

## Exercise is Medicine—Be Proactive!

"Or do you not know that your body is the temple of the Holy Spirit *who is* in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body <sup>(a)</sup>and in your spirit, which are God's." ~1 Cor. 6:19-20

### ***Biblical Application?***

God's Word is very clear that we are created in His image and are indwelt by the Holy Spirit when we repent of our sin and put our full faith and trust in Him. As "temples of Holy Spirit," as referenced in 1 Corinthians, we are called to take care of our bodies through the emphasis and focus on bodily stewardship. This means that daily exercise and physical activity are extremely important because it encourages optimal health and helps us to function just as God designed. He did not design our bodies to be sedentary, but created us in such a way to physically carry out His work and gospel message here on earth for His glory and honor. In response, we need to fuel our bodies to move, move our bodies to live, live to serve, and serve to do the work that He calls us to do.

### ***Why?***

Exercise is a "medicine" that can prevent and treat chronic disease; those who "take it" live longer and with a higher quality of life.

Imagine a pill that offered better balance, mental clarity, muscle strength and toning, even bone density; and if taken correctly has zero side effects. Physicians would surely prescribe that pill to every patient, pharmaceutical companies would produce and market it, health plans would surely pay for it, and every patient would ask for it. While there is no pill, the established health benefits of exercise and regular physical activity can be felt by all. The positive effects cause patients to feel better, function better, and sleep better! This begs the question...*why would we rather take a pill than a brisk walk?*

The 2009 Aerobic Center Longitudinal Study found that "despite all pharmacologic interventions for diabetes or hypercholesterolemia, simply improving aerobic fitness through regular physical activity had the greatest impact on longevity, indicating that exercise is indeed medicine."

### ***What?***

The American College of Sports Medicine or "ACSM," recommends at least 150 minutes of moderate-intensity or 75 minutes of high-intensity aerobic activity per week to maintain optimal health levels. Two days per week of full-body muscle-strengthening exercise are recommended as well to maintain a high metabolic rate, joint protection, overall mobility, and cellular health. These recommendations are for health maintenance alone, as up to double these amounts are needed for disease reversal.

## ACSM and CDC Recommendations



**150 minutes**  
of moderate-intensity aerobic activity every week

**2X per week**

Muscle-strengthening activities on 2 or more days a week that work all major muscle groups



### How?

- Find activities and exercises that you enjoy! When we have fun doing something, then we want to do it again and again
- Find an exercise partner or accountability partner
- Try out different workout classes at a local gym
- Schedule 30-60 minutes of exercise into your daily calendar just like any other non-negotiable appointment or meeting
- Recruit the help of a fitness professional to learn proper exercise techniques and programming
- For exercise routines and examples go to our Healthy Living Blog article, [5 Different Ways to Achieve a Cardio Workout](#)

Don't wait for perfect days, or an hour at a time! All movement activities count! Walk the block, take the stairs, take an extra lap around the mall. Start small and work your way up to 30 or 60 minutes.

***Just begin!***

\*Please consult with your doctor before starting an exercise regimen. The workouts listed in this article do not represent full workout routines or take into account individual physical abilities. They are merely examples of the types of cardiovascular activities depicted.