

HEALTH NEWS U CAN USE

July 01, 2018

July is an Active Month

July is a time for activity. In July, there is the awareness of national youth sports. This means it is a time for our youth to be active.

The summer is a great time to be active because the days are longer and often warmer than at other times of the year. This means that there is more inclination to wear more comfortable outerwear and play/exercise longer, outdoors.

THE 5 AMAZING BENEFITS OF OUTDOOR EXERCISE



Outdoor Exercise

According to various studies, exercising outdoors is one of the most beneficial things that we can do.

“While the allure of the gym — climate-controlled, convenient and predictable — is obvious, especially in winter, emerging science suggests there are benefits to exercising outdoors that can’t be replicated on a treadmill, a recumbent bicycle or a track.

You stride differently when running outdoors, for one thing. Generally, [studies find](#), people flex their ankles more when they run outside. They also, at least occasionally, run downhill, a movement that isn’t easily done on a treadmill and that stresses muscles differently than running on flat or uphill terrain. Outdoor exercise tends, too, to be more strenuous than the indoor version. In studies comparing the exertion of running on a treadmill and the exertion of running outside, [treadmill runners expended less energy](#) to cover the

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same distance as those striding across the ground outside, primarily because indoor exercisers face no wind resistance or changes in terrain, no matter how subtle (<https://well.blogs.nytimes.com/2013/02/21/the-benefits-of-exercising-outdoors/>).

Another way to be active, is to be attentive to the news around us and to pray!

This summer, there may be many issues that will arise that affect our country and our health. These issues could include:

- 1) Rolling back the protection against pre-existing conditions for those who seek health insurance;
- 2) Losing jobs and protections for disabled or special needs students if the U.S. Department of Education is combined with the Department of Labor;
- 3) Losing food stamps and other safety net benefits.

A current issue to pray about involves the health and well-being of immigrants. As a nation built by immigrants their health and well-being affects us.

Here are some prayers to use to help us exercise our prayer muscles alone, or with others. It is a good way to be active!

Prayers

Below are prayers that groups have sent on behalf of immigrants.

“Gracious God, you who guided Naomi and her family to look for bread in Moab, a foreign land, protect the women everywhere who have to leave behind their home or homelands so that they and their families can survive.

May those who are escaping the ravages of war find shelter and sustenance.

May the land in which they seek refuge welcome them and treat them with hospitality.

May those who are seeking to stop the threats of violence against them find a peaceful and healing place. Help them hold on to their hope for a new beginning. And may those who are fleeing from the famines that starve them and their children find relief from their painful and debilitating hunger.

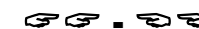
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May they find food both for their journey and for their bodies. You who guided Ruth to go to the Promised Land, grant that, like her, women may be lifted from the fields where they harvest to be part of royal lineage.

And grant that we who are the spiritual descendants of those of old who were told that the holiest of trinities was made of the widow, the orphan and the migrant, be given the courage to see your face, your real presence, in the faces of women who have great need. Amen. “—Attributed to the Interfaith Worker Justice

Scriptures from the Bible to read which may help you exercise your prayer muscles. Hebrews 13:1-2 Keep on loving one another as brothers and sisters. Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it. Malachi 3:5 So I will come to put you on trial. I will be quick to testify against sorcerers, adulterers and perjurers, against those who defraud laborers of their wages, who oppress the widows and the fatherless, and deprive the foreigners among you of justice, but do not fear me,” says the Lord Almighty. Zechariah 7:8-10 This is what the Lord Almighty said: ‘Administer true justice; show mercy and compassion to one another. Do not oppress the widow or the fatherless, the foreigner or the poor. Do not plot evil against each other.’ Romans 13:10 Love does no harm to a neighbor. Therefore, love is the fulfillment of the law. Remember this summer to be active physically as well as aware of the news and what is going on around you. Then, verify whatever you hear to ensure that you have the true information. Finally, take proper, Christian, prayer filled action.



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