

Health Quotes 'n' Notes™

Exercise



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**A compilation of E.G. White,
Bible texts, and more.**

By: Angela Poch

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DISCLAIMER: This booklet is intended to offer general information which is subject to change. We do not make any diagnosis or personal treatment suggestions. This information is not intended to diagnose, treat, or cure any disease. We urge you to learn about health so that you can make informed decisions to preserve or regain the vibrant good health you deserve.

Exercise

Introduction

“So God created man in his own image,...and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion...over every living thing that moveth upon the earth.” **Genesis 1:27-28** And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it.” **Genesis 2:15** God made Adam and Eve in Paradise, and surrounded them with everything that was useful and lovely. He planted for them a beautiful garden. No herb nor flower nor tree was wanting which might be for use or ornament. The Creator of man knew that the workmanship of His hands could not be happy without employment. Paradise delighted their souls, but this was not enough; they must have labor to call into exercise the wonderful organs of the body. The Lord had made the organs for use. Had happiness consisted in doing nothing, man, in his state of holy innocence, would have been left unemployed. But He who formed man knew what would be for his best happiness, and He no sooner made him than He gave him his appointed work. In order to be happy, he must labor. God has given us all something to do. In the discharge of the various duties which we are to perform, which lie in our pathway, our lives will be made useful, and we shall be blessed. Not only will the organs of the body be strengthened by exercise, but the mind also will acquire strength and knowledge through the action of those organs. The exercise of one muscle, while others are left with nothing to do, will not strengthen the inactive ones any more than the continual exercise of one of the organs of the mind will develop and strengthen the organs not brought into use. Each faculty of the mind and each muscle has its distinctive office, and all require to be exercised in order to become properly developed and retain healthful vigor. Each organ and muscle has its work to do in the living organism. Every wheel in the machinery must be a living, active, working wheel. Nature’s fine and wonderful works need to be kept in active motion in order to accomplish the object for which

they were designed. Each faculty has a bearing upon the others, and all need to be exercised in order to be properly developed. If one muscle of the body is exercised more than another, the one used will become much the larger, and will destroy the harmony and beauty of the development of the system. A variety of exercise will call into use all the muscles of the body. Those who are feeble and indolent should not yield to their inclination to be inactive, thus depriving themselves of air and sunlight, but should practice exercising out of doors in walking or working in the garden. They will become very much fatigued, but this will not injure them. You... will experience weariness, yet it will not hurt you; your rest will be sweeter after it. Inaction weakens the organs that are not exercised. And when these organs are used, pain and weariness are experienced, because the muscles have become feeble. It is not good policy to give up the use of certain muscles because pain is felt when they are exercised. The pain is frequently caused by the effort of nature to give life and vigor to those parts that have become partially lifeless through inaction. The motion of these long-disused muscles will cause pain, because nature is awakening them to life. {3T 76-8}

Why & When We Should Exercise

For Health: The health should be as carefully guarded as the character. {ML 144} “I will praise thee; for I am fearfully and wonderfully made...My substance was not hid from thee, when I was made in secret, and curiously wrought in the lowest parts of the earth.” Ps 139:14, 15 We are God’s workmanship, and His word declares that we are “fearfully and wonderfully made.” He has prepared this living habitation for the mind; it is “curiously wrought,” a temple which the Lord himself has fitted up for the indwelling of His Holy Spirit. The mind controls the whole man. All our actions, good or bad, have their source in the mind. It is the mind that worships God, and allies us to heavenly beings. Yet many spend all their lives without becoming intelligent in regard to the casket that contains this treasure. {FE 425}

A blessing: Another precious blessing is proper exercise. There are many indolent, inactive ones who are disinclined to physical labor

or exercise because it wearies them. What if it does weary them? The reason why they become weary is that they do not strengthen their muscles by exercise, therefore they feel the least exertion. Invalid women and girls are better pleased to busy themselves with light employment, as crocheting, or embroidering, or making tatting, than to engage in physical labor. If invalids would recover health, they should not discontinue physical exercise; for they will thus increase muscular weakness and general debility. Bind up the arm and permit it to remain useless, even for a few weeks, then free it from its bondage, and you will discover that it is weaker than the one you have been using moderately during the same time. Inactivity produces the same effect upon the whole muscular system. The blood is not enabled to expel the impurities as it would if active circulation were induced by exercise. {2T 528}

