



You know it, *why not do it?*

When we look at God's creation, we see continual motion. Whether it's land animals, things that fly or those that live in the water there is movement. Until the industrial revolution, humans were active also; but in the last century our modern conveniences have slowed us down. The North American Division Health Ministries has been promoting **InStep for Life** as an inexpensive, easy counter to this trend.

InStep for Life is a walking program that encourages participants to take 10,000 steps each day. Walking lowers the risk of heart attack, stroke, diabetes, high blood pressure, depression, high cholesterol, osteoporosis and even some forms of cancer. With the 10,000 daily steps, walkers develop greater strength and endurance, healthier weight, stronger bones, enhanced immune system, sharper mental ability, better sleep patterns and elevated mood and energy. Nearly all the health benefits of a regular exercise pro-

gram can be realized by walking. Further, multiple short walks can be more beneficial than one long walk. Researchers in Laval University divided exercisers into two groups: long-duration and repeated short-duration.

One group exercised for 45 minutes without interruption while the second group exercised in multiple short bursts of 15 to 90 seconds with rests in between. The short-burst group lost 9 times more fat than the endurance group for every calorie burned. It was discovered that exercise continues to affect metabolism after exercise stops. Short bursts stimulated a greater after burn.

InStep for Life participants are building functional strength. The ordinary activities of getting out of bed, climbing stairs, carrying the children or groceries are all things that help you remain independent. The good news is that to achieve strong, functional health, we don't need to go to a gym or lift weights. We can do it any where and at any time!





get involved...

Many churches, conferences and universities have joined the **InStep for Life** program and report that their communities are benefiting. In some areas, a number of churches are uniting in walking and enjoying some friendly competition. For example, the Loma Linda area churches are using a virtual walk to Atlanta as the basis of their involvement and are tracing to see which group arrives first.

What about those who give excuses not to participate? Try the story of Jesus at the pool to remind them how He considered health important. The paralyzed man also came up with lots of excuses. But Jesus saw through these and said, "If you really want to be well, take up your mat and walk." Jesus says the same to us today. If we truly want to be fit and healthy, then we must roll up the mat of excuses and get out and walk.

At this year's General Conference session in Atlanta, **InStep for Life** has been given a daily spot providing motivational and informational talks from exercise specialists and Lifestyle educators. These will be followed by an opportunity for walking and to accumulate 10,000 steps.

Now is the time to begin **InStep for Life** in your church. The members will be forever thankful. Simply go to the web-site www.instepforlife.com and discover how easy it is.

Key principles
to help participants
achieve optimum
health

- **Count your daily steps** with a pedometer for tracking and immediate feedback on your activity level. Pedometers are great for motivating.
- **Be realistic.** Your goal should be challenging, but achievable. Don't set your goals too low, and don't set yourself up to fail.
- **Set a daily activity goal.** At first you should establish your normal activity level and increase it until you reach 10,000 steps: the baseline for good health and fitness.
- **Log your steps daily,** using the monthly log or a calendar.
- **Invite a neighbor or friend** to join you on your walk. Walk to witness.

