



- 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.

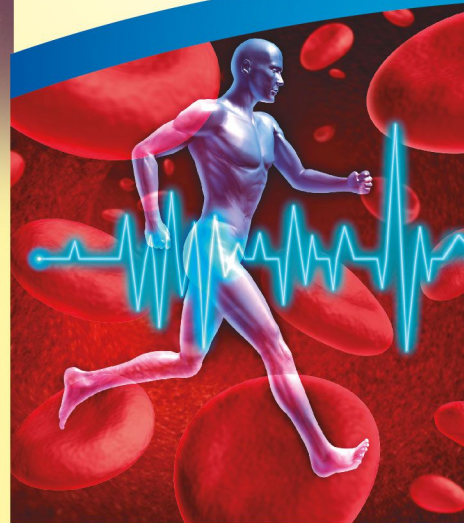
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# Healthy and Happy Seminar 1



## 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?**

- T  F  1. It improves brain activity by increasing supply of hydrogen.
- T  F  2. It helps create new nerve endings that improve mental ability.
- T  F  3. It increases chemical activity that sharpens thinking and reasoning.
- T  F  4. It increases endorphins – the “feel good” chemicals.
- T  F  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. |