A Law of Nature: Action is a law of our being. Every organ of the body has its appointed work, upon the performance of which its development and strength depend. The normal action of all the organs gives strength and vigor, while the tendency of disuse is toward decay and death. Bind up an arm, even for a few weeks, then free it from its bands, and you will see that it is weaker than the one you have been using moderately during the same time... Inactivity is a fruitful cause of disease. {MH 237}

When we are sick: Thousands are sick and dying around us who might get well and live if they would; but their imagination holds them. They fear that they will be made worse if they labor or exercise, when this is just the change they need to make them well. Without this they never can improve. They should exercise the power of the will, rise above their aches and debility, engage in useful employment, and forget that they have aching backs, sides, lungs, and heads. Neglecting to exercise the entire body, or a portion of it, will bring on morbid conditions. Inaction of any of the organs of the body will be followed by a decrease in size and strength of the muscles, and will cause the blood to flow sluggishly through the blood vessels. {3T 76.2} Judicious exercise would induce the blood to the surface, and thus relieve the internal organs. Brisk, yet

not violent exercise in the open air, with cheerfulness of spirits, will promote the circulation, giving a healthful glow to the skin, and sending the blood, vitalized by the pure air, to the extremities. The diseased stomach will find relief by exercise. Physicians frequently advise invalids to visit foreign countries, to go to the springs, or to ride upon the ocean, in order to regain health; when, in nine cases out of ten, if they would eat temperately and engage in healthful exercise with a cheerful spirit, they would regain health and save time and money. Exercise, and a free and abundant use of the air and sunlight,--blessings which Heaven has freely bestowed upon all,--would give life and strength to the emaciated invalid. {2T 530}

What is Does

Helps remove impurities: Exercise quickens and equalizes the circulation of the blood, but in idleness the blood does not circulate freely, and the changes in it, so necessary to life and health, do not take place. The skin, too, becomes inactive. Impurities are not expelled as they would be if the circulation had been quickened by vigorous exercise...and disease is the result. {MH 238}

Improves circulation: Exercise is an important aid to physical development. It quickens the circulation of the blood, and gives tone to the system. If the muscles are allowed to remain unused, it will soon be apparent that the blood does not sufficiently nourish them. Instead of increasing in size and strength, they will lose their firmness and elasticity, and become soft and weak... The harmonious action of all the parts,-- brain, bone, and muscle,-- is necessary to the full and healthful development of the entire human organism. {FE 426}

Aids in digestion: Exercise will aid the work of digestion. To walk out after a meal, hold the head erect, put back the shoulders, and exercise moderately, will be a great benefit. {2T 530}

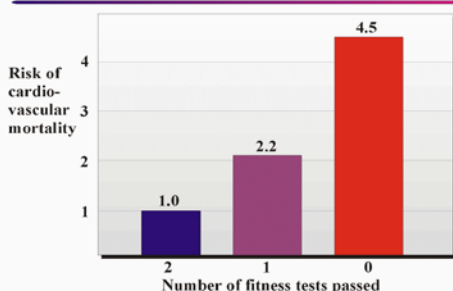
Strengthens the organs: By active exercise in the open air every day, the liver, kidneys, and lungs also will be strengthened to perform their work. Bring to your aid the power of the will, which will resist cold and will give energy to the nervous system. In a

short time you will so realize the benefit of exercise and pure air that you would not live without these blessings. {2T 533} In some cases want of exercise causes the bowels and muscles to become enfeebled and shrunken, and these organs that have enfeebled for want of use will be strengthened by exercise. {3T 78}

For heart disease: The importance of regular exercise in preventing and reversing heart disease needs to be emphasized. Regular exercise alone has been shown to help the heart in many studies. I will cite just one. A 19-year study of about 10,000 men addressed the impact of regular aerobic exercise on the risk of death due to cardiovascular

disease. They were categorized into three groups as determined by each participant taking two fitness tests on a treadmill at an average of five years apart. Thus, physical fitness was assessed for

REGULAR EXERCISE REDUCES RISK OF DEATH FROM CORONARY HEART DISEASE



each participant at the start and again after five years. Those who enjoyed sustained physical fitness (passed both tests) comprised the first group. Those who had short-lived fitness (passed only one of the two tests) made up the second group. The third group consisted of those who were unfit (failed both tests). *Used with permission from: "Proof Positive" by Dr. Neil Nedley.*

