



# newsletter

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EXPERIENCE LIFE AT ITS BEST. STAY INSTEP FOR LIFE WITH HIM.

[www.instepforlife.com](http://www.instepforlife.com)



## **CREATION Health Connections:** *Our Physical Activity and our Choices*

*In this and subsequent issues of the newsletter we would like to share with you what we call CREATION Health Connections. These are brief explanations about how the many different areas of our lives are interconnected and how they affect each other. We'll be focusing on how physical activity affects other areas of our lives and how these other areas can have an impact on our physical activity.*

*CREATION Health Connections are part of the CREATION Health™ lifestyle program. When Jesus described his mission as bringing life, He used the Greek word Zoe - life eternal, as God has it - to describe the life He wants each of us to enjoy. That life was best pictured when the Creator knelt in the dirt and formed us in his image, giving us life like His own.*

*CREATION Health is a Zoe-affirming approach to God's original plan for living life, as God lives it. It flows from the CREATION-*

*story. CREATION Health's eight life principles provide personal, practical, and transforming tools for living the Zoe Life. CREATION Health is a registered trademark of Florida Hospital. Seminars and educational materials will be available this fall and you can find more information about it by going to [www.creationhealth.com](http://www.creationhealth.com) or by calling 407-303-7711, ext. 3. The eight life principles of CREATION Health are: Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook and Nutrition.*

Let's look at the C in CREATION Health and its connection to physical activity. How does physical activity promote good Choices? An essential part of making good Choices is having a clear mind. Physical activity promotes clarity of thinking through circulating fresh oxygen to the brain. This increased circulation enables the brain's fuel to be delivered more efficiently, which improves overall brain function. This effect lasts for quite a while after an exercise bout. Think of this scenario...you are working on a difficult problem at work or are writing a proposal and you have been working on it for hours. Might taking a break to walk for ten minutes help you? Regular physical activity can also help us make better Choices by improving how we feel about ourselves. When we feel good about ourselves we tend to make decisions that are healthier for us in other areas of our lives. Regular physical activity will also improve our dietary Choices because our bodies will begin to crave the healthy foods it needs so we willfully choose food that is good for us. These are just a few examples of how physical activity can improve the Choices we make everyday. There are many others. Think about it for a few minutes. How many other examples can you come up with that illustrate how activity can improve the quality of your Choices?

On the other side of this coin is the truth that the Choices we make will have an effect on our physical activity. In some ways this is pretty straight forward.

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## happenings

News of what is being achieved is filtering down from many parts of the Division and it is encouraging to know how many of you are promoting this lifestyle in your churches and educational institutions. Dr. DeWitt Williams, Health Ministries Director for North America tells of the excitement that is spreading across the Division territories. Also, all who work at the General Conference complex are taking up the InStep for Life challenge as they begin to wear their pedometers and log in their steps. The date set for this project is October 15th and all 800 workers are participating. This will be a great incentive throughout the North American Division as news of this activity becomes known at all levels of administration. Click onto the website and see all the good advice and what is available to make your InStep for Life experience enjoyable. Send in your stories to: [regburgess@earthlink.net](mailto:regburgess@earthlink.net)

> The most important choice you can make, "Choose you this day whom ye will serve; as for me and my house, we will serve the Lord." Joshua 24:15

**Because of this one choice God will give you the power to make all your other choices be positive, good and life promoting.**

> "...I am come that they may have life, and have it more abundantly." John 10:10

**One of the most amazing parts of the gift of Him coming that we might have abundant life is Jesus actually showing us how to live the abundant life! His example of how He made positive choices is one of the most amazing gifts we could ever receive!**

> **Other blessings for choosing God and His way:**

|| Peter 1:4; James 1:4; Psalms 15:11; Isaiah 30:21; Psalms 32:8; Jeremiah 33:3; Psalms 27:14

> **Gift of strength to make the right choices:**

Psalms 27:1 & 3

> **God's gift of choice:**

Genesis 2:16 & 17



*Ask*  
the Wellness Doctor

**Q:**  
What is Nordic walking?

**A:**  
Nordic skiing, or cross country skiing, involves both the arms and the legs. Nordic walking does the same thing by using walking poles when hiking. Walking poles get the arms involved and can help propel you up hills and ease the strain of descents. By using both legs and arms, you get a better overall workout and it's more vigorous. Walking poles are very popular with trail hikers. They help you walk faster, exercise your arms, and help with balance on difficult terrain.

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For example, if we continually make the Choice to be physically active, that Choice is going to result in more activity in our lives. But the impact of our Choices on our physical activity can be less obvious though equally important. For example, when we choose to engage in physical activities that we truly enjoy, not only are we much more successful with sticking to our exercise plans, we also actually get more physical benefits from the exercise we do than someone doing the same exercise who does not enjoy that particular activity. So if you don't like running or swimming, don't choose these activities. There are plenty others to choose from. Other Choices that will affect our physical activity include the days of the week we choose, the time of day, inside or outside, alone or with someone else, how much did we just eat, are we

hydrated, did we sleep well last night? All of these things, and others, will impact our physical activity. The idea here is not to be overwhelmed with how many things we have to be aware of, but to realize that if we really appreciate the value of physical activity we have a wonderful opportunity to make positive Choices that will structure our lives in a way that will make physical activity more likely, more beneficial and more enjoyable.

In closing, it can be a strong motivating factor to understand how regular physical activity can positively impact the Choices we make in every area of our lives. It is also important to remember that we can make Choices in all those other areas that will maximize the potential benefits from regular physical activity. We will present exciting information about these in more detail in the coming newsletters.

How to stretch...

Regular stretching exercises can help maintain flexibility and a good range of motion in major joints.

- Stretch after your aerobic activity when your muscles are warmed up.
- Stretch all major muscle groups: neck, shoulders, back, hips, and legs.
- Slowly stretch to a full range of motion without pain.
- Avoid bouncing or fast movements.
- Hold each stretch for 15-30 seconds
- Do 2-4 stretches per muscle group.
- Aim for at least 2 stretching sessions a week.
- Avoid stretches that cause pain in a joint.
- Remember to breathe while stretching!

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