

Mirror, Mirror on the wall - Should I be walking at the mall?



If you make a trip to Hickory (where I live), and visit the mall early in the morning, chances are you'll find any number of people walking around before any of the stores have even opened... for the express purpose of exercise. There are groups of female friends, a couple of guys, and husband/wife couples. One man said "Since my wife exercises, and we're one, she covers the exercise quota for me also." If you believe that, I have some swamp-land I'd like to sell you! Really! After all, I am a real estate broker!

I want to share some very important information regarding exercise contained in the book "Go Natural" by Mark and Patti Virkler.

Studies show that exercisers pay 1/2 as much in medical bills and take only 1/3 the number of sick days. Exercise burns away excess weight, lowers blood pressure, improves the cholesterol profile, improves blood sugar and insulin dynamics, helps prevent bone-thinning osteoporosis, helps alleviate chronic lower back pain, and improves immune function, mood and mental performance. Let's take a look at some of these benefits.

PHYSICAL benefits include an increase in general bodily performance and agility, as well as lowering the death rate from all diseases about 28% (from a study at Brown University of 16,936 Harvard alumni). A study of 4500 people, ages 40-85, discovered that those who remained active throughout their later years gained as much as a 25 year advantage in performance over those who retired to their easy chairs.

EMOTIONAL benefits of exercise include its impact as an anti-depressant. A doctoral thesis that reviewed 77 studies concluded that depression exits the body along with sweat... a better anti-depressant than psychological treatment. Exercise also brings improvement in our mental state, enabling us to handle stress more effectively.

MENTAL benefits include high scores in learning, reaction time, and memory tests. The rhythmic flow of exercise also enhances creativity.

HEALING benefits of exercise include the enhancement of the immune system, increased speed of the lymph (our inner artillery) through the lymph system, reduced fat (cancer thrives more readily in fatty tissue than lean tissue), reduced constipation (which is linked to colon cancer), and increased blood flow as blood vessels expand during exercise.

What does the Bible say about bodily exercise? I can hear you looking up 1 Timothy 4:8 right now... "*For (bodily exercise) profiteth little; but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.*" We must realize that the Bible is for profit of the spirit man, and this passage is addressing the spirit man. However, we also have to



consider this verse in the context of their culture... they had no cars...and though they didn't have malls to walk in...they walked everywhere they went!

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you have been bought with a price. Therefore, honor God with your body.” 1 Corinthians 6:19,20

Live a sanctified life in this earthly vehicle God has given you. We should not do things that will destroy our earthly vehicle, but make choices to keep it strong and healthy for the indwelling of His spirit, and work of His kingdom. We will not be able to do the kingdom work if we are physically spent or full of disease.

Just a little tidbit for you: Stressed spelled backwards is *desserts*. Stay physically fit and, when you are stressed, you'll be able to enjoy that special dessert occasionally without negatively affecting your health. Now, what'd ya say?

Take a look in the mirror...

1. What kind of exercise do you do right now?
2. What are some benefits you've received from exercise? Discuss the benefits versus the time required. Is it worth it?
3. If you don't exercise right now, discuss a way to begin making a change that will promote longevity of life and fulfillment of your divine destiny.

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