It's Never too late to start: It is never too late to begin an exercise program...regardless of how out of shape a person is, the risk of death from all causes could be reduced by merely becoming fit through a regular exercise program. *Used with permission, from "Proof Positive" by Dr. Nedley*

Exercise - A Friend Your Immune System Need: “Exercise and a healthy immune system go hand in hand. Cancer mortality rates are significantly lower in regular exercisers. A well-publicized study of Harvard Alumni found that those who burned only 500 calories or less per week in exercise had 35 percent more cancer deaths than those expending greater than 2,000 calories per week. Deaths from all causes, including heart disease, were increased by over 60 percent in the poorer exercisers. Over 17,000 men ages 30 to 79 were classified according to their level of physical activity on two separate occasions over a 25 year period. Those who were highly active (expending 2,500 or more calories per week in exercise) had 38 to 61 percent less lung cancer than those who were inactive (only 1,000 calories or less of exercise per week). Heavier individuals who were highly active dropped their colon cancer risk by 44 to 81 percent. Expressed in other terms, their inactive peers had up to five times the risk of colon cancer. Other studies have also suggested that physical inactivity increases colon cancer risk.” *Used with permission, From “Proof Positive” by Dr Neil. Nedley*

Helps our spirituality: In vigorous physical exercise, the animal passions find a healthy outlet and are kept in proper bounds. Healthful exercise in the open air will strengthen the muscles, encourage a proper circulation of blood, help to preserve the body from disease, and will be a great help in spirituality. For many years it has been presented to me that teachers and students should unite in this work. This was done anciently in the schools of the prophets. {MM 81.2}

Brings happiness: Physical exercise in the direction of useful labor has a happy influence upon the mind, strengthens the muscles, improves the circulation, and gives the invalid the satisfaction of knowing how much he can endure, and that he is not wholly useless in this busy world; whereas, if this is restricted, his attention is turned to himself and he is in constant danger of exaggerating his difficulties. If invalids would engage in some well-directed physical exercise, using their strength but not abusing it, they would find it an effective agent in their recovery. {CH 199}

Those who are always busy, and go cheerfully about the performance of their daily tasks, are the most happy and healthy. The rest and composure of night brings to their wearied frames unbroken slumber. The Lord knew what was for man's happiness when He gave him work to do. The sentence that man must toil for his bread, and the promise of future happiness and glory, came from the same throne. {2T 529}

Helps the intellect by providing balance: Physical labor will not prevent the cultivation of the intellect... The advantages gained by physical labor will balance a person and prevent the mind from being overworked. The toil will come upon the muscles and relieve the wearied brain. There are many listless, useless girls who consider it unladylike to engage in active labor. But their characters are too transparent to deceive sensible persons in regard to their real worthlessness...A sound body is required for a sound intellect. Physical soundness and a practical knowledge of all the necessary household duties will never be hindrances to a well-developed intellect; both are highly important for a lady. {3T 152}

Takes our mind off of self: His mind was aroused in reference to the subject of his health. He concentrated the strength of his mind on this point. He and his symptoms were the principal subjects of conversation...This was the burden of his thoughts and the theme of his conversation. In this precise, systematic course he has failed to receive the benefit, in point of health, that he might have realized if he had been more forgetful of himself and, from day to day, engaged in physical exercise, which would have diverted his mind from himself. {2T 670}

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Who Should Exercise

Ministers: Our ministers...have suffered from severe mental taxation, unrelieved by physical exercise. The

result is a deterioration of their powers and a tendency to shirk responsibilities. What they need is more active labor. This is not alone confined to those whose heads are white with the frost of time, but men young in years have fallen into the same state and have become mentally feeble. They have a list of set discourses, but if they get beyond the boundaries of these they lose their soundings. The old-fashioned pastor, who traveled on horseback and spent much time in visiting his flock, enjoyed much better health, notwithstanding his hardships and exposures, than our ministers of today, who avoid all physical exertion as far as possible and confine themselves to their books. {4T 269}

For office workers and students: Ministers, teachers, students, and other brain workers often suffer from illness as the result of severe mental taxation, unrelieved by physical exercise. What these persons need is a more active life. Strictly temperate habits, combined with proper exercise, would ensure both mental and physical vigor, and would give power of endurance to all brain workers. {MH 238}

