



newsletter

ISSUE 5 • MARCH 2009

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

www.instepforlife.com



DIE YOUNG AS LATE AS POSSIBLE

This motto has been part of my goal for a long time. If we wish to live long lives then there is something about having a quality of life that is enjoyable and fulfilling. There are a number of things that we can do to help us achieve our goals. You may have seen some of these in U.S. News and World Report but they are worthy of the time to read them many times.

Without belaboring the obvious, things like good nutrition, water, sunshine, fresh air, temperance, adequate rest and of course 10,000 steps each day, I would like to look at some things that might just escape the casual reader when thinking of living to the century mark.

Be less neurotic.

This may work for comedians like Woody Allen, who infuse their worries with a healthy dose of humor, but for the rest of us we might just want to try a new way

to deal with stress. In one new study, looking at centenarians, it shows that they tend not to internalize things or dwell on their troubles. They are great at rolling with the punches. If you have difficulty with this or if it is an inborn trait that is hard to overcome then InStep for Life is the medicine you need. Walking those 10,000 steps each day will allow your worries to disappear and depression go out the proverbial window. What you do not want to do is ruminate, eat chips in front of the T.V. or to live like an hermit. Troubles shared are troubles halved. Participate in the InStep program and get a neighbor or friend to walk with you.

Be a creature of habit.

Centenarians tend to live by strict routines. Eating at regular times, the same kind of food and participating in the same kinds of activities. A doctor did a study on Centenarians and in the 20 years of following those who achieved the 100 year mark he noticed that without exception they all had a daily walking program. Going to bed and waking up at the same time is another good habit to follow. This helps keep your body in the steady equilibrium that could so easily be disrupted as the years go by. According to a

happenings

- Here's a simpler way to log your steps on the website: Click on "Logging" on the InStep for Life.com page and you will be taken to the GetFit Adventures registration page. Click on Register. You may wonder what to put in the boxes – user name and password. You may put whatever you like but be sure to make it easy on yourself and choose something you will be sure to remember as there is no one to remind you. Number 5 asks for your birthday. Double click on the birthday box and a decade will appear. Choose your birth year, then your birth month and then the day of your birth. Number 6 is important as it puts you in your special group e.g. Conference, Church or school etc. First select NAD Conference then by using the drop down select your conference and then your particular group. This is your sub-group. When you have done this click enter, read the information and you are now ready to log in your steps etc. Congratulations and keep up the good work.

- Presentations. Over the past month many opportunities were afforded the InStep for Life leaders to tell the exciting news of InStep for Life. At the NAD Ministries convention in Myrtle Beach Dr. DeWitt Williams explained the benefits of participation and shared the good time the workers at the General Conference complex had recently as they entered whole-heartedly into the activity.

- At the Health Summit in Orlando many sessions featured the InStep for Life. Dr. Don Hall enthusiastically gave the group much information from recent health studies to show the benefits of daily walking. He also spoke at Forest Lake Church during the Festival of Health which was conducted each evening. The church has since started an InStep for Life program.

Happenings continued on next page >>>

words of
INSPIRATION

This month the thoughts come from an old Advent hymn which has been slightly modified.

Walk for the night is coming,
walk through the morning hours;

Walk, for the night is coming;
walk through the sunny noon;

Walk while the day is sparkling;
walk 'mid springing flowers;

Fill brightest hours with action,
rest comes sure and soon;

Walk while the day grows
brighter, under the glowing sun;

Give every flying minute
something to keep in store;

Walk for the night is coming,
when man's walk is done.

Walk for the night is coming,
when man walks no more.

Dr. Ferrucci, "Your physiology becomes frailer when you get older and it is harder for your body to bounce back if you, say, miss a few hours sleep one night." The immune system becomes less able to function; the defenses are less effective leaving you more susceptible to circulating flu viruses or bacterial infections.

Stay connected.

Having regular social contacts with friends and loved ones is key to avoiding depression, which can lead to premature death. Psychologists even think that one of the biggest benefits elderly folks get from exercise which is also emphasized in the InStep for Life program, is the strong social interactions that come from daily walks with a buddy. This can be both a social and a spiritual experience thus benefiting the whole being.

The next one came as a pleasant surprise as I read the item in U.S. News and World Report. I quote exactly as it appeared: "Live like a Seventh-day Adventist. Americans who define themselves as Seventh-day Adventists have an average life expectancy of 89, about a decade longer than the average American. One of the basic tenets of the religion is that it's important to cherish the body that's on loan from God, which means

"...it's important to cherish the body that's on loan from God..."

no smoking, alcohol use or overindulging in sweets. Followers typically stick to a vegetarian diet based on fruits, vegetables, beans and nuts and get plenty of exercise. They are also very focused on the family and community." Then as a foot note the article pointed out that Seventh-day Adventists have as the most basic tenet the keeping of the seventh day as the Sabbath and belief in Jesus. The writer concludes with, "That's where the blessing of long life is. There are many people and other religions that cherish the body and have a similar lifestyle."

happenings

Continued from page one.

Dr. Hall was also involved in the Education Department meeting at Portland, Oregon where teachers and principals met. Many of the schools are planning to become fully involved with InStep for Life. Many have already started and one school in Michigan even ferried the coordinators and interested participants to Camp Au Sarbo for some special training.

Springtime is a great time to get out and walk. Here's to good health.

InStep for Life is a North American Division Health Ministry Initiative