



# newsletter

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

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## TRUST AND PHYSICAL ACTIVITY

*The holiday season, a most wonderful time of the year! A time of fellowship, gratitude, remembering our Savior's birth, and new resolutions and commitments. In our last newsletter we talked about our interpersonal relationships. In this edition we would like to look at some of the ways in which fellowship with our Creator God has a profound impact on our lives. We want to talk about the "T" in C.R.E.A.T.I.O.N. Health, which stands for Trust.*

As Christians we know that our relationship with God impacts every part of our lives in intimate and powerful ways. Let's look specifically at how our relationship with God positively impacts our physical activity. 1 Corinthians 3:16 says, "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?" When we enjoy a close trusting relationship with our God, we gradually come to greater and

greater understanding of His indwelling in us, and what we can do to strengthen this relationship as we long to experience more of His presence. Our relationship with Him gives us a desire to take the greatest care possible of our physical bodies. And we know that one way of doing this is through physical exercise. Exercise helps to strengthen our bodies and minds so that we more clearly reflect the image of our Creator who dwells in us. God wants to bless our physical and mental efforts, and when we hope in Him He will help us. Isaiah 40:31 says that... "those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint". And Isa. 26:3 tells us, "You will keep in perfect peace him whose mind is steadfast, because he trusts in you." Trust in God also positively impacts our activity by giving us faith that the physical activity we do

will give us the benefits we desire and work for.

When we are physically active it helps our brains be able to think more clearly and therefore hear and understand the still small voice of God. When we are physically active we are helping make our body temple a place that more clearly reveals God's presence. Physical activity that is done out in nature also gives us a great opportunity to connect with God and strengthen our relationship with Him. And it is our relationship and connection with Him that is of utmost importance.

*"...those who hope in the Lord will renew their strength..."*

Our loving Creator gave us amazing bodies and minds that thrive on activity. He did this at creation when He "...took the man and put him in the Garden of Eden to work it and take care of it." Genesis 2:15 (NIV) He told us to be active by taking care of the garden. God also blesses us by giving us strength for each day. This is promised in Deut. 33:25 where we read "As thy days, so shall thy strength be." So we see that a trusting relationship with our Creator is directly related to our physical activity and this is for our own good, that we might have life more abundantly, and for God's glory, that we might reflect Him more clearly.

## HEALTH IN THE HOLIDAYS

The holidays are truly a blessed time of year, and a season that lends itself so readily to the enhancement of our health and to our pursuit of abundant life! What better time than this to dwell on and act on our thankfulness toward God for His bountiful provisions that enable us to enjoy this life so fully! What better time to dwell upon and to praise God

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for the Gift of Jesus, who reconciles us to Him and offers us Life; this is truly life at its best! What better time to contemplate and act upon the knowledge that our resolutions for a better life will find their truest and fullest accomplishments through an intimate relationship with our loving Creator. Indeed, God, and our connection to Him, are the most powerful keys to our success in all things; they unlock the potential of living life to the fullest through the CREATION Health lifestyle!

The "T" is represented by a tree. A tree flourishes when it is rooted in fertile ground. God promises us "The righteous shall flourish like the palm tree; he shall grow like a cedar in Lebanon" Ps. 92:12, KJV. The cedars of Lebanon have roots that grow down into solid rock, and so they flourish because they are anchored and nourished. So it is with our health. Our trust relationship with our Creator is like the trunk and the roots of the tree. And all of the other areas of CREATION grow and flourish because of the gifts of God and our connection to Him. Let us this holiday season, choose to truly flourish by connecting to the ROCK of our salvation, Jesus Christ! May we always remember it is because of His blessing that we are able to produce the fruit of: good, wise choices, rest that is sweet and restorative, and an environment that is invigorating and healing. Because of our connection to God, our tree will produce the fruit of continual growth through mental and physical activity; the fruit of meaningful, life-promoting interpersonal relationships; the fruit of a seeing life from a positive outlook, even when there are challenges all around;

and the fruit of enjoying a bountiful diet as given to us in Eden. Indeed God, and our trust in Him, are like the trunk and roots of the tree that reach down deep and supply the tree with the nourishment needed for growth and to produce mature, beautiful, delicious fruit; the fruit of a truly abundant life!

The "T" also resembles a cross. May it always remind us that it is the power of God through Christ that brings about all growth in our lives. And may His cross ever remind us that through Him we have assurance that no matter what kind of lifestyle choices we have made in the past, we can always make a choice today to cling to His power and be transformed through His grace. His sacrifice on the cross gives us the indescribably amazing opportunity to make the choice of accepting Him as our Savior, that we might have the most abundant life with Him here, and throughout eternity.