Women: A large class of women are content to hover over the stove, breathing impure air for one half or three fourths of the time, until the brain is heated and half benumbed. They should go out and exercise every day, even though some things indoors have to be neglected. They need the cool air to quiet their distracted brains. They need not go to their neighbors to gossip, but should make it their object to do some good, working to the end of benefiting others. Then they will be an example to others and receive real benefit themselves. {2T 531}

Children: They overlook the future good of their children, and in their mistaken fondness, let them sit in idleness, or do that which is of but little account, which requires no exercise of the mind or muscles, and then excuse their indolent daughters because they are weakly. What has made them weakly? In many cases it has been the wrong course of the parents. A proper amount of exercise about the house would improve both mind and body. {1T 393}

Kinds of & How to Exercise

Walking is the best: Walking, in all cases where it is possible, is the best remedy for diseased bodies, because in this exercise all the organs of the body are brought into use... There is no exercise that can take the place of walking. {3T 78} Those who are feeble and indolent should not yield to their inclination to be inactive, thus depriving themselves of air and sunlight, but should practice exercising out of doors in walking or working in the garden. They will become very much fatigued, but this will not injure them. It is not good policy to give up the use of certain muscles because pain is felt when they are exercised. The pain is frequently caused by the effort of nature to give life and vigor to those parts that have become partially lifeless through inaction. The motion of these long-disused muscles will cause pain, because nature is awakening them to life. Walking, in all cases where it is possible, is the best remedy for diseased bodies, because in this exercise all the organs of the body are brought into use... There is no exercise that can take the place of walking. By it the circulation of the blood is greatly improved. {CH 200}

Outside In the Open Air: I should eat sparingly, thus relieving my system of unnecessary burden, and should encourage cheerfulness, and give myself the benefits of proper exercise in the open air. {CD 419} The pure air, the glad sunshine, the beautiful flowers and trees, the orchards and vineyards, and outdoor exercise amid these surroundings, are health-giving--the elixir of life. Outdoor life is the only medicine that many invalids need. Its influence is powerful to heal sickness caused by fashionable life... {7T 76.5}

Manual Labour: Satan would lead them to believe that amusements are necessary to physical health; but the Lord has declared that the better way is for them to get physical exercise through manual training and by letting useful employment take the place of selfish pleasure. The desire for amusement, if indulged, soon develops a dislike for useful, healthful exercise of body and mind such as will make students efficient in helping themselves and others. {CT 354}

Doing useful tasks: Exercise in household labor is of the greatest

advantage to young girls. {3T 151} The greatest benefit is not gained from exercise that is taken as play or exercise merely. There is some benefit derived from being in the fresh air, and also from the exercise of the muscles; but let the same amount of energy be given to the performance of helpful duties, and the benefit will be greater, and a feeling of satisfaction will be realized; for such exercise carries with it the sense of helpfulness and the approval of conscience for duty well done. In the children and youth an ambition should be awakened to take their exercise in doing something that will be beneficial to themselves and helpful to others. The exercise that develops mind & character, that teaches the hands to be useful, and trains the young to bear their share of life's burdens, is that which gives physical strength, and quickens every faculty. And there is a reward in virtuous industry, in the cultivation of the habit of living to do good. {FE 418}

Gardening: “The Lord God planted a garden eastward in Eden; and there he put the man whom he had formed. . . . And the Lord God took the man, and put him into the garden of Eden to dress it and to keep it.” **Gen. 2:8-15** To Adam and Eve was committed the care of the garden, “to dress it and to keep it.” Though rich in all that the Owner of the universe could supply, they were not to be idle. Useful occupation was appointed them as a blessing, to strengthen the body, to expand the mind, and to develop the character. Let men and women work in field and orchard and garden. This will bring health and strength to nerve and muscle. Every part of the human organism should be equally taxed. This is necessary for the harmonious development and action of every part. God made nerve and muscle in order that they might be used. It is the inaction of the human machinery that brings suffering and disease. {ML 136} Exercise in the open air should be prescribed as a life-giving necessity. And for such exercises there is nothing better than the cultivation of the soil. Let patients have flower beds to care for, or work to do in the orchard or vegetable garden. As they are encouraged to leave their rooms and spend time in the open air, cultivating flowers or doing some other light, pleasant work, their attention will be diverted from themselves and their sufferings. {MH 265}

