**NEWSTART +6 – Exercise**

**Nothing Takes The Place Of Walking**

***Website:*** [Healthy Christian Living - Living by the Blueprint](https://livingbytheblueprint.com/)

**BIBLE:**

**Luke 13:33 – *“*...I must walk** **today, and tomorrow, and the day following...”**

**SOP:**

**“…MAKE THE MOST OF…PHYSICAL EXERCISE…”** (SpM 137.2)

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

**“…Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained.** **Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.”**  {MH 127.1}

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. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.”** {MH 127.2}

**“We should educate ourselves, not only** **to live in harmony with the laws of health,** **but to** **teach others the better way…”** (CG 361.2)

**“…Become more intelligent in regard to the laws of life. . . .”** {11MR 187.3}

**EDUCATE IN REGARD TO THE LAWS OF LIFE:**

 **“…Educate people in regard to the laws of life,** **so that they may know how to preserve health…”** {GCDB, January 30, 1893 par. 2}

**WHY?**

**“…so that they may know how to preserve health…”** {MM 259.3)

**“…It is the duty of every person,** for his own sake, and for the sake of humanity, **to inform himself** in regard to the laws of life **and conscientiously to obey them…”** (MH 128.1)

**“True religion and the laws of health go hand in hand. It is impossible to work for the salvation of men and women without presenting to them the need of breaking away from sinful gratifications,** which destroy the health, debase the soul, and prevent divine truth from impressing the mind…” (7T 137.1)

**“You are to apply the laws of life and health to your own case. In violating the laws of health,** **even in doing the service of God,** **you misrepresent your maker…”** {KC 20.4}

**EDUCATE REGARDING PROPER EXERCISE:**

**“Education should be given on proper…EXERCISE…”** (CD 406.4)

**WHY?**

**“Proper EXERCISE is one of GOD'S PHYSICIANS…..”** (CH 261.2)

**“Healthy, active EXERCISE is what you need. This will invigorate the mind.” {**HL 132.2}

“There will be **increased vitality,** which is so necessary to health.” {HL 132.3}

“Not only will **the organs of the body be strengthened by EXERCISE,** **but the mind also will acquire strength and knowledge** through the action of these organ.” {HL 132.4}

**“The more we** **EXERCISE,** **the** **better will be the circulation of the blood.”** {HL 132.5}

**“Judicious EXERCISE will induce the blood to the surface, and thus relieve the internal organs…will promote the circulation, giving a healthful glow to the skin, and sending the blood, vitalized by the pure air, to the extremities.”** {HL 132.8}

“By judicious **EXERCISE** they may expand the chest and **strengthen the muscles…”** {HL 133.1}

**“Moderate** **EXERCISE every day will** **impart strength to the muscles,** **which without exercise become flabby and enfeebled. …In a short time you will so realize the benefit of exercise and pure air that you would not live without these blessings.”** {2T 533.1}

**“…PHYSICAL EXERCISE.** Thus in simple language **we may teach the people how to** **preserve health,** how to **avoid sickness…”** {SpM 137.2}

**“…I have learned by experience that if we would have health,** **we must take a proper amount of active EXERCISE…”** {HR, August 1, 1873 par. 14}

**WHAT TYPE OF EXERCISE IS BEST?**

**“…There is no EXERCISE that can take the place of walking...”** (3T 78.2)

**“There is no EXERCISE that will prove as beneficial to every part of the body as walking.** **Active walking in the open air will do more for women, to preserve them in health if they are well, than any other means. Walking is also one of the most efficient remedies for the recovery of health of the invalid. The hands and arms are exercised as well as the limbs.”** -- H. R. {HL 130.2}

**WHY?**

**“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)

**“…By it the circulation of the blood is greatly improved.”** (3T 78.2)

**“A walk…would be** **more beneficial to the health than all the medicine the doctors may prescribe…”** {HL 177.1}

**WHAT ABOUT RUNNING?**

* Medical science is now showing that **running on a regular basis can produce** what is called a “runners heart” aka **an ENLARGED HEART.**
* Running on a regular basis can have a **very negative effect on the joints, tendons, ligaments.**
* It’s best for adults to **run when necessary** during a “fight or flight” situation (trying to catch a flight, running from a fire, running from a wild animal, etc.)

