



# { newsletter }

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EXPERIENCE LIFE AT IT'S BEST. STAY INSTEP WITH HIM FOR LIFE.

*www.instepforlife.com*



## WHAT ABOUT YOU?

By Heather Neal

Jane is excited because today she is going to get to see her friend of 30 years. She had been there for her through thick and thin, and she knows her better than anyone else, and loves her despite her faults. It's Tuesday, the day they have gone out for 20 of those years, yet now things were a little different. They used to go out to eat at a fast food restaurant, but now they meet each Tuesday for a walk through the local park. Jane is happy for the change, it has helped both of them feel more vibrant and energetic; it has also helped them manage the stressors that they each have been facing. It's 10:30 and John's business partner, who lives the next state over, is right on time for their business meeting. They have just started their business, so creativity and ingenuity are key factors to their success. Their meeting place helps the creative juices flow. Each week they have a brainstorming session in the local forest reserve, walking along wooded trails. Joan and Marge have a passion for reaching people for God, so they have "taken on the neighborhood." Each Mon., Wed, and Fri., they do a prayer walk and as they walk by their neighbor's homes they pray for them in as much detail as they can. Dave and Margie have been married for 30 years,

and anyone who knows them knows that they are deeply in love. Each morning, no matter the Indiana weather, they are up and out taking their 45 minute walk. They talk as they are walking along, but mostly they are being together and staying in love. Do any of these situations sound familiar to you? Do they sound attractive? Have you thought about them, or are you doing something similar? Jane grows her friendship, John and his partner grow their fledgling business, Joan and Marge grow the kingdom of God and their relationship with Him, and Dave and Marge grow their love; all of these efforts are enhanced by adding physical activity to the picture.

## HOW'S YOUR EYESIGHT?

What about you? Does physical activity have the place in your life that you want it to? Can you think of a way to add physical activity into some portion of your daily routine? What might be some of the benefits of doing so? The fact that you are reading this suggests that you might be interested in doing so. But, think about it, why are you

“having a clear vision will give purpose and power to what you do...”

really interested in the Instep for Life program? Maybe you already know exactly why, or perhaps you've not yet clarified your reasons, but know you are interested and want to get involved. Let me suggest that if you haven't already done so, now is the time to answer the above question for yourself. What do you want out of your involvement? Are your goals physical, spiritual, social, emotional, financial? The answers to these questions could dramatically change your life for the better, and have a positive effect on all you come in contact with. Develop a personal vision regarding your involvement with Instep for Life. It doesn't have to be, and shouldn't be, complicated. But having a clear vision will give purpose and power to what you do.

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## happenings

*InStep for Life* is on the move. The amount of interest throughout the North American Division is growing and encouraging reports are coming in on a regular basis. Churches are wanting to begin and get a head start on the official launch date this Fall. Many of the camp meetings included *InStep for Life* as part of their programming and had displays in the exhibit areas. As the new school year approaches we look to those involved with the exercise programs of the Universities, Academies and Elementary Schools to be introducing it as a regular part of their activities. Another exciting development is the addition of a Youth Committee to organize a number of interested young people who will initiate special ways to reach their peers. The chairman of this group is Derrell Mundell, Executive Director of Marketing for Loma Linda Broadcasting Network. He has many imaginative ideas to get this accomplished. We need to hear from you as to what you are doing with InStep for Life in order to publish it and encourage others to follow.

SEND COMMENTS TO:  
regburgess@earthlink.net

Each newsletter we will include Bible texts that will inspire you to “live the abundant life”.

## texts of INSPIRATION

Jesus said, I have come that they may have life, and have it more abundantly. John 10:10 (NKJV)

*What is your favorite example of how Jesus lived an abundant life?*

John wrote, ‘Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.’” 3 John 2, NKJV)

*In what specific way might God desire for you to prosper today?*

### Ask

#### the Wellness Doctor

**Q:** I want to start walking for fitness – but I don’t know where to start. Can you help me?

**A:** Walking is the most popular form of exercise for most people. It’s easy, gentle on the body, doesn’t require special skills, and provides excellent health benefits when done briskly and regularly.

[Click Here](#)

to read the entire answer from Dr. Don Hall.

*Dr. Don Hall is founder and owner of Wellsource Inc.*



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You may have read Don Hall’s article about InStep for Life in the Adventist World-NAD, April 2008 issue and found many reasons that motivate you such as the fact that physical activity can help you with the following health challenges: heart disease, high blood pressure, diabetes, osteoporosis, cancer, chronic pain and obesity. Regular physical activity also promotes longevity, and the extra time that you are blessed with can be more enjoyable as a result of being physically active. Are any of these reasons motivating you? Maybe you are you looking for a brain or energy boost. Maybe your desire is for spiritual truth and growth. Do you want to be able to hear God’s still small voice better? Learn more about how this happens in upcoming newsletters. Do you want to be a source of inspiration for others? Do you want to be prepared and help others be prepared for Christ’s second coming?

Can physical activity help with such goals? Did you know that physical activity can enhance mood, increase optimism, and improve overall psychological well-being? Do you desire

greater self-confidence, a healthy self-esteem and more positive self-perception? Is the stress of life wearing away at you? Participating in regular physical activity can improve all of these areas while increasing our ability to cope with whatever stressor life throws our way. Did you realize that even 30 seconds, 1 or 2 minutes, or 10 minutes of physical activity can make a big impact?

#### THE ABUNDANT LIFE

Physical activity can have such a powerful impact on so many different and important areas of our lives; we owe it to ourselves to give it careful thought and planning. Can regular physical activity affect the quality of the choices we make in every area of our lives? Can it also impact how well we rest, how we manage our immediate and global environment, our relationship with God and with others? Can physical activity improve our general outlook on life, and the quality of our diet? Might all of the areas we just mentioned, in turn, directly affect the quality and quantity of results we get from our physical activity? We’ll be exploring these questions and much more in the InStep for Life newsletter, where we will be sharing exciting information about “the good life” God desires each of us to experience! I invite you to share with us in an exciting and fulfilling

journey, a journey of discovery, a journey of getting InStep for Life. An abundant life, filled with purpose, peace and vision for today and eternity. Won’t you join us, and maybe invite a friend or two to do the same? God’s richest blessings to you!

### weight management

Regular physical activity is important for your overall health and fitness. It also helps you control body weight by increasing the calories you expend each day. Be physically active, at a moderate intensity, for at least 30 minutes most days of the week. Increasing the intensity or the amount of time that you are physically active can have even greater health benefits and may be needed to control body weight. (Working up to 60 minutes of moderate-intensity exercise daily is best for weight loss.) Find out the calories expended in common physical activities online by [Clicking Here](#).

*InStep for Life is a North American Division Health Ministry Initiative.*