Gymnasium in moderation: Gymnasium exercises may in some instances be an advantage. They were brought in to supply the want of useful physical training, and have become popular with educational institutions; but they are not without drawbacks. Unless carefully regulated, they are productive of more harm than good. Some have suffered lifelong physical injury through these gymnasium sports. The manual training connected with our schools, if rightly conducted, will largely take the place of the gymnasium. {5T 523.1}

Vigorous, especially children and youth: Exercise quickens and equalizes the circulation of the blood... Impurities are not expelled as they would be if the circulation had been quickened by vigorous exercise, the skin kept in a healthy condition, and the lungs fed with plenty of pure, fresh air. {MH 238} In many cases the sickness of children can be traced to...lack of vigorous exercise to keep the blood in healthy circulation, or lack of abundance of air for its purification, may be the cause of the trouble. Let the parents study to find the causes of the sickness, and then remedy the wrong conditions as soon as possible. {MH 385}

Balanced - using the whole body: The failure of our ministers to exercise all the organs of the body proportionately causes some organs to become worn, while others are weak from inaction. If wear is left to come almost exclusively upon one organ or set of muscles, the one most used must become overworn and greatly weakened. Each faculty of the mind, and each muscle, has its distinctive office, and all are required to be equally exercised in order to become properly developed and to retain healthful vigor. Each organ has its work to do in the living organism. Every wheel in the machinery must be a living, active, working wheel. All the faculties have a bearing upon one another, and all need to be exercised in order to be properly developed. {3T 310.2}

Regular: Let the sick be shown how to get well by being temperate in eating and by taking regular exercise in the open air. {CD 444}
(see next section)

Regular

Should be Scheduled into the day: The health cannot be preserved unless some portion of each day is given to muscular exertion in the open air. Stated hours should be devoted to manual labor of some kind, anything which will call into action all parts of the body. Equalize the taxation of the mental and the physical power, and the mind will be refreshed. {ML 144.3}

Mornings a good time, neglect other duties if necessary:

Morning exercise, in walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestions of brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases. Go out and exercise every day, even though some

things indoors have to be neglected. The more nearly we come into harmony with God's original plan, the more favorable will be our position for the recovery and preservation of health. {ML 136}

Daily: Those who do not use their limbs every day will realize a weakness when they do attempt to exercise...Moderate exercise every day will impart strength to the muscles, which without exercise become flabby and enfeebled. By active exercise in the open air every day, the liver, kidneys, and lungs also will be strengthened to perform their work. {2T 533}

Time wisely spent: The time spent in physical exercise is not lost. The student who is continually poring over his books, while he

Every part of the human organism should be equally taxed. This is necessary for the harmonious development and action of every part.

takes but little exercise in the open air, does himself an injury. A proportionate exercise of all the organs and faculties of the body is essential to the best work of each. When the brain is constantly taxed while the other organs of the living machinery are inactive, there is a loss of strength, physical and mental. The physical system is robbed of its healthful tone, the mind loses its freshness and vigor, and a morbid excitability is the result. {FE 418.2}

Lack of

Because of too much studying: “And further, by these, my son, be admonished: of making many books there is no end; and much study is a weariness of the flesh.” **Ecc. 12:12** Mental effort without corresponding physical exercise calls an undue proportion of blood to the brain, and thus the circulation is unbalanced. The brain has too much blood, while the extremities have too little. The hours of study and recreation should be carefully regulated, and a portion of the time should be spent in physical labor. The health cannot be preserved unless some portion of each day is given to muscular exertion in the open air. Stated hours should be devoted to manual labor of some kind, anything which will call into action all parts of the body. Equalize the taxation of the mental and the physical power, and the mind will be refreshed. The minds of thinking men labor too hard. They frequently use their mental powers prodigally, while there is another class whose highest aim in life is physical labor. The latter class do not exercise the mind. Their muscles are exercised, but their brains are robbed of intellectual strength; just as the minds of thinking men are worked, but their bodies are robbed of strength and vigor by their neglect to exercise the muscles. Health should be a sufficient inducement to lead them to unite physical with mental labor. Moral, intellectual, and physical culture should be combined in order to have well-developed, well-balanced men and women. Some are qualified to exercise great intellectual strength, while others are inclined to love and enjoy physical labor. Both of these classes should seek to improve where they are deficient, that they may present to God their entire being, a living sacrifice, holy and acceptable to Him, which is

their reasonable service. {ML 144}

Negatively affects our minds: The mental and moral powers of some of our ministers are enfeebled by improper eating and lack of physical exercise. Those who crave great quantities of food ... should practice self-denial, and retain the blessing of active muscles and unoppressed brain. {GW 230.3}