**WHAT ABOUT LIFTING WEIGHTS?**

“Weight Lifting, and Lung Expansion.--**I was instructed that there is great danger of overdoing the lift cure…”** {3MR 366.1}

“There is the lift cure. **This, many suppose, is doing a great deal of good.** It may be if this is not overdone. **But the result has been presented to me. The muscles of some never recover. A strain that is unnatural is brought to bear upon the sinews, muscles, and nerves, which the machinery was not made to endure.”** {3MR 366.2}

**“There is to be no violent or unnatural strain put upon the human machinery;** **for all the works are very delicate…There is such a thing as injuring the vital organs, when the human agent does not understand how or when.”** 1898 {3MR 367.1}

**HOW TO STRENGTHEN MUSCLES:**

**“In order to strengthen the arms and chest, we have taken excellent movements in scrubbing woodwork, sweeping floors, washing dishes, and washing clothing upon the old-fashioned rubbing board,** **which we would recommend as a far better instrument to strengthen the arms and chest than the backbreaking washing machines.”** {HR, August 1, 1873 par. 13}

**“We take movements to strengthen the ankles and muscles of the limbs in climbing the mountains, prospecting, and gathering flowers. And frequently we descend with our arms loaded with broken wood, which is scattered plentifully upon the mountains.** We are **becoming strong by healthful exercise.** We enjoy physical exercise after close application to writing several hours each day. We sometimes become weary, but we rest and sleep well through the night, and in the morning feel fresh and ready for our day's duty…” {HR, August 1, 1873 par. 14}

**WHEN TO WALK:**

**“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}

**“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}

**“A walk, even in winter,** would be more beneficial to the health than all the medicine the doctors may prescribe…” {HL 177.1}

“When the weather will permit, all who can possibly do so ought to **walk in the open air every day, summer and winter.** But the clothing should be suitable for the exercise, and the feet should be well protected…” {2T 529.1}

**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?**

**“By active EXERCISE in the open air every day, the liver, kidneys, and lungs also will be strengthened to perform their work.** Bring to your aid the power of the will, which **will resist cold and will give energy to the nervous system…”** (2T 533.1)

**WHY NOT IN A GYM LIKE 24 HR. FITINESS, BALLY’S, GOLD’S GYM, OR OTHERS?**

**“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.”** H. R. {HL 142.2}

**\*\*\*Note:** Studies show that **EXERCISE** OUTDOORS in the sunshine can strengthen the heart 100 x more than working out in a gym...According to the studies, exercising outdoors 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)

**“A short walk** after a meal, WITH THE **head erect** and the **shoulders back, EXERCISING** **moderately,** is a great benefit...” {CD 103.3}

**“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...” {2T 530.2}

**WHY NOT VIOLENT EXERCISE?**

**“To engage in deep study or** **violent EXERCISE immediately after eating, hinders the digestive process...”** (CD 103.3)

**Note: Too much exercise too quickly is more dangerous than no exercise at all.**

**Note:** According to Lee Wellard @ Wildwood Lifestyle Center, **when a person exercises TOO VIGOROUSLY,** **the body can produce blood clots,** and it will effect fibrinolycin, which is an enzyme that has a role in blood clotting - so when this gets effected, **it 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)

**HOW MUCH WALKING:**

**“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}

**Note:** If a person walks at least 2-3 miles a day, plus walk about 10-15 minutes after each meal and do some outdoor work, they will get a minimum of 2 hours of outdoor exercise)

**10,000 STEPS PER DAY MINIMUM**

<http://today.msnbc.msn.com/id/8369439>

**\*\*\*A minimum of 3 to 4 miles per day.**

**HOW OFTEN?**

**“Proper EXERCISE,** **daily,** with taking full inspirations of good air, combined with plain, nourishing diet, free from grease and spices, avoiding pastry and unhealthy condiments, will do much to restore health to the invalid. **Those who would enjoy the blessings of health and strength must have A PROPER AMOUNT OF EXERCISE daily…”** {HR, August 1, 1873 par. 15}

