



21 Benefits of Exercise

by BHHEC Staff

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"Inactivity is a fruitful cause of disease. Exercise quickens and equalizes the circulation of the blood, but in idleness the blood does not circulate freely, and the changes in it, so necessary to life and health, do not take place."

Ministry of Healing p. 238

"Exercise in the open air should be prescribed as a life-giving necessity." Ministry of Healing p.265

What Exercise Can Do For You:

1. Increases circulation.
2. Assists the heart.
3. Adds oxygen to the body.
4. Aids digestion.
5. Relaxes nerves, raises endorphins and balances emotions.
6. Increases resistance to disease.
7. Reduces fatigue.
8. Strengthens muscles, bones and ligaments.

9. Beautifies figure and complexion.
10. Sharpens mental powers by increasing oxygen to the brain.
11. Increases efficiency of lungs, conditioning them to process more air with less effort.
12. Increases efficiency of heart – grows stronger and pumps more blood with each stroke, reducing number of strokes necessary. After 3-6 months of regular exercise resting heart rate decreases by an average of 20 beats per minute, saving 28,000 beats per day.
13. Increases number and size of blood vessels and total blood volume thus saturating tissue throughout body with energy producing oxygen.
14. Improves tone of muscles and blood vessels, changing them from weak, flabby tissues to strong, firm tissue, often reducing blood pressure in the process.
15. Slows down aging process and physical deterioration as it restores zest for life and youthful activity.
16. Metabolism becomes more efficient – increases by 13%.
17. Decreases blood pressure.
18. Decreases insulin requirement and helps control blood sugar levels.
19. Slows development of atherosclerosis.
20. Decreases the LDL cholesterol level (unhealthy cholesterol).
21. Increases the HDL cholesterol (healthy cholesterol).

Black Hills Health and Education Center is a medical wellness retreat offering wellness programs and lifestyle change in a beautiful setting of the Black Hills in South Dakota. BHHEC is unique in that it offers a Christian based lifestyle program that includes everything from lodging and meals, physicals and comprehensive blood work, to daily treatments, exercise sessions with a personal trainer in the gym, classes presented by physicians, the Dietician, the Fitness Director, and other staff, cooking classes, sightseeing tours (Mt. Rushmore, Crazy Horse, Custer State Park Wild Animal Game preserve) and aquatics classes at the lovely swim center in Rapid City. Also included are counselling and stress-relief classes.