Creates weakness and illness: She is predisposed to torpidity of the liver and is not inclined to exercise. She has not the faculty of setting herself to work unless she sees that she must... Taking more food into the system than it can convert into good blood causes a depraved quality of blood and taxes the vitality to a much greater degree than labor or physical exercise... What she requires is not encouragement to cease exercise. There would be nothing so dangerous for her as to remain where her physical powers would not be called into active exercise. Physical exercise is very essential. This will strengthen her body and mind. When she awakes to the responsibility of her position, and sees the benefit which will result from her seeking to have an aim in life, she will not be so disposed to sink down in indolence and to shun hardships. She does not put her heart into what she does; therefore she moves about too much like a machine, feeling that labor is a burden. She cannot, while she feels thus, realize that new life and vigor which it is her privilege to have. She lacks spirit and energy. She is too much inclined to be lost in dullness and leaden insensibility. The heavy torpor she feels can only be overcome by a spare diet, perfect control over her appetite and all her passions, and by calling her will to aid her in taking exercise... As you daily exercise the forces within you, the task will grow less difficult, until it will become second nature for you to do duty, to be careful and diligent. You can accustom yourself to think, when you lay less burden upon your stomach. This burden taxes the brain. You should also have an aim, a purpose, in life. Where there is no purpose, there is a disposition to indolence, but where there is a sufficiently important object in view, all the powers of the mind will come into spontaneous activity... Take up present duty. Do it with a will, with all the heart. You should resolve to do something which

will require an effort of the mental as well as the physical powers. Your heart should be in your present labor. The duty now before you is the very work which Heaven wishes you to do. {2T 427-9}

Miscellaneous

Even if it hurts or makes you tired: Those who are feeble and indolent should not yield to their inclination to be inactive, thus depriving themselves of air and sunlight, but should practice exercising out of doors in walking or working in the garden. They will become very much fatigued, but this will not injure them. You, my sister, will experience weariness, yet it will not hurt you; your rest will be sweeter after it. Inaction weakens the organs that are not exercised. And when these organs are used, pain and weariness are experienced, because the muscles have become feeble. It is not good policy to give up the use of certain muscles because pain is felt when they are exercised. The pain is frequently caused by the effort of nature to give life and vigor to those parts that have become partially lifeless through inaction. The motion of these long-disused muscles will cause pain, because nature is awakening them to life. {3T 78.1} Those who do not use their limbs every day will realize a weakness when they do attempt to exercise. The veins and muscles are not in a condition to perform their work and keep all the living machinery in healthful action, each organ in the system doing its part. The limbs will strengthen with use. Moderate exercise every day will impart strength to the muscles, which without exercise become flabby and enfeebled. By active exercise in the open air every day, the liver, kidneys, and lungs also will be strengthened to perform their work. Bring to your aid the power of the will, which will resist cold and will give energy to the nervous system. In a short time you will so realize the benefit of exercise and pure air that you would not live without these blessings. Your lungs, deprived of air, will be like a hungry person deprived of food. Indeed, we can live longer without food than without air, which is the food that God has provided for the lungs. Therefore do not regard it as an enemy, but as a precious blessing from God. {2T 533}

More people rust out than wear out: More people die for want of exercise than through overfatigue; very many more rust out than wear out. Those who accustom themselves to proper exercise in the open air will generally have a good and vigorous circulation. {ML 136}

Will feel weak at first: Those who do not use their limbs every day will realize a weakness when they do attempt to exercise. The veins and muscles are not in a condition to perform their work and keep all the living machinery in healthful action, each organ in the system doing its part. The limbs will strengthen with use. Moderate exercise every day will impart strength to the muscles, which without exercise become flabby and enfeebled. By active exercise in the open air every day,

the liver, kidneys, and lungs also will be strengthened to perform their work. Bring to your aid the power of the will, which will resist cold and will give energy to the nervous system. In a short time you will so realize the benefit of exercise and pure air that you would not live without these blessings. Your lungs, deprived of air, will be like a hungry person deprived of food. Indeed, we can live longer without food than without air, which is the food that God has provided for the lungs. Therefore do not regard it as an enemy, but as a precious blessing from God. {2T 533}

