

ADVERTISING FEATURE

# HEALTH & FITNESS

## Exercise plays vital role in weight control

The average North American gains about one pound every year after the age of 25.

This is usually due to an increasingly sedentary lifestyle, rather than an increase in caloric intake. But there are ways to prevent this.

Regular aerobic exercise enhances the body's ability to use fat for fuel. Additionally, as you become more fit, you are able to burn more calories in the same amount of work time, with the same degree of effort.

### NOT ALL WEIGHT LOSS IS GOOD WEIGHT LOSS

Extreme or crash dieting may result in weight lost primarily from muscle and water stores versus fat stores, especially when exercise is not part of your program. Exercise helps to preserve lean body mass (muscles) and facilitates fat loss.

If you eat too little, you may lack the energy to exercise and your body will be more likely to burn muscle for fuel. Regained weight is likely to come in the form of fat, not muscle. This will leave you worse off than when you began.

### THE MORE MUSCLE THE BETTER

Although strength training may not burn as many calories as an aerobic workout, stick to it.

Over a period of time, the muscle you gain will be beneficial to you. It will result in a higher resting metabolism.

This must mean that you'll burn more calories, even while you are sleeping. For every pound of muscle you gain, you burn more than 50 additional calories per day. This can add up over a number of years.

### REGULAR EXERCISE WILL BOOST YOUR ENERGY LEVEL

Many of us misinterpret fatigue for hunger. We eat when what we really need is rest. Exercise, when done regularly, increases our tolerance or capacity for activity, so our normal daily routine doesn't tire us to as high a degree as it usually would. Less fatigue could help to decrease unnecessary snacking or overeating.

### EXERCISE CAN HELP US BREAK THE CYCLE OF STRESS-RELATED EATING

Turning to food to relieve stress can lead to depression. Exercise helps us cope with stress in a positive way that provides helpful benefits and breaks the stress-eating cycle.

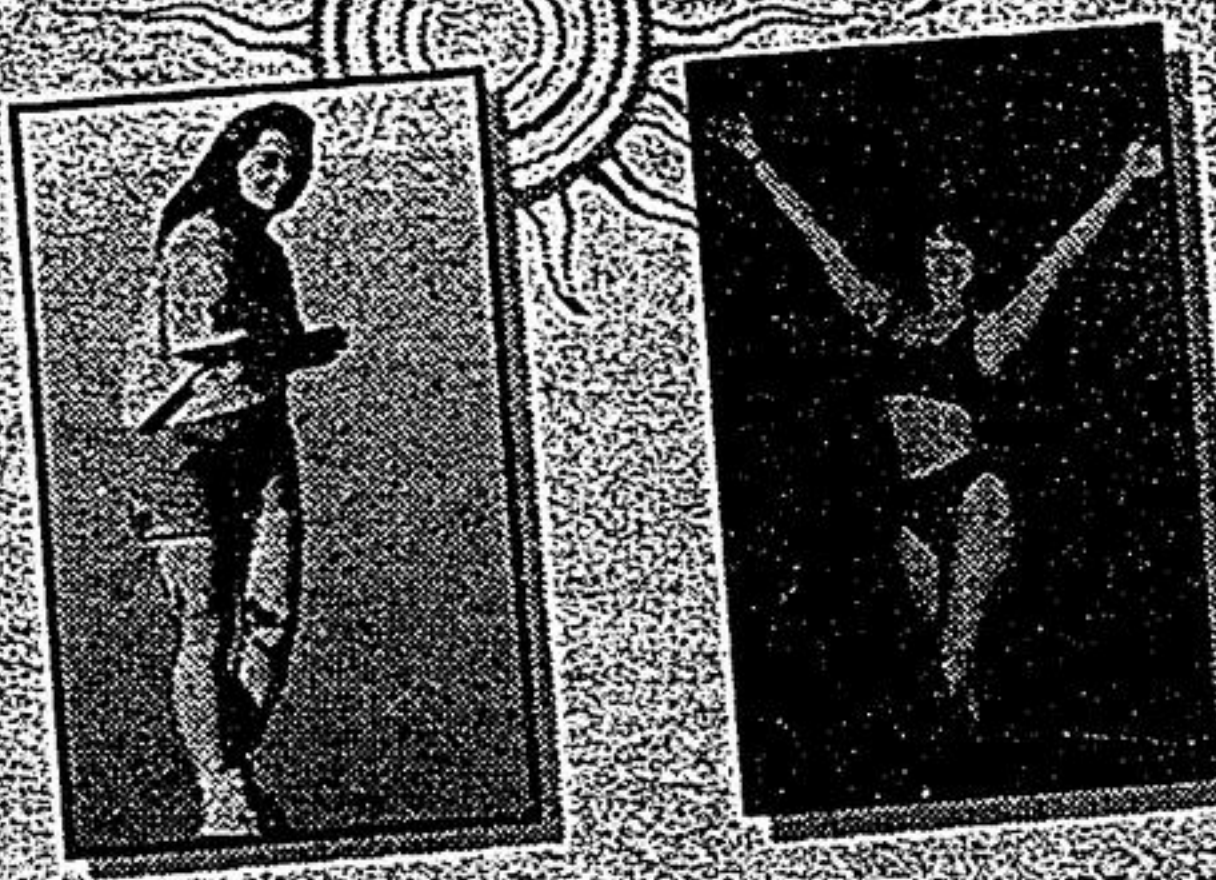
### BEING FIT ADDS TO SELF ESTEEM

Getting fit takes discipline. Doing it helps us prove to ourselves that we are responsible for our health and we can achieve our goals.

This article was submitted by Roseglen Weight Loss & Wellness of Canada.

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## Focus on Faith

# Hymn inspired by personal tragedy

The story behind the familiar hymn *It Is Well with My Soul* is worth repeating.

In 1873, H.G. Spafford, a successful businessman, lost all his material possessions in the great Chicago fire.

In the aftermath of this tragedy, he sent his wife and four children back to Europe by boat to distance themselves from their loss. He would catch up with them later when he had straightened out his affairs.

During their voyage across the Atlantic Ocean their ship, the Ville du Havre, was accidentally rammed by an English vessel and sank within two hours, claiming the lives of 226 people.

Mrs. Spafford was among the survivors, but all four of their children perished in the icy waters.

While en route to Europe to join his wife, Spafford passed over the area where the shipwreck had occurred and where his children had drowned. Although heartsick with grief, he felt an inner rush of supernatural peace and comfort upon his heart as he looked to God for strength.

With tears streaming down his face,

he took his pen and began to transcribe his feelings.

As a result the poem and then the hymn *It Is Well with My Soul* was born. Its message, arising from this tragic experience, is:

*When peace like a river attendeth my way,*

*Or when sorrows like sea billows roll,*

*Whatever my lot, Lord, you have taught me to say,*

*It is well, it is well with my soul.*

*And Lord, haste the day when my faith shall be sight,*

*The clouds be rolled back as a scroll,*

*The trumpet shall resound and the Lord shall descend, Even so - it is well with my soul.*

Only those who have gone through deep waters and bitter trials can know the comfort and assurance that God can bestow in those hours of darkness when we seek His aid and cry for relief.

One never fully recognizes the worth of an anchor until he has experienced the fury of a storm.

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