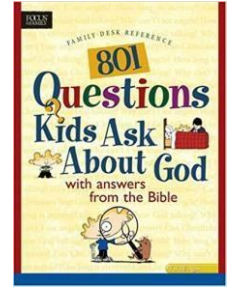




# Why is it good to exercise?



Your body needs exercise, just as it needs food, air, and water, Muscles need to be stretched and strengthened. The lungs need to breathe fresh, clean air. Joints need to be move around. Blood needs to get moving. Exercise is a way of taking care of you body. Exercise also help people lose weight by using the food, building muscle, and burning fat.

Some people today don't get enough exercise-they sit around watching TV, playing video games, or surfing the Internet for a long time. Sitting around all the time is not good for a person's health. You need to get out and use you body. Good exercise comes from working around the house, working in the yard, riding bikes, running, waking, and playing sports.

God gave us wonderful bodies, and he wants us to take care of them. And we all need to exercise to do that properly.



Physical exercise has some value, but spiritual exercise is much more important, for it promises a reward in both his life and the next.

1 Timothy 4:8

June 21, 2020