



St. Mary's Church  
Virginia Esslinger – Parish Nurse  
Stewardship of the Body

“I give you thanks that I am fearfully, wonderfully made” (Ps. 139)

### Exercise

There are many reasons to be as active as possible. A study reported in the September, 2008 issue of the Journal of the American Geriatric Society presents another reason. The study involved 2,736 women in their 80's who had no evidence of memory problems. For several days each woman wore a special device on her wrist that measured all kinds of movements. They also took some cognitive tests.

The researchers found that the women who were the most active scored better on the cognitive tests than the women who were less active.

According to doctors at the Mayo Clinic, these results add to the growing evidence that activity benefits not only the body, but also the brain. Generally, 30 minutes of activity on most days is recommended for a healthier body and mind.

For those of us who find it difficult to get ourselves to exercise, here are some of the common barriers and solutions to them: (Reference: Mayo Clinic Special Report, Feb. 2009)

Barrier	Solution
Lack of time	Break activity into shorter periods; 10 minutes 3 times a day is just as effective as a 30 minute period.
Boredom	Do a variety of activities and change your routine occasionally.
Inconvenience	Choose activities that require minimal facilities and equipment such as using the stairs instead of the elevator and parking farther out in the parking lot.
Weather	Choose indoor activities such as mall walking.
Lack of facilities	Choose activities you can do with minimum equipment.
Lifestyle changes	A moderate program of physical activity can be helpful when going through major life changes or stressful times.
Injury	Prevent injury by warming up and cooling down properly and having rest periods; don't overdo it.
Illness	Reduce the intensity of activity during periods of illness; check with your health care provider if unsure
Dislike exercise	Find activities that you like; arrange some diversion during your exercise period, such as watching TV, listening to music, exercising with others. Give yourself a reward for exercising (not a candy bar or extra helping, though). Set goals. Chart your progress.