**WHAT HAPPENS WHEN ONE DOESN'T 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...” (3T 78.2)

**WHAT ABOUT MINISTERS, TEACHERS, AND STUDENTS?**

**“Ministers, teachers, and students do not become as intelligent as they should in regard to the necessity of physical EXERCISE in the open air.** **They neglect this duty, which is most essential for the preservation of health.** They closely apply their minds to books, and eat the allowance of a laboring man. Under such habits, some grow corpulent, because the system is clogged. **Others become lean, feeble, and weak,** because their vital powers are exhausted in throwing off the excess of food; **the liver becomes burdened and unable to throw off the impurities in the blood, and sickness is the result…”** {CH 572.1}

“If they worked intelligently, **giving both mind and body a due share of EXERCISE,** ministers would not so readily succumb to disease.” -- G. W., p. 173. {HL 132.1}

**WHAT ABOUT THE SICK?**

**“There is a work to be done in treating the sick** with water and teaching them **to make the most of sunshine and physical EXERCISE.** Thus in simple language we may teach the people how to preserve health, how to avoid sickness…” {SpM 137.2}

**“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…”** {CH 200.1}

**“If invalids would recover health, they should not discontinue physical EXERCISE.”**  {2T 528.1}

**Those who have sedentary lives should definitely exercise.**

**WHAT HAPPENS IF ONE DOESN’T EXERCISE?**

“They fear that they will be made worse if they labor or **EXERCISE,** when this **is just the change they need to make them well.** **Without this they never can improve.”** (3T 76.2)

**“…Neglecting to EXERCISE the entire body, or a portion of it, will bring on morbid conditions. Inaction of any of the organs of the body will be followed by a decrease in size and strength of the muscles, and will cause the blood to flow sluggishly through the blood vessels.”** {3T 76.2}

**\*\*\* This is one way blood clots form. \*\*\***

**OTHER QUOTES:**

* **Health requires** **regular** **EXERCISE** (CD 444.2)
* **EXERCISE necessary for a** **healthy condition of the mind** (2T 413.1)
* **EXERCISE is a** **powerful agent in the** **recovery of health** (ML 150.4)

**“The sick should be educated to have confidence in nature's great blessings which God has provided;** and the most effective remedies for disease are pure soft water, the blessed God-given sunshine coming into the rooms of the invalids, living outdoors as much as possible, **having healthful EXERCISE, eating and drinking foods that are prepared in the most healthful manner…”** {MM 225.1}

**ONE MORE THING TO KNOW ABOUT EXERCISE:**

**“The greatest benefit is not gained from exercise that is taken as play or exercise merely. There is some benefit in being in the fresh air, and also from the exercise of the muscles; but let the same amount of energy be given to the performance of useful work, and the benefit will be greater…”** {CT 308.2}

