



# newsletter

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

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



## SPRINGTIME IS GREAT FOR WALKING

"The spring is sprung, the grass is riz, I wonder where the birdies is, Some say the bird is on the wing, but that's absurd, the wing is on the bird."

Each year as spring comes around I think of that silly ditty so I am glad to share it with you. Which ever way it is this is a wonderful time to get into a walking program.

You already are aware of the tremendous benefits that regular walking produces. You know that it can add years to your life. However for some this doesn't seem to be enough. There are thousands of excuses for not taking time to really make a difference to your fitness level.

Being exhausted, sore from yesterday's exercises, you think you might be coming down with something may seem at the time good reasons for missing that

morning walk but even though these excuses are popular they are far from the truth. It is important to remind yourself of why getting and staying fit is important to you. One easy thing to do is to make a list of personal motivators and review it when you need to be motivated. Remember, while you may feel more tired right after your walk, as you become more fit, you are less likely to feel fatigued during the day.

Do not let minor setbacks derail your determination to achieve your 10,000 step goal. Be easy on yourself and you are much more likely to stay with the program. Getting up and walking in the spring air will give you the energy you need, and you will be surprised how much better you are able to cope with the day's problems. A good walk is one of the most effective tools for coping with stress. Studies show that it reduces anxiety and alleviates depression. You can see why many doctors prescribe walking to battle these very problems.

Not all the benefits of regular walking are obvious. For instance we know that strokes are a leading cause of death and disability, and that 10,000 steps

## happenings

- May 6th the InStep for Life will be featured at the Review and Herald Benefit Health Fair. There will be a booth to display the program and opportunity to talk to those attending.
- This is the time of the year that Camp Meetings are starting in various parts of the country. It is impossible for a few of us to get to them all so how about you. If you are going to be at any event this summer, graduations, teachers meetings, workers retreats, outings, church events please take it upon yourself to share the good news of *InStep for Life*.
- Last week in church, a visitor told me that since attending a recent *CHIP* program and hearing about *InStep for Life* he has been faithfully following the instructions. His pedometer has been his constant companion and his energy level has improved significantly. Since having gone through heart bypass he was not able to do some of the activities he previously enjoyed such as working in the yard, mowing the grass etc. He told me that his medications had been reduced and he was completely off Coumadin and another of his major medications. This story can be heard in many places. You can be the means of helping people experience the joy of improved health and fitness. Invite them to click on to: [www.instepforlife.com](http://www.instepforlife.com) and enjoy optimum health.

## thoughts of MEDITATION

Read Psalm 23 again. If God is our Shepherd then we will walk on peaceful paths and eat the food that comes from the green pastures and only drink that which comes from the still waters and only think thoughts of peace.

Finally, whatever things are true, whatever things are honest, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is any praise, think on these things. Philippians:48-11

a day will greatly reduce the risk of becoming a victim. Daily walking has a protective effect and regardless of the presence or absence of family history, diabetes, high blood pressure or body mass index, men have a 40%, and women a 43% less chance of strokes than those who do not exercise.

Walking can also reduce the risk of certain cancers according to a recent report by an expert panel commissioned by the American Institute for Cancer Research and the World Cancer Research Fund. This international report took five years to complete and is the result of a systematic review of more than 7,000 studies pertaining to

diet and cancer risk. The panel of reviewers cited "convincing evidence" that moderate exercise such as walking reduces the risk of colon cancer, and probable reduction in risk of post-menopausal breast cancer, prostate and endometrial cancer.

Obesity is another of the obvious diseases which will be significantly helped with the InStep for Life program. Even though this program is not designed to be a weight control activity it will both reduce and maintain a reduction in weight. The cancer-fighting properties of regular walking are more complicated than simply controlling weight gain. There are different ways that walking

affects the body. It can strengthen our immune system and assist cancer-fighting foods to be more effective. It speeds the digestive process so that harmful substances have less contact with the colon lining, and reduces the overall risk of heart attacks by lowering blood pressure and raising levels of "good cholesterol".

The less obvious benefit is that regular walking could delay or even reverse age-related brain decline including that associated with Alzheimer's and dementia. It is not a cure for Alzheimer's and it won't stop you getting older but it may help you stay sharper, longer. So don't let age

slow you-or your mind-down. Walking has also been seen to improve the academic achievements among school children. One study demonstrated that children who get regular exercise have better grades than those who are less active.

The lesson is clear, follow the InStep for Life program and invest in your future health and overall fitness. Remember you can invite your neighbor to join you, also you can meditate on your goals and map out strategies for a richer life and ask God to guide and bless those living in the houses you are passing. Whatever you choose, get out in the spring air, listen to the songs of the birds and take time to smell the flowers.

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



# Wellsource is happy to present the new *InStep for Life* T-Shirt!

*Designed for all the enthusiastic walkers around the country and the world!*

*This is a perfect way for church groups to stand out in a crowd and be identified in the community. You will witness to others in a fun way about the importance of exercise and why everyone should get out in the fresh air and "Just Walk!" People everywhere will be asking you, "What is InStep for Life?"*

*Available in sizes S to XL in Carolina blue. Order shirts for all your InStep for Life members in your church. Also good for awards and prizes! Buy in quantity and save money (regular price is \$18). Minimum order is 10 T-shirts.*



**To order** call Kathryn at Wellsource in Portland, Oregon

1-800-533-9355, ext. 238  
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