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Every command that God has given us, is in love and in an attempt to bring us back to his original plan, fitting us for heaven's glory. Exercise was first given to our first parents, Adam and Eve in the Garden of Eden. Yes, exercise! Most people view exercise as being a taxing job that just the thought of it brings on immediate feelings of exhaustion! In actuality, though, exercise is the single most activity that can promote and increase the quality of life.

"And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it. To Adam and Eve was committed the care of the garden, "to dress it and to keep it." Genesis 2:15. 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. ([Ed 21.2](#))

Numerous studies have shown that physical exercise does exactly what God said it would. Daily physical exercise is said to positively affect every system of the body.

- **Skeletal System:** Exercise increases the production of synovial fluid, which is the fluid that is essential for the lubrication of the joints for ease of movement.
- **Muscular System:** Improves and enhances circulation for increased blood flow to provide oxygen to the muscles while expelling waste in muscle tissue. Exercise tones the physical appearance as well.
- **Cardiovascular System:** Increases the heart rate which pumps more oxygenated blood into the body, thus nourishing the cells with healthy blood. Decreases chances of getting heart disease.
- **Digestive System:** Improves digestion and elimination by strengthening the muscles of the abdomen and stimulating the contents of the small intestine which moves contents through the digestive system.
- **Endocrine System:** After 10 minutes of exercise, blood sugar begins to decrease. Exercise stimulates endorphins, which helps us "feel good" and also controls the cortisol levels that fight off feelings of depression.
- **Nervous System:** Decreases stress load by reducing blood pressure and levels of harmful LDL cholesterol.
- **Respiratory System:** Increases oxygen transport to the body.
- **Immune / Lymphatic Systems:** Depends on movement and exercise to circulate lymphatic fluids in the body to be able to move toxins and eliminate waste from the body.
- **Urinary System:** Decreases urine production due to decreased blood flow to the kidneys to maintain blood pressure, thus limiting fluid production and urine.

- **Integumentary (Skin) System:** Wound healing, regulation of body temperatures and healthy skin, hair and nails. Exercising the body produces sweat which is used to secrete waste from the body and keep pores unclogged.

Brisk walking is the best exercise for the entire body. How do you know if you're walking briskly? One athletic researcher said, "If you can't talk comfortably while exercising, you're working too hard. If you can sing, then you're not working hard enough." (Ferrell, 2008)

"When the weather will permit, all who can possibly do so ought to walk in the open air every day, summer and winter. But the clothing should be suitable for the exercise, and the feet should be well protected. A walk, even in winter, would be more beneficial to the health than all the medicine the doctors may prescribe. For those who can walk, walking is preferable to riding. The muscles and veins are enabled better to perform their work. There will be increased vitality, which is so necessary to health. The lungs will have needful action; for it is impossible to go out in the bracing air of a winter's morning without inflating the lungs." ([CH 52.2](#))

"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service." Romans 12:1