

A wooden cross stands in a field of tall, golden-brown grass under a clear blue sky. The cross is positioned on the left side of the frame. The grass is in the foreground and middle ground, creating a sense of depth. The sky is a uniform light blue, suggesting a clear day.

Keeping Fit in Mind, Body & Soul: Being Whole

"Our Lord Jesus, by His death,
did not purchase a right to just a
part of us, but to all of us."

-Spurgeon

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Mental Fitness



“Fear of the Lord is the beginning of knowledge”

Proverbs 1:7

“Fear of the Lord is the beginning of wisdom”

Proverbs 9:10

Mental Fitness

“My son, if you *accept* my words and *store up* my commands within you, turning your ear to wisdom and *applying* your heart to understanding, and if you *call out for insight* and *cry aloud for understanding*, and if you *look for it as for silver and search for it as for hidden treasure*, then you will understand the fear of the Lord and find the knowledge of God. For the Lord gives *wisdom*, and from His mouth comes *knowledge and understanding*.”

Proverbs 2: 1-6



"Let God be heard...It is His Word which is powerful for the salvation for men and women."

-Alistair Begg

Nourishment for the Soul

Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.

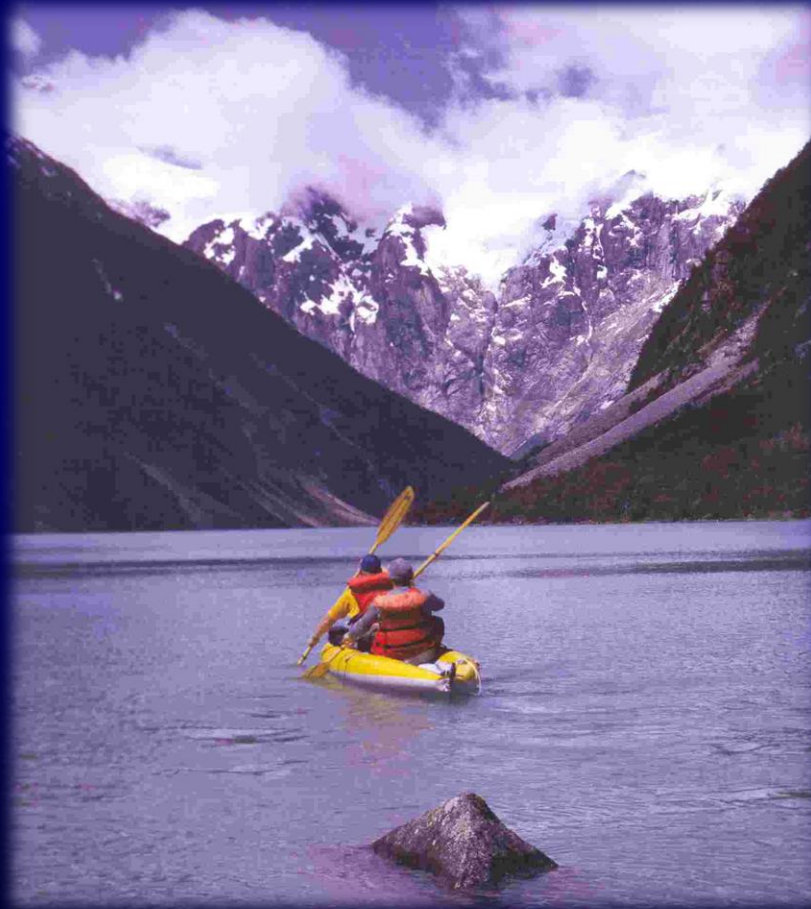
Plato (Greek Philosopher 429 – 347 B.C.)





“We must glorify God with our body because we are not our own – we were bought with a price.”

1 Corinthians 6: 19 - 20



Are we not to love ourselves?

...for no one ever hated his own flesh, but
nourishes and cherishes it....

