

Any exercise program that is not enjoyable will be hard to maintain. Fortunately, there are many different types of exercise you can try out depending on your interests, personality, and what motivates you.



Today,
determine to carry out
some type of physical
exercise everyday.
your body will thank you
for years to come!

What the Bible says:

Long life to you! Good health to you and your household! And good health to all that is yours

1 Samuel 25:6

This will bring health to your body and nourishment to your bones.

Proverbs 3:8

The Benefits when Doctor Exercise Makes a call



Hampstead Seventh-day Adventist Church
66 Haverstock Hill, London, NW3
Email: vibrant.health@live.com



The Benefits when Doctor Exercise Makes a call



Many of us acknowledge the importance of exercising and may be aware that exercise benefits not just the body but also the mind. But often this information isn't enough to encourage us to put this knowledge into practice. Often we start an exercise program with the best of intentions but drop it because we lose interest.

Let's explore some of the benefits of exercise, which may help to encourage you to start today:

Exercising triggers the body into producing chemicals called endorphins, which produce a feeling of peace and happiness.

Exercise can aid those who experience problems sleeping and can also help those with mental health issues such as mild depression and self-esteem.



Exercise can improve our physical abilities and help us to appreciate that we are 'fearfully and wonderfully made' (psalm 139:14) this in turn can help produce an improved self image and a sense of accomplishment.

People who exercise, burn calories that assist in maintaining a healthy weight.

Exercising to maintain a healthy weight also decreases a person's risk of developing certain diseases, including type 2 diabetes, high blood pressure and certain types of cancer.

Exercise can help to keep our muscles and bones strong, studies have found that women are especially prone to a condition called osteoporosis, as they get older. Weight-bearing exercise can help to alleviate this by keeping bones strong, thereby helping a person to age well.

Exercise makes daily tasks such as grocery shopping and house work much easier on your body.



In a study of Harvard graduates, men who burned 2,000 or more calories a week **lived an average of one to two years longer** than did those who burned fewer than 500 calories a week by exercising.

Exercise may increase your years of independent living and provide a better quality of life.

Exercise strengthens your heart and lungs. Your blood travels more efficiently, bringing much-needed oxygen from your lungs and nutrients to the rest of your body.



Experts advise that adults need to get about 60 minutes of moderate to vigorous physical activity each day. There are three components to a well-balanced exercise routine: aerobic exercise, strength training, and flexibility training.



Aerobic Exercise

Aerobic exercise is any type of exercise that gets the heart pumping and the muscles using oxygen. This type of exercise builds a stronger heart increasing its efficiency in delivering oxygen to all parts of your body. This type of exercise includes biking, running, swimming, skiing, hiking, and walking quickly.



Strength Training

The other muscles in the body also benefit from exercise. Muscle burn more energy when a person's at rest than fat does, so building muscles will help to burn more calories and maintain a healthy weight. Some strength building exercises are, running, biking, rowing, cross-country skiing and push-ups.



Flexibility Training

Exercise also helps the body stay flexible, meaning that your muscles and joints stretch and bend easily. Warming up for a workout and doing simple stretching exercises after your workout also help you develop flexibility.