

## CELEBRATIONS EXERCISE

In our series on CELEBRATIONS after sharing the material related to the topic, we have a list of questions that we think you may find useful and practical to aid you on your Journey to WHOLENESS.

Find a quiet moment when you can go through these and write down your responses so you can review any thoughts you have that could lead to positive decisions for CELEBRATIONS.

### LIFE APPLICATION QUESTIONS

Please focus on some life application questions regarding exercise. Also review them carefully so that you have time to consider the questions and then to apply what you are learning to your life. Please write your responses down for future reference.

- What are the most attractive benefits of regular exercise?
- How can I live longer with better cognitive function and lower my risk of getting cancer, cardiovascular disease, or diabetes?
- How does exercise offer better quality of life, less depression ease of movement, and optimum body mass?
- As I look at my family history, are there benefits of exercise that could prevent the adverse history being repeated in my life?
- Am I going to make the choice to exercise with these goals as motivating factors?
- How much exercise am I currently getting per week?
- What level of exercise am I achieving?
- Do I need to choose to exercise for longer periods each day, or can I increase the level of activity?
- What activity can I do along with exercises such as walking to maximise my use of time?
- Should I use the time for personal growth, possibly spiritual, by listening to an audio version of the Bible or devotional books?
- What benefits would come from exercising with friends?
- Would I be able to maintain some long-distance relationships by talking on the phone while doing moderate-intensity aerobic exercise?
- How can I become better motivated to exercise regularly?
- What types of exercise achieve flexibility, cardiovascular fitness, and improved bone health?
- Which of the three types will I start today? [Flexibility exercises; Aerobic exercises; or Resistance exercises]
- When will I include the next type of exercise?

### Consider these questions!

The children of Margaret's neighbour have a problem with their weight, and Margaret is worried that they are at risk for diabetes. She wants to give them a gift at Christmas. What should she get, that would make exercise fun for them?

- ✓ Do I have a spouse who needs to be encouraged to exercise?
- ✓ Can we make time to walk together, thereby adding more bonding time to our marriage as well?
- ✓ What is the best clothing and shoes for exercise activities?
- ✓ What will keep me safe in a busy city, at night, or during winter?
- ✓ I sometimes find it hard to choose to exercise on a daily basis.
- ✓ How can I obtain spiritual strength to make this a priority in my life?