*As we approach Thanksgiving, Christmas and the New Year will you choose, with me, to dwell upon and act upon the advantages we have as Christians for living an abundant life? Will you also choose with me today, to have a thankful heart always, to have Christ's Spirit born in us and shining out to the world each day of the year, to plant our roots deep into God's Word, His love, His grace, and His forgiveness, so that together we might grow and flourish in the coming year into trees whose branches will bless many? Let's make a commitment together to show our love for God and others by living the CREATION Health lifestyle to the fullest by being grounded and rooted in our Rock...so that we will help hasten the return of our Lord and Savior Jesus Christ!*



texts of  
inspiration

*Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

**Phil. 4:4-7**

May we strengthen our "tree" by connecting more each day with our Creator and Redeemer. The Bible promises that: "The righteous shall flourish like the palm tree; he shall grow like a cedar in Lebanon"  
**Ps. 92:12, KJV**

# Selectivity

One thing stands out as we near the close of the first full year of InStep for Life, a program initiated by the North American Division Health Ministries. With all the material in the writings of Ellen White regarding health there appears to be a selectivity among most of us as to what part is important. We have not only selective hearing and selective memories but also selective reading and understanding. We have religiously grasped the dietary aspects of her admonitions but failed miserably in comprehending the important role that daily exercise plays in our health, happiness and longevity.

According to the U.S. Surgeon General, physical exercise is the best single predictor of longevity. It is not only a preventive measure, it also works to maintain optimum health. One of the notable authorities for diabetes and obesity, Dr. Steven Smith, has just joined the research team of the Burnham Institute in Florida. When interviewed by the media Smith stated the, "We all know about what we should be doing to stay fit, the difference with me is that I do it." Steven Smith realizes the importance of daily walking and determines to complete his 10,000 steps each day.

When we come to the place of fully appreciating how important moderate exercise is as a factor for promoting longevity, when we realize the significant benefits that are derived from a daily

walking program and when we understand how lifestyle determines how fit we are then and only then will we set ourselves apart from the general public and be the examples God wants us to be.

InStep for Life is being followed in more and more churches as the word spreads, that members are happier, enjoying life more both physically and mentally. They find that they are sleeping better, have clearer minds and better able to live the kind of life God wishes of them. Remember He said, "I am come that you might have life and have it more abundantly" Being conscious of our exercise habits can give us big bonuses in our health.

Studies have shown that the average person walks approximately 3000 to 5000 steps in their normal daily round of tasks. To increase that to the recommended baseline for good health, just add a little stroll to the car or work-place, an extra loop around the mall, or a quick 10-minute walk after lunch. Another way is to walk while on the telephone instead of sitting down. In other words be aware of the need to take a few extra steps throughout the day.

Make your New Year's resolution to walk 10,000 steps each day. There are no adverse side affects. Only multiple health benefits which lower the risk for all major diseases.

[InStep Happenings >>](#)



## happenings



- With only a little more than six months to the upcoming General Conference Sessions in Atlanta the InStep for Life program is growing as more and more Conferences and churches join those who are enjoying the benefits of improved health through daily exercise. Last week at the CHIP Summit in Loma Linda, many of the participants told of the added blessing that the InStep for Life had as they followed the regimen of the CHIP program together with the exercise component of InStep for Life.

- The area around Loma Linda, known as the Inland Empire is gearing up for a major launch of the InStep for Life next month. Under the dynamic leadership of Drs. Dos Santos, Ernie Medina and David Dyjack the area churches and institutions are planning to join forces to give an example to the community of how walking each day can significantly improve one's fitness levels. Dr. Dyjack is Dean of the School of Public Health, and is planning a challenge for the faculty and student body incorporating the InStep for Life program. Watch for reports from all the activity in Southern California in the next issue of this newsletter.

- The Christmas season is a great time to inform your family and friends of the blessings you have received through following the InStep for Life program. Pedometers also can make meaningful gifts to encourage participation in the activity. This is also a time for resolutions to be made for next year. One part of the InStep for Life is that of inviting your neighbor to join you as you walk each day. While you enjoy the walk you can share what being a Christian means to you. This personal testimony can do much in leading others to a better way of life.

- We want to express our sincere thanks to all of you who have embraced this program and have encouraged others to join you. I know that all who have participated have achieved a greater level of fitness, have improved their outlook, their mental faculties, increased energy levels and lessened stress and depression. They now have an increased potential of a longer and happier life. Don't wait any longer. Begin today, you will be glad you did.

*Have a happy and healthy Christmas  
with a more abundant life in 2010.*

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