**BENEFITS OF EXERCISE:**

 **1. Blood circulation** **equalized** (MH 238.1)

 **2. Blood circulation quickened** (CH 199-200)

 **3. Expels impurities** (2T 524.2/528.1)

 **4. Body organs strengthened** (MH 240.2)

 **5. Bowels strengthened** (3T 78.2)

 **6. Brain relieved of weariness** (3T 152)

 **7. Digestion aided** (2T 413.1)

 **8. Disease prevented** (MM 81.2)

 **9. Diseased persons helped** (CG 343)

**10. Diseased stomach relieved** (2T 530.2)

**11. Digestive organs given** (2T 530.1

**12. Healthy tone** (CD 103)

**13. Entire human system invigorated** (MM 107.1)

**14. Girls improved in mind and body** (1T 686-687)

**14. Gives life and strength to invalids** (2T 530-531)

**15. Kidneys strengthened** (2T 533.1)

**16. Liver strengthened** (2T 533.1)

**17. Lungs kept in good condition** (MH 238.1)

**18. Lungs strengthened** (2T 533).1

**19. Mind healthfully influenced** (1T 394.)

**20. Muscles given tone**

**21. Muscles strengthened** (CH 199-200)

**22. Recovery from sickness** (MH 240.5)

**23. REMEDY FOR DISEASE** (MM 225)

**24. Skin given healthful glow** (2T 530.2)

**25. Waste matter accumulating in system is worked off**

**26. Youth protected from secret vice** (2T 348 - 349)

**27. Blood sent to extremities** (2T 530.2)

**28. Beneficial in treating colds** (2T 530.2)

**29. Nerves of sick people benefited by** (MM 296.4)

**30. To regain body heat** (HL 1901.1)

**31. Sleep is induced** {HR, August 1, 1873 par. 15}

**WHO NEEDS IT?**

* Brain Workers (MH 238)
* Children (CG 390)
* Doctors (MM 292)
* Indoor Workers (1T 515)
* Invalids (4T 94; 2T 530)
* Ministers (4T 408; CH 564; 3T 235)
* People Employed Within doors (1T 515; CH 196)
* Persons of Sedentary Habits (MH 240)
* School Children (FE 60-61)
* Sick people (MM 297)
* The mentally ill (2T 413)
* Speakers (MH 309)
* Students (CG 339-44; Ed 210)
* Teachers (CT 281)
* Young Women (3T 150)
* Youth (FE 114; CG 390)
* Those whose bodies are normally cold (HL 190.1)

**MEDICAL SCIENCE CONFIRMS SPIRIT OF PROPHECY REGARDING EXERCISE:**

**1: Relieves Arthritic Pain**

<https://search.yahoo.com/yhs/search;_ylt=A0LEV7.4szZXkX8AltQnnIlQ;_ylc=X1MDMTM1MTE5NTY4NwRfcgMyBGZyA3locy1tb3ppbGxhLTAwMgRncHJpZANtZ2FUYWFSRVE4QzA4OUxxdWZqdmRBBG5fcnNsdAMwBG5fc3VnZwMxMARvcmlnaW4Dc2VhcmNoLnlhaG9vLmNvbQRwb3MDMARwcXN0cgMEcHFzdHJsAwRxc3RybAMyMARxdWVyeQNleGVyY2lzZSUyMGFydGhyaXRpcwR0X3N0bXADMTQ2MzIwMjc2Mg--?p=exercise+arthritis&fr2=sb-top-search&hspart=mozilla&hsimp=yhs-002>

**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>

 <http://www.sciencedaily.com/releases/2009/02/090211193822.htm>

**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.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/CalorieBurnChart.htm>

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**ADDED INFORMATION AND QUOTES ON WALKING:**

* **EXERCISE** **lowers blood sugar** levels even if there isn’t any weight loss
* Light physical activity **helps you sleep better** at night
* **Lack of EXERCISE** can **disrupt your body’s circadian rhythm**
* **Decreased** physical activity **worsens COPD**
* **Too much** sitting **causes anxiety**

**WALKING BRISKLY 1 TO 2 MILES BEFORE BREAKFAST IS EXCELLENT FOR THE BODY:**

 **“…I walked briskly from one to two miles before breakfast…”** (1T 464.1)

**A WALK BEFORE BREAKFAST IS GREAT:**

**“…we were taking our usual walk before breakfast…”**  (LS 1915 168.2)

**A WALK AT 5:00 AM BEFORE BREAKFAST IS BENEFICIAL:**

**“…We rose in the morning at 5 o'clock to take our usual walk before breakfast…”** (RH, February 20, 1866 par. 10)

**INCREASE WALKING LITTLE BY LITTLE EACH DAY FOR THOSE WHO ARE NOT ACCUSTOMED TO WALKING. START WITH WHAT THEY TELL YOU THEY CAN DO, THEN ADD 1 NO MORE THAN 2 MINUTES EACH DAY:**

**“He may be able to do but little at first, but he will soon find his strength increasing, and the amount of work done can be increased accordingly.”** {MH 240.1}

**“STUDY AND TEACH LAWS OF PREVENTIVE MEDICINE. --There is now positive need** even with physicians, reformers in the line of treatment of disease, that greater painstaking effort be made to carry forward and upward the work for themselves, and **to interestedly instruct those who look to them for medical skill to ascertain the cause of their infirmities. They should call their attention in a special manner to the laws which God has established, which cannot be violated with impunity. They dwell much on the working of disease, but do not, as a general rule, arouse the attention to the laws which must be sacredly and intelligently obeyed, to prevent disease.”** --Medical Ministry, page 223.

