

AND BE IN HEALTH - III

"Breaking Destructive Lifestyle Patterns"

III John 2

I. GOD HAS GIVEN US RESPONSIBILITY FOR OUR HEALTH

- A. " *Choose life...*" - health is a choice
- B. Most important responsibility in any program of health and fitness involves attitudes
- C. Motivation for improving health and fitness
 - 1. To please other people--parents, spouse, girlfriend, boyfriend
 - 2. To look better - not really concerned about health and fitness; just good appearance
 - 3. By far best motivator to exercise and to control our diets is to acknowledge that our responsibility is to take care of our bodies
- D. Easier to develop good level of health and fitness when young rather than attempting to overcome years of abusing our bodies

II. THE ROLE OF LIFESTYLE

- A. Lifestyle involves total behavior 24 hours a day--number of hours sleep, food, drink, exercise, spiritual experiences, personal relationships
- B. Degenerative diseases such as heart disease, cancer, stroke, diabetes, cirrhosis of the liver, hardening of arteries primarily diseases of lifestyle
- C. 49% of all deaths due to lifestyle
- D. 83% of deaths before 65 prevented with good lifestyle
 - 1. Mormons cancer rate 60% national average
 - 2. Seventh-day Adventists 50% national average
- E. Three cultures where lifespan between 100-120 years
 - 1. Diets low in fat, cholesterol, sugar, salt, calories
 - 2. Lead physically active lives
 - 3. Live peaceful lives in relaxed environment

III. CHANGING YOUR LIFESTYLE

- A. Be patient - don't expect to change all your bad habits overnight
- B. Change one thing at a time
- C. Having fun not the issue - don't necessarily jog because it is fun
- D. Don't be embarrassed to exercise (because way you look)
- E. Combine the natural and the spiritual

IV. BASIC UNIT OF LIFE IS THE CELL

- A. Every cell has specific function - Movement (muscle cell), carry messages (nerve cells), digestion and reproduction
- B. Four requirements for cells to function
 - 1. Every cell needs oxygen

2. Every cell needs nutrients (carbohydrates, proteins, fats, vitamins, minerals)
3. Every cell needs water
4. Every cell needs to get rid of waste products

C. The Immortal Living Cell?

1. Heart tissue of chicken embryo put into incubator
2. Tissue rested in nourishing plasma solution (changed every day to eliminate waste)
3. Lived for 34 years (8 times longer than average life of chicken)
4. Died only when assistant forgot to change plasma fluid
5. The cell is immortal. It is merely the fluid in which it floats that degenerates. Renew this fluid at intervals, give the cell

something upon which to feed, and so far as we know, the pulsation of life may go on forever.

D. Role of air, water, exercise, proper rest will be discussed today

V. NEED FOR AIR

- A. Live 40-50 days without food
- B. Live 5-7 days without water
- C. Live only about 3 minutes without air
- D. Need for proper oxygen supply; good ventilation

VI. NEED FOR WATER

- A. Body 70% liquid, so 6-10 glasses a day crucial for body and urinary system to function properly
- B. Water replaces fluids lost to sweat, tearing eyes, running noses, and diarrhea
- C. Helps fight sore throats, allergies, fever, infection, constipation, and colds
- D. Water needed for cleansing of body
 1. Benjamin Franklin stated, "*Keeping clean within and without is the secret to health.*"
 2. Primary causes of disease is inefficient elimination system that allows toxins to accumulate in the body.
 3. Toxins lock assimilation of nutrients into the cells, put drain on body's energy, undermine body's innate healing capabilities
 4. Toxemia an illness caused by toxins in bloodstream can be poisoned by air we breathe, water we drink, food we eat, drugs

we take

5. Water flushed out bladder and kidneys
 - a. 1700 gallons of blood passes each day through bladder and kidney
 - b. When exercise or face stressful event, you need more water
 - c. Water flushes out millions of dead cells after fight over colds, flu, etc.

6. Skin is a third kidney
 - a. Largest and most overlooked cleansing organ
 - b. About 1/3 of all body wastes eliminated through skin
 - c. When perspire, we cleanse wastes from our systems
 - d. Keeping channels open vital to natural body balance and health
 - (1) Wearing clothes that breathe
 - (2) Exercise, steam rooms, saunas
 - (3) Regular bathing

- E. Elimination through colon
 1. Underactive colon allows wastes to stay in our systems, decaying and producing poisons
 2. Inefficient colon prevents body from taking in vitamins and minerals
 3. Preventing colon cancer by cleansing colon
 - a. Fiber in diet
 - b. Internal cleansing systems
 - c. Proper exercise
 - d. Drinking lots of water
 - e. Chewing food properly
- F. The place of fasting in the cleansing of the body

VII. NEED FOR EXERCISE

- A. Air, water, and food essential to life--exercise catalyst that helps combine these elements and enables the human body to make the most of its potential
- B. Best method of breaking any destructive lifestyle pattern is exercise
- C. Helps to normalize and chemically balance our body--adjusts metabolism
- D. Without adequate exercise we die prematurely
- E. Most effective alternative in maintaining healthier cholesterol levels by burning off excess fats and sugars
- F. Ability to digest and metabolize food enhanced
- G. Enhances elimination of by-products
- H. Helps to reduce high blood pressure, thus lessening the risk of heart disease and stroke
- I. Bones get stronger, aging process slowed, appetite controlled (leading to weight control)
- J. Ability to relax improved
- K. When exercise, feel better and less likely to get sick
- L. Helps mental fitness--helps counteract anxiety and depression
- M. Can help increase self-esteem

VIII. WHAT CONSTITUTES PROPER EXERCISE?

- A. Proper exercise key to efficient circulation of blood and oxygen
- B. Aerobic exercise produces most benefit in least amount of time

1. Aerobic exercise is any activity that produces an increased heart-rate with the intensity, frequency, and duration to stimulate cardiovascular conditioning
 2. Should increase heart rate between 65% and 85% maximum heart rate (220 - age)
 3. Should exercise 30-40 minutes per day, 3-5 days per week
 4. Should begin slowly and constantly monitor pulse
 5. If over 35, might need to consult physician first
- C. The Big Three of Aerobics
1. Swimming
 2. Cycling
 3. Walking/jogging
- D. Other exercises for muscular/skeletal system
1. Muscle development
 2. Flexibility - stretching exercises

IX. THE PLACE OF REST AND RELAXATION

- A. God's ordination of the sabbath intended for rest to rejuvenate the body, as well as the mind and spirit
- B. Man has flagrantly violated this law of the sabbath
- C. Jesus often withdrew himself for periods of rest, prayer, and meditation
- D. Need for proper rest and sleep at night
 1. 6-8 hours restful sleep needed for good health
 2. Value of sleep during dark hours
 3. Need to leave cares of day aside
 4. The Lord giveth his beloved rest
- E. Relaxing activities give break from normal routine
- F. God's True Sabbath means we cease from our labors and enter into his rest--which is total trust in Him--leaving our cares and worries to Him