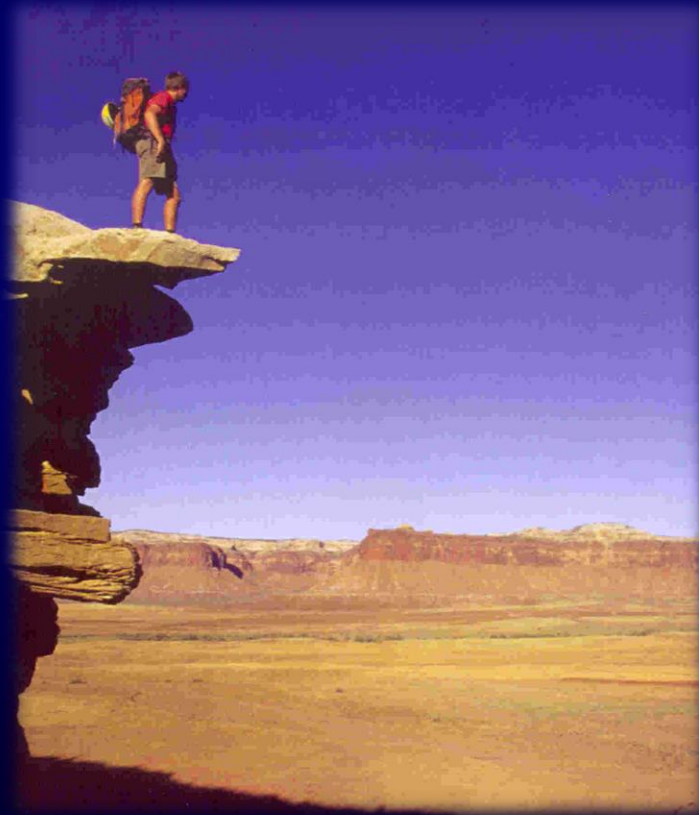
Matthew 22:39

Ephesians 5:28 - 30



“For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.”

Apostle Paul's letter to Timothy (1 Timothy 4:7 -8)



Those who think they have not time for bodily exercise will sooner or later have to find time for illness.

Edward Stanley (Prime Minister of the United Kingdom 1799 – 1869)



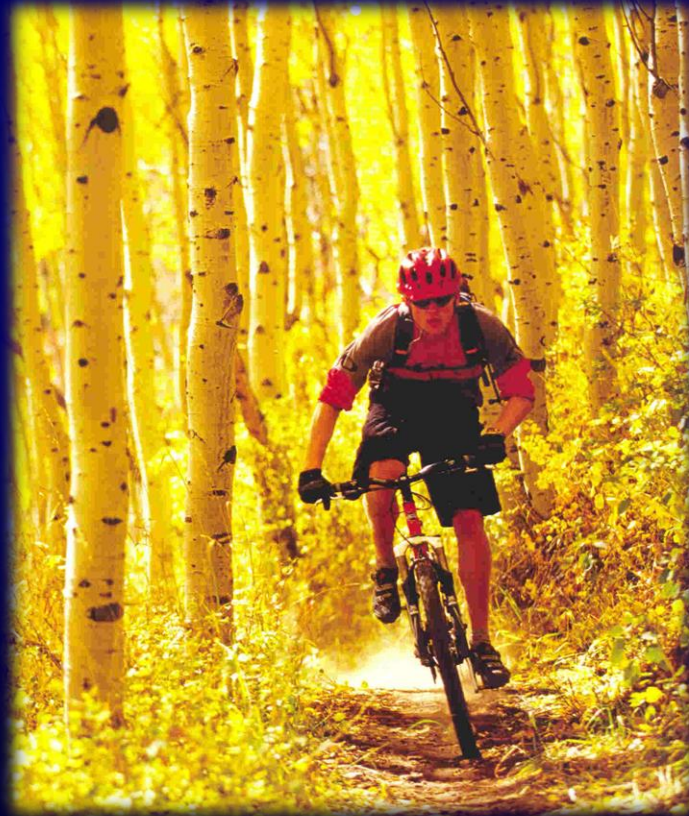


Impact of Physical Inactivity on Chronic Health Conditions

Chronic Health Conditions	
Increased Incidence	Worsens/Increases Progression
CAD, CHF, PVD, Stroke	Chemotherapy
Arthritis	Chronic Back Pain
Arrhythmias	Debilitating Illnesses
Cancer: Colon, Pancreatic	Disease Cachexia
Gallstone Disease	Falls resulting in broken hips
Hyperlipidemia	Vertebral / Femoral Fractures
HTN	Physical Frailty
Depression	Spinal Cord Injury
Cognitive Function	
Osteoporosis	
Obesity	
Type 2 Diabetes	
Sleep Apnea	

"Movement is a medicine for creating change in a person's physical, emotional, and mental states."

Carol Welch (US Coordinator of the Millennium Campaign UN)



Some Benefits of Physical Activity



Reduced CVD Risk

Lower Blood Pressure

Improve Glucose Control

Reduced Insulin Needs

Increased HDL-C and Lower TG

Improved Immune System Function

**Lower Body Fat / Increase Lean
Tissue**

Reduced Anxiety / Depression

Enhanced Feelings of Well-Being

**Enhanced Performance of Work
(Functional Capacity)**



The reason I exercise is for the quality of life I enjoy.


Kenneth H. Cooper, M.D. (Founder of the Cooper Aerobics Institute)



Over-zealous practice of exercise or fad dieting may draw us into a narcissistic existence where we lose focus of God's purpose...







"There's no greater adventure than walking
in the path of obedience to Jesus."

-Alistair Begg

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