

## A Sharper Tool

# Moving for the Master

Exercise for a Lifetime of Productivity and Service

## Types of Exercise

- Aerobic (cardiorespiratory)
- Resistance
- Flexibility
- Neuromotor (balance)

## Exercise first for the brain

*Exercise helps us regulate our emotional life, as well as make our brain the best it can be in terms of learning, taking in information, remembering, sorting, using our brain capacity to the maximum. Dr. John Ratey, Harvard*

## Purpose In Your Heart

*But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself. Daniel 1:8*

## Physical/Spiritual Health Connection

*The **body is a most important medium** through which the mind and the soul are developed for the upbuilding of **character**. Hence it is that the adversary of souls directs his temptations to the **enfeebling and degrading of the physical powers**. His success here often means the **surrender of the whole being to evil**. The tendencies of the physical nature, unless under the dominion of a higher power, will surely work ruin and death. The body is to be brought into subjection to the higher powers of the being. The passions are to be **controlled by the will, which is itself to be under the control of God**. The kingly power of reason, sanctified by divine grace, is to bear sway in the life. Intellectual power, physical stamina, and the length of life depend upon immutable laws. **Through obedience to these laws, man may stand conqueror of himself, conqueror of his own inclinations, conqueror of principalities and powers, of "the rulers of the darkness of this world," and of "spiritual wickedness in high places."** Ephesians 6:12. - PK 488.4*

### Yes or No

**I want to do everything I can to be a sharper tool in my masters hands and help Him win souls for the kingdom.**