



# Healthy and Happy Seminar 1



## The 86 Year Old Grandma Who Ran Her 64th Marathon!

Since a child, Mavis Lindgren was plagued with severe lung problems. At 60, she had ailing lungs, a weak heart and an overweight body. Then she started walking - every day. And as her walking increased, her ailments began to disappear! At age 70, she completed the Sacramento Pepsi 20-mile run! Then she moved on and completed the marathon – 26.2 miles! In 1993, at age 86, she was in the New York Times! Her 64th marathon!

### **1. Exercise has been called the “Wonder Drug!” What are its miracles?**

- Exercise strengthens the heart and lowers blood pressure.
- It enhances blood vessels and lowers cholesterol.
- Exercise increases energy and boosts the immune system.
- It helps to prevent as well as reverse Type 2 diabetes.
- It combats obesity by burning calories, and helps us to manage weight. Isn't that a great list of miracles?

### **2. Exercise also does miracles for the mind. What do you think? True or False?**

1. It improves brain activity by increasing supply of hydrogen.
2. It helps create new nerve endings that improve mental ability.
3. It increases chemical activity that sharpens thinking and reasoning.
4. It increases endorphins – the “feel good” chemicals.
5. It can help to delay the onset of Alzheimer's disease.



**3. There are three types of exercise. Choose the right words: Aerobic, Stretching, Strength.**

- (a) \_\_\_\_\_ improves flexibility and range of motion.
- (b) \_\_\_\_\_ building increases muscle strength.
- (c) \_\_\_\_\_ builds endurance, strengthens the whole body.

**4. Of the three, aerobic exercise is the most useful. Why?**

- 1. Aerobics increase oxygen capacity and strengthen the heart.
- 2. Examples of aerobics are: Running, cycling, standing, brisk walking.
- 3. Walking is the best. It is convenient, inexpensive, and is safest.

**5. The minimum amount of exercise recommended is 30 minutes a day, five days per week. In addition, we can make exercise a way of life.**

Here is an example: Instead of using the elevator, use the stairs!

Now find some other examples of “way of life” exercise. \_\_\_\_\_

**6. Mavis Lindgren is not the only healthy, walking octogenarian!**

After walking for 40 years in the desert, what did 85-year old Caleb say?

**Joshua 14:10, 11** \_\_\_\_\_

**7. But it's hard to stick to an exercise program! Here's a 7-step strategy.**

- (1) **Decision.** Make up your mind! What you conceive you can achieve.
- (2) **Pleasure.** Choose an activity that you will enjoy.
- (3) **Strategy.** Schedule the time and place. Don't leave it to chance!
- (4) **Goals.** Set realistic goals. Write them down, and track your progress.
- (5) **Right Away.** Instead of talking about tomorrow, begin today!
- (6) **Perseverance.** Sometimes you'll fail, but get up and move on!
- (7) **Partner.** Enlist an exercise partner for support and accountability.

**8. As two men were taking the seven-mile walk from Jerusalem to Emmaus, someone started to walk beside them. Who was He?**

**Luke 24:13-15.** His name is \_\_\_\_\_.  
And when we walk today, this Divine Companion is willing to walk with us!

**9. Group Activity. Create an Exercise Plan and choose a Partner.**

Partner \_\_\_\_\_ Activity \_\_\_\_\_  
Time \_\_\_\_\_ Place \_\_\_\_\_

**10. But exercise is not only needed for physical health, it is also required for our spiritual health! Today, what is one area that requires exercise?**

**Mark 11:22.** "Have faith in \_\_\_\_\_."

**11. However, in this 21st century, many doubt the existence of God!**

While we cannot scientifically prove the existence of God, we can see some of His fingerprints.

**One of these is the DNA of our body.**

- The body has 100 trillion microscopic body cells.
  - Within the nucleus of each cell is its data bank, its DNA.
  - The DNA has genetic instruction for the cell's development and function.
  - If your DNA strands were laid end to end, it would measure 31 million miles!
  - Encoding the DNA of just one cell would give 1,000,000 pages of print!
  - If you were to read all that information 24/7, it would take 100 years!
  - But the tiny cell "reads" it all and follows all those instructions!
- Psalm 139:14. We are "fearfully and wonderfully made."

**12. A second fingerprint of God is Bible Prophecy.**

In the 6th century BC, Nebuchadnezzar, king of Babylon, had a dream.

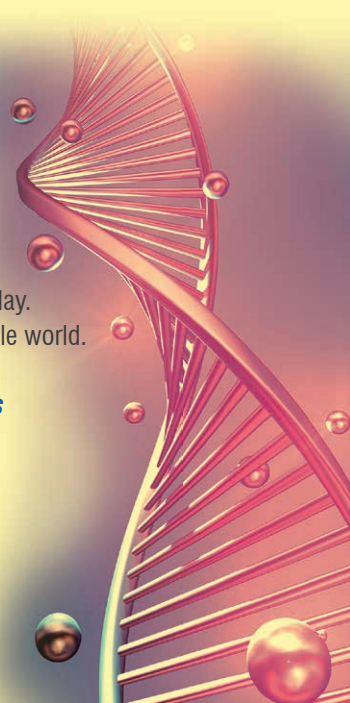
**Read about it in Daniel 2:31-35. True or False?**

- 1.** The head of the image was made of gold.  
  **2.** Its chest and arms were made of brass.  
  **3.** The belly and thighs were made of silver.  
  **4.** Its legs were of iron, and its feet were of iron and clay.  
  **5.** Then a stone crushed the image, and filled the whole world.

**13. God revealed the history of Western Europe 2,600 years in advance! What did each part of the image represent?**

**Read Daniel 2:36-44.**

- |  |                |
|--|----------------|
| <b>A.</b> Head of gold represented Babylon       | 606 to 538 BC. |
| <b>B.</b> Chest and arms represented Medo-Persia | 538 to 331 BC. |
| <b>C.</b> Belly and thighs represented Greece    | 331 to 168 BC. |





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|---|-------------------|
| D. Legs of iron represented Rome            | 168 BC to 476 AD. |
| E. Feet and toes represented divided Europe | 476 AD to Today   |
| F. The stone represented Christ's kingdom   | Next world power! |

#### 14. So let's exercise faith in God!

- Mary exercised faith in God and saw water turned to wine!
- Joshua exercised faith in God and the walls of Jericho fall down!
- David exercised faith in God and defeated the giant Goliath!

#### My Choice.

- I am thankful that God knows me, loves me, and cares for me.
- God wants me to be Healthy and Happy. So I will exercise daily.
- Despite my doubts and challenges, I will exercise faith in God.

**Check Your Answers.** 1F [oxygen], 2T, 3T, 4T, 5T. 4. 1T, 2F, 3T. 12. 1T, 2F, 3F, 4T, 5T.

**Attention!** The information in this seminar is for health education only. It is not designed to be a substitute for the medical care of your physician.

**Contributors.** For a list of health professionals, go to the Leader's Guide on Website.



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