People in **every condition and stage of life** can benefit from daily, vigorous exercise.

Aerobic exercise and walking

The **best overall type of exercise** for general physical well-being is **aerobic exercise.** **Most people** are able to do at least one form, including **walking, running, swimming, cycling** and some **calisthenics.**

Regular, brisk walking requires no special skills or equipment, other than a good pair of walking shoes. It can be done for **long periods** and at progressively **greater vigor and endurance** for **greater impact on overall health.**

Besides reducing or controlling moderately **high blood pressure** and lowering bad **cholesterol**, walking can increase bone density and help prevent **osteoporosis.**

A program for beginning walkers

- During the first week, walk 10 minutes a day at any speed, five minutes out and five minutes back. Walk 15 minutes a day the second week, 20 minutes the third and fourth weeks. Gradually **work up to a brisk pace**, as if late for an appointment.
- Starting the fifth week, walk briskly for **30 minutes a day.**
- Walkers will see more **strength and firmness** in their legs within four weeks. After **eight weeks**, they will begin to **lose body fat.**

Always **stretch before walking**, then slow down and **stretch again at the end.** Drink plenty of **water**, particularly during hot weather.

Many people start fitness programs but stop when they get bored or results come too slowly. **We all need to exercise every day.** Here are **some ways to keep motivated:**

- **Have realistic and achievable goals.**
- **Keep a record** of your exercise plan and daily progress.
- To avoid pain or injury, **know your limits.**
- **Keep exercise interesting and fun.**
- **Find ways to be active throughout the day.**
- When you pause or slip, **get back on track.**

Responsibility starts with common sense:

Those who haven't exercised regularly or who have any diagnosed illness should **get a doctor's approval first**, then follow his or her advice.

But Peter said,

*“I do not possess silver and gold,
 but what I do have I give to you:*

**IN THE NAME OF JESUS CHRIST OF NAZARETH,
 GET UP AND WALK!”**

Acts 3: 6