

Active Heart

Do not lag in zeal, be ardent in spirit, serve the Lord. Romans 12:11

Passion, Fortitude, and Vigor

These words can describe our feelings about our faith and commitment to the church. What about our commitment to maintaining an active lifestyle so that we may improve our health and serve the Lord with even greater enthusiasm? Here are a few facts on how an active lifestyle will contribute to an active, healthier heart:



The major cause of adult onset diabetes is insulin resistance in the muscles due to lack of regular, vigorous physical activity.



You can lose 10 pounds of fat a year by taking a brisk 20-minute walk every day.



For the greater proportion of people training aerobically, 40 minutes of exercise each day will restore blood pressure to normal.



A key ingredient in lowering cholesterol is regular exercise.



When you exercise with reasonable vigor for about 30 minutes or more, the release of endorphins from the brain brings about a naturally occurring high—you feel better. You have more energy and vitality!

*On this table, you will find a few simple tips
for an active lifestyle.
Please keep them with you as a small reminder
to journey toward an active heart!*