

Health and Fitness: Nurturing the desire to take care of the mind and body


Health and Fitness



The aim of this section is to give practical guidelines which will help to strengthen the Ranger's desire to care for his mind and body.

1. Participate in one of the following:
 - a. Discuss the principles of physical fitness.
 - > Provide an outline of your daily exercise Program.
 - > Write out and sign a Personal Pledge of Commitment to a regular exercise program.

The Principles of Physical Fitness

 Write a summary of your discussion below:

Provide an outline of your daily exercise Program.



Sunday

Monday

Tuesday

Wednesday


Thursday

Friday


Saturday

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b. Discuss the natural advantages of living the Adventist Christian lifestyle in accordance with biblical principles.

 Write a summary of your discussion in this space:

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 Write a summary of your discussion in this space:

The natural Advantages of Living an SDA Lifestyle



What is a lifestyle?



What is an SDA lifestyle?



What are the advantages of an SDA lifestyle?

What the Bible says about our bodies.

- 1 Corinthians 6:19-20 – “Do you not know that **your bodies** are temples of **the** Holy Spirit, who is in you, whom you have received from **God**? You are not **your** own; you were bought at a price. Therefore honour **God** with **your bodies**.”
- Genesis 1:26-27 – “Then **God said**, “Let us make man in **our** image, after **our** likeness.
- Psalm 139:14-17 I am fearfully and wonderfully made.

The SDA Lifestyle

- It's characterized by wholeness and health and promotes vegetarianism and eating kosher foods, as well as avoiding meats that the Bible deems to be "unclean."

NEWSTART Connections

- ▶ N-Nutrition 
- ▶ E-Exercise 
- ▶ W-Water 
- ▶ S-Sunshine 
- ▶ T-Temperance 
- ▶ A-Air 
- ▶ R-Rest 
- ▶ T-Trust in God 



Discussion Points



- Imagine and record the basic changes in the lifestyle of someone living 100 years ago as compared with today.
- Transport
- Occupations
- Rural vs urban living.
- Manual Work vs Automation and technology.
- Work Time vs Free or Leisure time
- changes in recreational pursuits.
- Today we do not meet basic exercise needs in our lifestyle either at home or on the job. (Yes or No)

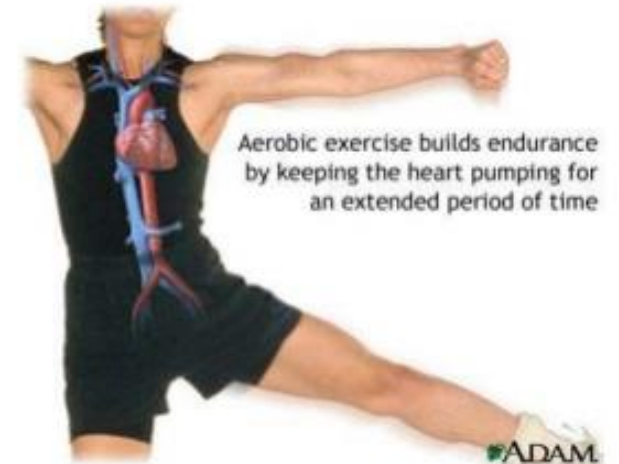


a. What activities are best suited to improve cardiovascular fitness?



What is cardiovascular exercise?

- Cardiovascular exercise is activity involving the large muscles, such as your legs.
- The word 'aerobic' refers to something that needs oxygen.
- During cardiovascular or aerobic exercise oxygen gets continuously delivered to your muscles.
- To give your heart a proper workout you need to make sure that you do your cardiovascular exercise with a certain amount of intensity (Target Heart Rate), but you don't want to overdo it.
 - Measure Intensity
 - Monitoring heart rate-take your pulse for six seconds and add a zero.
 - Perceived Exertion
 - Heart rate is the number of times your heart beats per minute.
 - Target Heart Rate is a range between 60% and 80% of your maximum heart rate.



Why Is Cardiovascular Fitness Important?

- It will increase your energy level
- It will help you feel and look good
- Creates body fat loss
- Helps with stress reduction
- Improves health
- Can extend your lifespan
- Forms more arteries in the heart
- Clears fats from the bloodstream
- Lowers chance of atherosclerosis
- Strengthens the heart muscle
- Decreases chance of heart disease or stroke
- Improves self concept



The Importance of Cardiovascular Activities.

How much time needs to be spent in exercise?

- A typical **workout** for a typical goal - 30-120 minutes complete.
- most **often** between 45-90 minutes.
- What does matter is whether the workouts are designed the way they **should** be so they address the goal.
- At 6 to 8 weeks, you can definitely notice some changes.
- 3 to 4 months you can **do** a pretty good overhaul to your health and **fitness**.



Intensity and Building Habit Patterns

- c. How hard (i.e.) does an individual need to exercise for the exercise to be beneficial?
- d. What is the importance of building habit patterns and developing recreational skills early in life?