

BALANCE MY CHOICE

# Wellness Pointers

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*Everywhere is within walking distance if you have the time.*

*Steven Wright*

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EMPLOYEE WELLNESS  
Southern Adventist University

PHYSICAL

Emotional | Environmental | Financial | Mental | Occupational | Physical | Social | Spiritual

# Keeping Fit for Jesus!

***“...physical training is of some value, but godliness has value for all things...” (v. 8)***

For reading & meditation -- 1 Timothy 4:1-12

We spend one last day meditating on the ways by which we can overcome stress in our lives. This final principle is: engage in as much physical exercise as is necessary.

One laboratory experiment took ten underexercised rats, and subjected them repeatedly to a variety of stresses: shock, pain, shrill noises, and flashing lights. After a month, every one of them had died through the incessant strain. Another group of rats was given a good deal of exercise until they were in peak physical condition. They were then subjected to the same battery of stresses and strains. After a month, not one had died.



More and more Christians are waking up to the fact that God has given us bodies that are designed to move, and the more they are exercised, the more effectively they function. Studies on how exercise helps to reduce stress are quite conclusive. Exercise gets rid of harmful chemicals in our bodies, provides a form of abreaction (letting off steam), builds up stamina, counteracts the biochemical effects of stress, and reduces the risk of psychological illness. The Bible rarely mentions the need for physical exercise, because people living at that time usually walked everywhere and therefore needed little admonition on the subject. In our world of advanced technology, however, common sense tells us that our bodies need to be exercised, and we should not neglect it. It may not be a spectacular idea, but often God comes to us along some very dusty and lowly roads. We must not despise His coming just because He comes to us along a lowly road.

***Lord, help me not to despise this call of Yours to exercise my body. Forgive me that I am such a poor tenant of Your property. From today I determine to do better. For Your own Name's sake. Amen.***

# 5 Myths About Exercise



## **Myth 1: Exercising Makes You Tired.**

As they become more physically fit, most people feel physical activity gives them even more energy than before. Regular, moderate-to-brisk exercise can also help you reduce fatigue and manage stress.

## **Myth 2: Exercising Takes Too Much Time.**

It only takes a few minutes a day to become more physically active. To condition your heart and lungs, regular exercise does not have to take more than about 30 to 60 minutes, three or four times a week. If you don't have 30 minutes in your schedule for an exercise break, try to find two 15-minute periods or even three 10-minute periods. Once you discover how much you enjoy these exercise breaks, you may want to make them a habit! Then physical activity becomes a natural part of your life.

## **Myth 3: All Exercises Give You The Same Benefits.**

All physical activities can give you enjoyment, but only regular, brisk and sustained exercises such as brisk walking, jogging or swimming improve the efficiency of your heart and lungs and burn off substantial extra calories. Low-intensity activities -- if performed daily -- also can have some long-term health benefits and lower your risk of heart disease, while other activities may give you benefits such as increased flexibility or muscle strength, depending on the type of activity.

## **Myth 4: The Older You Are, The Less Exercise You Need.**

We tend to become less active with age, and therefore need to make sure we are getting enough physical activity. In general, middle-aged and older people benefit from regular physical activity just as young people do. Age need not be a limitation. In fact, regular physical activity in older persons increases their capacity to perform activities of daily living. What is important -- no matter what your age -- is tailoring the activity program to your own fitness level.

## **Myth 5: You Must Be Athletic To Exercise.**

Most physical activities do not require any special athletic skills. In fact, many people who found school sports difficult have discovered that other fitness activities seem easy to them and they enjoy it. A perfect example is walking -- an activity that requires no special talent, athletic ability or equipment.



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# Spinach and Strawberry Salad

*"This salad has lots of spinach, lots of fresh, sliced strawberries, and a delicious, sweetened oil and vinegar dressing spiked with poppy and sesame seeds."*



2 bunches spinach, rinsed and torn into  
bite-size pieces  
4 cups sliced strawberries  
1/2 cup vegetable oil  
1/4 cup white wine vinegar  
1/2 cup white sugar  
1/4 teaspoon paprika  
2 tablespoons sesame seeds  
1 tablespoon poppy seeds

In a large bowl, toss together the spinach and strawberries.

In a medium bowl, whisk together the oil, vinegar, sugar, paprika, sesame seeds, and poppy seeds. Pour over the spinach and strawberries, and toss to coat.

# 6 Tips for Safe Exercise

Are you a “weekend warrior?” Do you try to push yourself during exercise or sports even when you know you shouldn’t? If you answered “yes” to these questions, you’re a prime candidate for an exercise injury. Keep the following six quick tips in mind to stay even safer when exercising.

**Get good advice.** Consulting a professional -- like a personal trainer -- on how to use equipment and build your ability will help you improve your skills and exercise safely.

**Wear proper clothing.** Light weight, breathable clothing that is comfortable is important when exercising indoors or in high heat/humidity. Remember to wear several layers when exercising in cold temperatures.

**Get equipped.** Safety equipment -- whether you like the way it looks or not -- can go a long way in helping you prevent injury. Helmets are especially important if engaging in outside activities like bicycling.

**Don’t repeat the same mistakes.** Injuries are often the result of overuse, so if you get injured or experience discomfort, don’t just “work through it” blindly. Determine how it happened and correct the problem.

**Get plenty of rest.** Exercising before an old injury has time to fully heal can lead to another injury. If you’re still in pain, or the injury site is still inflamed, don’t exercise.

**Continually educate yourself.** Even after you’re in great shape, it’s still a good idea to try to learn more about exercising properly. A variety of great websites and books are available to help keep you in the know.



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