**READ THE FOLLOWING WONDERFUL BOOK ABOUT WALKING AND WHAT IT DOES FOR THE BODY:**

**‘The Doctor’s Walking Book: How to Walk Your Way to Fitness & Heath’** **–** By: Fred A. Stutman, M.D.

**NEWSTART +6 – Exercise**

**Nothing Takes The Place Of Walking**

**(Questions)**

1. Are there only 8 laws of health? YES or NO

2. What type of exercise did Jesus do the most? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. Did He do it every day? YES or NO

4. Should God’s people have a knowledge about Exercise and how to properly apply it? YES or NO

5. Is exercise a TRUE REMEDY for Disease? YES or NO

6. Should God’s people become more INTELLIGENT in regard to the Laws of Life? YES or NO

7. Are God’s people to Educate others in regards to the Laws of Life? YES or NO

8. How many of God’s people are to inform themselves in regards to the Laws of Life? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9. \_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ and the laws of health go hand in hand.

10. Do we misrepresent our maker if we violate the laws of health?

11. Is it okay to violate the laws of health if we are doing service for our God? YES or NO

12. Should education be given regarding proper exercise? YES or NO

13. The organs of the body are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by exercise.

14. The mind will \_\_\_\_\_\_\_ acquire strength and \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

15. The more we exercise, the better will be the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the blood.

16. What kind of Exercise Induces the Blood to the Surface? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

17. What type of Exercise should we do every day? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

18. Does exercising every day preserve health and avoid sickness? YES or NO

19. If we would have health, we must take a proper amount of \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

20. What exercise is considered the best? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

21. Give 3 reasons Why?

 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

22. What is medical science now showing about running?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

23. What is a “runner’s heart?” An \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_

24. Running on a regular basis can have a very negative effect on what? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

25. When is it best for Adults to run?

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

26. Is lifting weights recommended for having strong muscles? YES or NO

27. If not, please explain why:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

28. Please explain 4 ways how the muscles of the arms and chest may be strengthened:

 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

29. Please explain the 3 ways how the limbs and ankles may be strengthened.

 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

30. Name the 4 times in a day a person should walk:

 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

31. Where should we exercise every day when the weather permits? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

32. Should we exercise outdoors even in the winter? YES or NO

33. What do studies show about exercising out-of- doors?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

34. Should we exercise in a gym that does not have its doors and windows opened every day for hours?

 YES or NO

35. Please explain why or why not \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

36. What type of walk should be take in the open air? \_\_\_\_\_\_\_\_ walk

37. What type of walk after a meal is a great benefit? A \_\_\_\_\_\_\_\_ walk

38. The head should be \_\_\_\_\_\_\_\_\_; the shoulders \_\_\_\_\_\_\_; exercising \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

39. Should we do any type of violent exercise? YES or NO

40. Please explain why or why not: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

41. What can a body produce when a person exercises “too vigorously?” \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_

42. How much walking or working in the open air should be done each day? \_\_\_\_\_\_\_\_\_

43. Please list 3 ways a person can get a total of 2 hours of exercise outdoors every day:

 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

44. How many steps are recommended that a person take each day? \_\_\_\_\_\_\_\_\_\_\_\_ steps

45. And that may be obtained by walking how many miles a day? \_\_\_ to \_\_\_ miles per day

46. If we would have health and strength, we should have a proper amount of exercise \_\_\_\_\_\_\_\_\_\_

47. Is there an improper way to exercise? YES or NO

48. Give 4 examples of what could happen if a person doesn’t exercise?

 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

49. List the 6 groups of people who especially need to exercise every day

 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

50. Should invalids discontinue physical exercise? YES or NO

51. What happens if the sick do not exercise? They NEVER can \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

52. Neglecting to exercise can be one way to form \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

53. Health requires \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

54. Exercise is necessary for a \_\_\_\_\_\_\_\_\_\_\_\_ condition of the \_\_\_\_\_\_\_.

55. Exercise is a \_\_\_\_\_\_\_\_\_\_\_ agent in the \_\_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_.

56. Please list the 31 benefits connected to exercise:

 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 11. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 13. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 14. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 15. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 16. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 17. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 18. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 19. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 20. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 21. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 22. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 23. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 24. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 25. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 26. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 27. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 28. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 29. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 30. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 31. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

57. Please list the 17 groups of people who need to exercise:

 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 11. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 13. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 14. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 15. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 16. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 17. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

58. Please list 6 benefits of exercise that medical science confirms:

 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

59. Is it too late to start exercising in middle age? YES or NO