

Health and Longevity

Do our choices really make a difference?

Many believe our health and longevity are based wholly on our genetic makeup—that our lifestyle choices do not matter. Some say God, in His sovereignty, has set the number of days on this earth for each of us; therefore, there is nothing we can do to extend our lives. Our thought is that such thinking is too simplistic. God’s sovereignty also extends to the very real choices we make every day. Those choices impact both our health and our number of days.

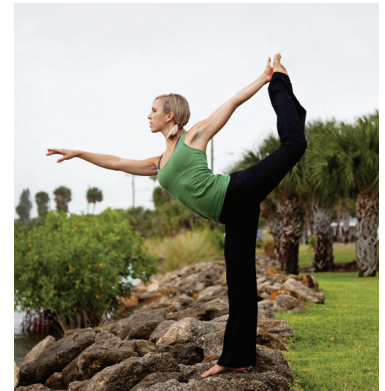
Proverbs 3:1-2 “My son, do not forget my teaching, but let your heart keep my commandments, for length of days and years of life and peace they will add to you.

A large California study found that people who demonstrated all 7 of 7 healthy behaviors lived 10 to 12 years longer than those whose lives reflected only 3 or fewer of the seven. Healthy choices allow the body to engage its natural, slow aging process; unhealthy choices accelerate aging.



Claim all of your years -

1. Eat a healthy breakfast each day.
2. Avoid snacking between meals.
3. Aerobic activity at least 30 minutes/day, 5 days/week; add daily stretching and two 20-minute sessions/week of strength training.
4. Get at least 7-8 hours of sleep/night.
5. Don’t use tobacco.
6. Alcohol in moderation or not at all.
7. Achieve, maintain a normal weight.



What about regular exercise?

A research project at the Cooper Institute in Dallas compared three groups of people for risk of death - all causes. The “always fit” groups in every decade of life studied had the lowest number of deaths; the “never fit” who remained sedentary had the most deaths; those who got off the couch and started exercising reduced their death risk. Note, for example, the 50s group who began exercising had fewer than one-fourth the deaths of the group comprised of those who continued to be non-exercisers.

