

Staying Fit In My Fifties and Beyond

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Some people are much better than I at staying healthy and I admire them for it. They sometimes encourage and teach me how to better myself. I know everyone is different and has different needs, so what others are doing may not be what I need and what works for me may not be what works for others. But I like to learn and share whatever I learn in order to possibly help other people live the best life they can. Throughout this article I will mention several articles which can be found on my website www.BiblicalReliability.com (most under the Wellness tab). I put my nutrition and exercise articles on my biblical website because I believe that plant nutrition and exercise are all part of God's "Health Care Plan" for us to live healthy lives.

My many years in the Boy Scouts of America organization influenced me greatly. Part of the Boy Scout oath is to promise to keep themselves Physically Strong, Mentally Awake and Morally Straight. (See under the Articles tab the handout "**A Boy Scout's Prayer**" with "**What Is An Eagle Scout**" below it.) For me, staying physically fit requires a proper diet (food and supplements), quality sleep and consistent exercise (a few days per week), including daily stretches. Over the past few years I have been tweaking each of these areas as I figure out what works for me and my health has improved over the years.

A good article to read is "**Help Your Body & Help Your Medicine Work Better**" for 18 ways to stay healthy and truly help your body function better. I now realize that the body is amazingly designed to heal itself and stay as healthy as possible if it is cared for properly (proper nutrition and exercise). God designed our bodies to be compatible and even need the many nutrients found in plants. When we take Multi-Vitamin Supplements, we only get a fraction of the hundreds of nutrients found in the plants themselves (and many of the nutrients found in such supplements are synthetic – not natural). By eating the actual fruits and vegetables (or whole-food supplements) you are getting all the nutrients designed for our body. As we eat them our body can pick and choose to use what and how much it needs. This is why I started taking Juice Plus+ whole-food products in 2012. It helped my body get what it really needed to function properly without having to prepare and eat several fruits and vegetables every day. (See the article "**What Is Juice Plus+?**" and several other related articles under the Wellness tab.)

Prescription medication was not available until the early 1900's, so I used to wonder "What use were doctors if they had no medicine?" I now realize the power of plants in helping with disorders and helping to help maintain healthy bodies. In 2016 I began using Essential Oils and researching them extensively to see how they help our bodies function more properly. (See the articles "**Essential Oils Introduction and Resources**" and "**Essential Oil Supplement Daily Routine**" for much information). These are very concentrated oils (50-70 times stronger than herbs) which are distilled from many types of plants.

Although Juice Plus+ and Essential Oils have been extensively researched to show how they can affect the body and disorders, the drug companies got the FDA to require the following disclaimer put on all their natural products and literature: "*These products are not intended to diagnose, treat, cure or prevent any disease, nor intended to replace proper medical care.*"

Now let's look at exercising. For several years I have been stretching to remain flexible, to warm-up and to loosen my muscles to reduce the chance of getting pulled muscles or cramps, especially during exercises. My chiropractor also taught me how important stretching and exercising are for improving blood circulation and nerve conduction so the body can function properly. (See "**My 10 Minute Pre-Exercise Stretches**" handout). I do these nearly every morning and some before bed.

After watching a video which discussed several health habits to make, I learned another reason to exercise. You see our blood vessel walls are like natural pharmacies packed full of chemicals which protect us from several disorders like high blood pressure, diabetes, thyroid, etc. These chemicals are trapped in our blood vessel walls though until the vessels expand. Cardio exercises create nitric oxide in our vessels causing them to expand, therefore allowing the chemicals to be released into our blood so they can help our body. In 2015 I learned about a quick, easy and effective exercise program called HIIT (High Intensity Interval Training). I use a variation called Tabata which gives me a good workout in 4-8 minutes at home or anywhere. (See "**Why Use Tabata Workouts?**" and "**Tabata Workout Record**" for much more information on this amazing workout and its many benefits.) By following "God's Health Care Plan" I look forward to dying young – dying at an old age with a young body and alert mind.

Now to keep my Mind fit, I read and research many subjects and I learn from other people and develop relationships when I talk with them. My work helps a lot in this area. I realize that all the nutrition and exercise will help me on this side of heaven, but to keep my Soul (or Spirit) fit for now and eternity, I know I must develop and maintain a good relationship with my Lord and God. I do this by praying to God, reading His word (the Holy Bible), devotionals and other material and by trying to obey His laws and commandments throughout the Bible. (See many spiritual articles under the Articles tab at www.BiblicalReliability.com.)

I hope that you have learned something from this article and the others listed that will help your life be a little better.