

Exercise

3 John 1:2 – "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."

"The health reform is an important part of the third angel's message; and as a people professing this reform, we should not retrograde, but make continual advancement. It is a great thing to ensure health by placing ourselves in right relations to the laws of life." {ML 128.2}

"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them..." {MH 127}

"Proper exercise is one of God's physicians." {CH 261.2}

"Education should be given on proper diet, dress, and exercise...our own people be educated... according to God's order..." {CD 406.4}

Note: According to Lee Wellard at Wildwood Lifestyle Center, exercising too vigorously can cause the body to produce blood clots and affect fibrinolysin, an enzyme involved in blood clotting. This can lead to heart attacks.

Remember 1 Corinthians 9:25: "...every man that striveth for the mastery is temperate in all things"...this includes exercise.

"There is no exercise that can take the place of walking. By it the circulation of the blood is greatly improved." {Testimonies for the Church, vol. 3, p. 78 (1871)}

"Walking, in all cases where it is possible, is the best remedy for diseased bodies, because in this exercise all the organs of the body are brought into use." {Testimonies for the Church, vol. 3, p. 78 (1871)}

When to Walk

1. "Morning exercise, in walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestion of brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases." {ML 136.5}
2. "A short walk after a meal, with the head erect and the shoulders back, exercising moderately, is a great benefit..." {CD 103.3}

"Exercise will aid the work of digestion. To walk out after a meal, hold the head erect, put back the shoulders, and exercise moderately, will be a great benefit..." {2T 530.1}

Where to Walk

"...Should practice exercising out of doors in walking..." {3T 78.1}

"Those who accustom themselves to proper exercise in the open air will generally have a good and vigorous circulation." {ML 136.4}

"Go out and exercise in the open air every day, even though some things indoors have to be neglected." {ML 136.6}

Why Outdoors?

"Rooms that are not freely ventilated daily... are not fit for use...not admitting pure air and the rays of the sun. It is dangerous to health and life...until the outside air shall have circulated through them for several hours... Every room...should be thoroughly ventilated every day. Every room...should be daily thrown open to the healthful rays of the sun, and the purifying air should be invited in. This will be a preventive of disease...The confined air of unventilated rooms meets us with sickening odors of mildew and the impurities exhaled by its inmates...are poisonous to the system." {HL 142.2}

Note: Studies show that exercising outdoors in the sunshine can strengthen the heart 100 times more than working out in a gym. According to these studies, outdoor exercise has a more positive effect on the heart.

How to Walk

"...taking a brisk walk in the open air..." {HR, November 1, 1880 par. 19}

"Brisk, yet not violent exercise in the open air, with cheerfulness of spirits, will promote the circulation, giving a healthful glow to the skin, and sending the blood, vitalized by the pure air, to the extremities. The diseased stomach will find relief by exercise..." {2T 530.2}

"A short walk after a meal, with the head erect and the shoulders back, exercising moderately, is a great benefit..." {CD 103.3} "To engage in deep study or violent exercise immediately after eating, hinders the digestive process..." {CD 103.3}

The Importance of Exercise

How Much Walking is Enough?

"Hours should be spent EACH DAY in walking or in working in the open air when the weather will permit..." {HR, April 1, 1872 par. 5}

A minimum of two hours of outdoor exercise can be achieved by walking at least 2-3 miles daily, taking 10-15 minute walks after each meal, and engaging in some outdoor work. Aim for 10,000 steps per day.

What Happens Without Exercise?

"It is the inaction of the human machinery that BRINGS SUFFERING AND DISEASE." {ML 136.3}

"More people die for want of exercise than through overfatigue; VERY MANY MORE RUST OUT THAN WEAR OUT..." {ML 136.4}

"WITHOUT PHYSICAL EXERCISE NO ONE CAN HAVE...VIGOROUS HEALTH..." {CT 307.2}

"In some cases, WANT OF EXERCISE CAUSES THE BOWELS AND MUSCLES TO BECOME ENFEEBLED AND SHRUNKEN, and these organs that have become enfeebled for want of use will be strengthened by exercise..." {Testimonies for the Church, vol. 3, p. 78 (1871)}

What About the Sick?