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Heaven has provided, Satan seeks to nullify: Let your judgment be convinced that exercise, sunlight, and air are the blessings which Heaven has provided to make the sick well and to keep in health those who are not sick. God does not deprive you of these free, Heaven-bestowed blessings, but you have punished yourselves by closing your doors against them. Properly used, these simple yet powerful agents will assist nature to overcome real difficulties, if such exist, and will give healthy tone to the

mind and vigor to the body... The do-nothing system is the greatest curse that has befallen our race. Children so unfortunate as to be brought up and educated by mothers who do not possess true moral worth, but who have diseased imaginations and suffer imaginary ailments, need the sympathy, patient instruction, and tender care of all who can help them. The wants of these children are not met, and their education is such as to unfit them for useful members of society while they live, and to bring them to an untimely grave. If their lives are protracted, they will never forget the lessons taught them by the mother. The errors of her life have been impressed upon them by her words and her actions, and in many cases they will follow in her footsteps. {2T 535.2}

Example for Us

Jesus our Example: “And the child grew, and waxed strong in spirit, filled with wisdom: and the grace of God was upon him.”

Luke 2:40 The physical constitution of Jesus, as well as His spiritual development, is brought before us in these words, “The child grew,” and “increased in stature.” In childhood and youth attention should be given to physical development. Parents should so train their children in good habits of eating, drinking, dressing, and exercise, that a good foundation will be laid for sound health in after life. The physical organism should have special care, that the powers of the body may not be dwarfed, but developed to their full extent. This places the children and youth in a favorable position, so that, with proper religious training, they may, like Christ, wax strong in spirit. Many claim that it is necessary for the preservation of physical health to indulge in selfish amusement. It is true that change is required for the best development of the body, for mind and body are refreshed and invigorated by change; but this object is not gained by indulgence in foolish amusements, to the neglect of daily duties which the youth should be required to do. The active mind and hands of youth must have employment, and if they are not directed to tasks that are useful, that will develop them and bless others, they will find employment in that which will work injury to them in both body and mind. As Jesus worked in childhood and

youth, mind and body were developed. He did not use His physical powers recklessly, but in such a way as to keep them in health, that He might do the best work in every line. His life of natural simplicity was favorable to the development of a good physical constitution, and a firm, unsullied character. Physically, as well as spiritually, He was an example of what God designed all humanity to be through obedience to His laws. {SD 140}

Summary

“The glory of young men is their strength.” **Proverbs 20:29**
Another precious blessing is proper exercise. Each organ and muscle has its work to do in the living organism. Every wheel in the machinery must be a living, active, working wheel. Nature’s fine and wonderful works need to be kept in active motion in order to accomplish the object for which they were designed. Bind up an arm, even for a few weeks, then free it from its bands, and you will see that it is weaker than the one you have been using moderately during the same time. Inactivity produces the same effect upon the whole muscular system. Inactivity is a fruitful cause of disease. Exercise quickens and equalizes the circulation of the blood. For a healthy young man, stern, severe exercise is strengthening to the whole system. Without such exercise the mind cannot be kept in working order. It becomes inactive, unable to put forth the sharp, quick action that will give scope to its powers. All the heavenly beings are in constant activity, and the Lord Jesus, in His lifework, has given an example for every one. He went about “doing good.” God has established the law of obedient action. Silent but ceaseless, the objects of His creation do their appointed work. The ocean is in constant motion. The springing grass, which today is, and tomorrow is cast into the oven, does its errand, clothing the fields with beauty. The leaves are stirred to motion, and yet no hand is seen to touch them. The sun, moon, and stars are useful and glorious in fulfilling their mission. . . . And man, his mind and body created in God’s own similitude, must be active in order to fill his appointed place. Action gives power. {ML 130}

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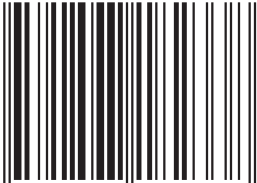
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