

Happy 4th of July!

# { newsletter }

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

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## CREATION Health Connections:

### *Physical Activity and Nutrition*

The "N" in C.R.E.A.T.I.O.N. stands for *Nutrition*, the fuel we put into the wonderfully and marvelously made "machines" that are our bodies. It is vitally important to our health and well-being. In the Garden, our loving Creator gave us a diet that was perfect for optimal mental and physical functioning. The Creator's original diet was full of delectable fruit, hearty grains, nuts, seeds, and an inviting variety of vegetables. Modern science now strongly supports the benefits of eating a varied and plant based diet. This diet gives us the best fuel for vibrant, physically active lives.

The more regular physical activity we engage in, the more we tend to understand the importance of optimal nutrition. When we are serious about getting the best results from

our exercise, we soon become aware of the need to eat a diet that is well balanced and provides our bodies with the nutrients they need during and after exercise. This means eating a variety of foods found in the original Garden of Eden diet. Optimal nutrition means plenty of water too. And regular exercise will certainly increase our body's call for "more water please." So we can see how regular exercise can have a major positive impact on how we eat and drink.

Think about it this way; you're getting together with some family and friends for some Independence Day festivities. There's enough hot dogs and apple pie to feed Washington's army, and yet you know that 1 1/2 to 2 hours from now you are going to meet a friend for a run in the park. You know from personal experience that if you overeat you will be very uncomfortable during your run. Will this fact have any impact on how much you eat? Regular physical exercise really is a great motivator for good eating habits.

On the other side of the cookie (or coin), our eating habits can significantly impact our physical activity. Getting

## happenings

*The last two months have been particularly productive as far as getting the message out about the significant benefits of participating in the InStep for Life program. It is gratifying to know that so many of you have found a new lease in life and energy levels are high.*

- It's Camp Meeting time, so make sure that *InStep for Life* is given endorsements by those in charge of the meetings. In the Pennsylvania Conference, Lilly Tryon is being very creative and working hard. At Camp Meeting she not only had a very attractive exhibit, but informed the campers of the *InStep for Life* activity that was to continue every day. Prizes were given to the women who were worthy victors but as we all know there are no losers in this program. Also during that week, filming for a promo was done together with an audio tape. Many of the churches are appointing coordinators and Lilly is working towards a goal for all the churches to participate.

*Happenings continued on next page >>*

# texts of MEDITATION

## Eat a variety of food...

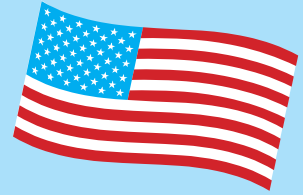
Genesis 1:29 – “Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.”

## Choose the best to eat...

Isaiah 1:19 – “If you are willing and obedient, you will eat the best from the land.”

## Glorify God in how we eat...

I Corinthians 10:31 – “So whether you eat or drink or whatever you do, do it all for the glory of God.”



## Additional reading...

- Dan. 1:15-20
- God's Amazing Grace by Ellen G. White, pg. 164.

## happenings

- At the Camp Meeting in Michigan of the Lake Region Conference, Dr. Joyce Allison gave enthusiastic leadership encouraging those in attendance to participate daily at the assigned time as well as during the day. Even though there was a full program, those in charge allowed time for presentations to be made on both Friday evening and Sabbath at the prime time of 11 o'clock. Both the president, Jerome L Davis and the Secretary, Donald L. Bedney were supportive of the InStep for Life program and will be looking into it more after Camp Meeting.
- Support is also offered by the President of the Northern New England Conference. Mike Ortel and his workers are leading the way and hope for a good response at the Camp Meeting in Maine which goes through the July Fourth holiday.

*Write us with your experiences as you stay InStep for Life.*

a well-balanced and varied diet, as we already mentioned, is vitally important for the body to be able to work well during physical activity and later when it is recovering from activity and becoming stronger. During physical activity the body uses both carbohydrates and fats for fuel. And during the recovery after exercise, our bodies need protein, calcium, and many other building blocks to restore and strengthen themselves. If we don't eat healthy carbohydrate rich foods such as whole grain breads and pastas, and healthy fats and proteins such as those found in nuts, legumes, seeds and avocados, our exercise sessions will suffer and our bodies will not be able to recover adequately.

Also, drinking plenty of water before, during, and after physical activity will help us get the results we want. Water is needed for all body processes. It

is essential in helping the organs, joints, and muscles work smoothly. It is also important in helping the body maintain a good temperature while we exercise and flush out impurities during and after physical activity. Staying fully hydrated will help us maintain the physical activity level we are striving for.

Our eating and drinking habits really do play a critical role in how we exercise and how we will feel afterwards as well. Just as a lamp needs good oil to burn brightly and cleanly, so do our bodies need good fuels to perform the way God intends them to. May we eat and drink so that our light will shine brightly indeed!

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