"Those who are feeble and indolent should not yield to their inclination to be inactive, thus depriving themselves of air and sunlight, but should practice exercising out of doors in walking or working in the garden. They will become very much fatigued, but this will not injure them. . . . It is not good policy to give up the use of certain muscles because pain is felt when they are exercised. The pain is frequently caused by the effort of nature to give life and vigor to those parts that have become partially lifeless through inaction. The motion of these long-disused muscles will cause pain, because nature is awakening them to life." {CH 200.1}

"If invalids would recover health, they should not discontinue physical exercise." {2T 528.1}

"Many sick people can NEVER get well without exercise." {3T 76}

Other Quotes on Exercise:

- Health requires regular exercise. {CD 444}
- Mental health requires exercise. {2T 413}
- Exercise is a powerful agent in the recovery of health. {ML 136}

Benefits of Exercise:

1. Beneficial in treating colds {2T 530}
2. Equalizes blood circulation {MH 238}
3. Quickens blood circulation {CH 199-200}
4. Sends blood to extremities {2T 530}

5. Strengthens body organs {MH 239}
6. Strengthens bowels {3T 78}
7. Relieves brain weariness {3T 152}
8. Aids digestion {2T 413}
9. Gives digestive organs a healthy tone {CD 103}
10. Prevents disease {MM 81}
11. Helps diseased persons {CG 343}
12. Relieves diseased stomach {2T 530}
13. Invigorates the entire human system {MM 107}
14. Expels impurities {2T 529}
15. Improves girls' minds and bodies {1T 686-687}
16. Gives life and strength to invalids {2T 530-531}
17. Strengthens kidneys {2T 533}
18. Strengthens liver {2T 533}
19. Keeps lungs in good condition {MH 238}
20. Strengthens lungs {2T 533}
21. Healthfully influences the mind {1T 394}
22. Gives muscles tone {1T 448}
23. Strengthens muscles {CH 199-200}
24. Benefits nerves of sick people {MM 296}
25. Aids recovery from sickness {MH 240}
26. A REMEDY FOR DISEASE {MM 225}
27. Gives skin a healthful glow {2T 530}
28. Helps regain body heat {HL 1901.1}
29. Works off waste matter accumulating in the system {3T 310}
30. Protects youth from secret vice {2T 348 - 349}

Who Needs Exercise?

1. Brain Workers {MH 238}
2. Children {CG 390}
3. Doctors {MM 292}
4. Indoor Workers {1T 515}
5. Invalids {4T 94; 2T 530}
6. Ministers {4T 408; CH 564; 3T 235}
7. People Employed Indoors {1T 515; CH 196}
8. Persons of Sedentary Habits {MH 240}
9. School Children {FE 60-61}
10. Sick people {MM 297}
11. Speakers {MH 309}
12. Students {CG 339-44; Ed 210}
13. Teachers {CT 281}
14. Those whose bodies are normally cold {HL 190.1}
15. Young Women {3T 150}
16. Youth {FE 114; CG 390}

Medical Science Confirms the Spirit of Prophecy Regarding Exercise:

1. Relieves Arthritis

Pain: http://www.health.harvard.edu/healthbeat/HB_web/relieve-arthritis-painnaturally-with-exercise.htm

2. Cuts Prostate Cancer Deaths:

<http://www.sciencedaily.com/releases/2008/05/080529093431.htm>

3. Helps Fight The Flu: <http://www.reuters.com/article/idUSTRE59M4H620091023>

4. Lowers Colon Cancer Risk:

<http://www.cbsnews.com/stories/2007/03/15/eveningnews/main2575999.shtml>

5. Prevents Disease: http://www.medicinenet.com/benefits_of_exercise/article.htm

6. Lowers Breast Cancer Risk:

http://breastcancer.about.com/od/riskfactorsindetail/tp/top_10_prevent_bc.htm

Exercise in Middle Age: It's Never Too Late

- http://www.diet-blog.com/09/exercise_in_middle_age_to_live_longer.php
- [http://www.dailyspark.com/blog.asp?post=in the news its never too late to start exercising](http://www.dailyspark.com/blog.asp?post=in_the_news_its_never_too_late_to_start_exercising)
- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1508501/pdf/amjph00001-0068.pdf>

More Medical Science Articles on Exercise/Walking:

- <http://www.hsph.harvard.edu/nutritionsource/Exercise.htm>
- <http://www.efmoody.com/miscellaneous/exercise.html>

Calories Burned Per Minute of Exercise by Weight:

- <http://whatscookingamerica.net/Information/CalorieBurnChar>