

**Physical training is  
of some value"**  
**(1Timothy 4:8 NIV)**

## III Exercise For Your Health



# **Exercises for the Senior Population**



**Exercise need not be overly taxing to be beneficial.**

**Even moderate physical activity, such as working in the yard, gardening, exercising with stretch bands, chair exercises or walking promotes health and fitness.**

# Exercises for the Younger Population



- **Healthy exercise comes in many forms.**
- **Brisk walking, running, cycling, swimming, and working out at health clubs or on home exercise machines are all popular.**
- **Department of health suggests Aerobic activity for 30 minutes a day for five days and strength training for two days a week**

# Time to Recharge



**Sufficient sleep is essential to good health... Prolonged sleep loss can bring many problems**

**Laboratory experiments with rats and dogs have demonstrated that animals will die if denied sleep for too long.**

**Although we can endure short-term sleep loss with no serious side effects... extensive or prolonged lack of sleep brings physical... mental and psychological difficulties.**

## Principles to Getting Sound, Restful Sleep

1. Light physical exercise before bed helps expend pent-up tension - Yoga and Qigong
2. Stop eating two hours before going to bed
3. Turn off all electronics at least 1 hour before bed or wear inexpensive glasses on Amazon that blocks blue light
4. Replace some light bulbs in the house with blue light blocking bulbs
5. Keeping regular hours for going to bed and getting up
6. Reduction of caffeine and total abstention from it in the latter part of the day
7. A warm bath before bedtime can also help induce sleep.

# The Power of a Positive Attitude

A cheerful heart is good medicine, but a crushed spirit dries up the bones.

Proverbs 17:22 in the NIV



# The First Takeaway

It's very important to practice all four Keys to live a long and healthy life

The Equation to a Long Healthy Life is

Good Nutrition + Exercise + Good sleep  
+ Positive thinking = a long healthy life

What good is it to not do all four?

## The Second Takeaway



**Few will be taken**

- Our bodies belong to God, (1Corinthians 6:19-20)
- Therefore, we want to live a healthy and long life, so we can continue to be God's fellow workers doing the work, They have for each of us to do as long as possible
- The healthier and longer we live... the more work we can do and the more treasures we can build in heaven (Matt 6:19-21)