



newsletter

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CREATION Health Connections: *Our Physical Activity and our Outlook*

The O in CREATION Health stands for *Outlook*. Our physical activity has a very significant impact on our *Outlook* on life. Active people have: enhanced positive mood, higher self esteem, greater self confidence in their ability to perform, better cognitive functioning, improved overall psychological well-being, improved coping ability or resistance to stress. Active people are generally only half as likely to be depressed compared to sedentary men and women. New research done in Germany has now shown that, indeed physical activity does illicit a flood of endorphins ("happy hormones") in the brain (something that has been thought to be true for a long time). Participating in physical activity also empowers a positive *Outlook* in the face of challenges. One way this happens is by making

the body strong and this helps promote a strong mind. These are just a few of the ways in which physical activity can improve our *Outlook* on life. Can you think of other ways in which physical activity has helped improve your *Outlook* on life in general or your mood on a specific occasion?

On the other hand, our *Outlook* on life in general and about exercise in particular will have a powerful effect on our level of activity and the success and benefits we get from leading an active lifestyle. In fact, our *Outlook* will strongly impact every area of our lives. Considering this truth, it is fortunate that we can always choose to have a more positive *Outlook* regardless of our current circumstances. What do you see in the following string of letters?

OPPORTUNITYISNOWHERE.

Do you see opportunity is now here, or do you see opportunity is nowhere? What you choose to see, think about or focus on will profoundly impact your life and the lives of others with whom you come in contact. Take a few moments to contemplate the following: Choose your thoughts, they

happenings

- Dr. DeWitt Williams reports that *InStep for Life* is going well within the General Conference and North American Division office complex.
- Improvements on the *InStep for Life* website will be available on January 1st 2009. You will soon be able to see the modifications as you log in your steps and sign up. We appreciate the time and efforts of those involved.
- Congregations large and small are getting set for the experience of participating in this Division-wide fitness challenge. If your church has not yet signed up, volunteer to be the representative and get ready for a healthy year ahead.
- Gordon Botting, from Northern California, will soon be engaged in a series of regional meetings to explain the many benefits of *InStep for Life* and to also tell of the other rewards being offered the participants as they reach certain mile-stones on their fitness journey.
- Dan Matthews obtained a pedometer after hearing the presentation regarding *InStep for Life*, and is living proof of how this little gadget is a motivator. Dan recently passed a million steps and is feeling great.
- Leaders of the *CHIP* program are encouraged by the early results of using *InStep for Life* as the exercise component for successful health outreach.
- Christmas is almost here so we wish you a healthy and happy Christmas season.

> As a man thinketh so is he... Proverbs 23:7, KJV. How can you positively envision your success in the *InStep for Life* program?

> For success in having a positive outlook claim and focus on these verses often: 2 Corinthians 10:4-5, KJV; "...Casting down imaginations... bringing into captivity every thought to the obedience of Christ." Phil. 4:8, KJV; "Finally, brethren, whatsoever things are true...;" Heb. 3:3, Jer. 29:11 (KJV), Phil 2:5 (NIV), II Cor. 10:4-5, II Chron. 28:9, Amos 4:13, Ps. 139:17.

> May we be able to have God's vision(Outlook) more..."Those who are with us are more than those we are with them.'... 'O Lord, open his eyes so he may see.' Then the Lord opened the servant's eyes, and he looked and saw the hills full of horses and chariots of fire all around Elisha" II Kings 6:15-17, NIV.

> Other texts on a positive outlook - thoughts, imagination: Prov. 17:22, Prov. 15:13, 15 & 30, Heb. 3:3, Heb. 4:12, Is. 55:7-8, Ps. 139:17, Prov. 6:16-18, Prov. 15:26, II Cor. 10:4&5, Gen. 6:5, Is. 66:18, Gen. 8:21.

texts of INSPIRATION

become your words. Choose your words, they become your actions. Choose your actions, they become your habits. Choose your habits, they become your character. Choose your character, it becomes your destiny. It all begins with choosing our thoughts! How would you answer the following question: Is your health excellent, good, fair, or poor? According to several studies done over the past few years, the answer people give to this simple question is a better predictor of who will live or die over the next ten years than in-depth physical examinations and extensive laboratory tests. These studies have involved more than 25,000 people, ranging in age from 19 to 94. One such study was conducted by researchers of Rutgers University and Yale Medical School.

They found that people who perceived their health as "excellent" were as many as 6 times less likely to die than those who perceived their health to be "poor". In other words, objective medical findings may project a person's life expectancy to be 5 years, but that person's positive outlook regarding their health can contribute to them living far beyond what would be expected. Now that we see the importance of our

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"Is your health excellent, good, fair or poor?"

thoughts, perceptions, our *Outlook*, let's come back to the question of how our *Outlook* impacts or activity.

Our *Outlook* or beliefs about our physical activity help determine the benefits that we get from it. Beliefs that are important are those such as: do we believe that it is beneficial to us personally; do we believe these benefits outweigh any barriers that may stand in our way? These beliefs will impact whether or not we regularly participate in physical activity. To add to that, it is interesting to know that people that have an attitude of enjoyment about the physical activity they do, gain more benefits from that activity than those who do not enjoy the activity.

In closing, it can be a strong motivating factor

to understand how regular physical activity can positively impact our *Outlook* and every other area of our lives. Also remember that a positive *Outlook* and making positive Choices in those other areas such as our Rest and Environment will maximize the potential benefits from regular physical activity. We will present exciting information about them in the next issue.

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InStep for Life is a North American Division Health Ministry Initiative