



1

Genesis 2:8,15

- 8- And the LORD God planted a garden eastward in Eden; and there he put the man whom he had formed.
- 15- And the LORD God took the man and put him in the garden of Eden **to dress it and to keep it.**

2

The Bible on Exercise

- Ecclesiastes 10:18- By much slothfulness the building decayeth; and through idleness of the hands the house droppeth through.

3

The Bible on Exercise

- Ecclesiastes 5:18-19-
 - 18- Behold that which I have seen: it is good and comely for one to eat and to drink, and to enjoy the good of all his labour that he taketh under the sun all the days of his life, which God giveth him: for it is his portion.
 - 19- Every man also to whom God hath given riches and wealth, and hath given him power to eat thereof, and to take his portion, and to rejoice in his labour; this is the gift of God.

4

The Spirit of Prophecy on Exercise

- “There is a distinction between recreation and amusement. Recreation when true to its name, **re-creation**, tends to strengthen and build up. Calling us aside from our ordinary cares and occupations, it affords refreshment for mind and body, and thus enables us to return with new vigor to the earnest work of life. Amusement on the other hand, is sought for the sake of pleasure and is often carried to excess; it absorbs the energies that are required for useful work and thus proves a hindrance to life's true success.” ED. pg. 207

5

The Spirit of Prophecy on Exercise

- “There is no exercise that can take the place of walking. By it the circulation of the blood is greatly improved.... Walking, in all cases where it is possible, is the best remedy for diseased bodies, because in this exercise all of the organs of the body are brought into use.”
- Testimonies Vol. III, pg. 78

6

Benefits of HIIT

From sources across the web

Metabolism	▼	Fat loss	▼	Burn calories	▼
HIIT burns more fat	▼	Hiit is efficient	▼	Hiit us up	▼
Boosts cardiovascular health	▼	Builds muscle	▼	Hiit can help lower blood sugar	▼
Hiit can improve oxygen consumpti...	▼	Time	▼	Mental health	▼
Hiit builds many muscle groups	▼	Aerobic exercise	▼	Hiit improves blood vessel function	▼
Lowers blood pressure	▼	Requires no equipment	▼	Sample HIIT workout for beginners	▼
Versatility	▼	Boost endurance	▼	Burn calories even after your worko...	▼
Enhanced cardiovascular fitness	▼	High intensity interval training	▼	Increased muscle definition	▼

7

Benefits of rebounding

From sources across the web

Digestion and elimination	▼	Rebounding is enjoyable	▼	Increase bone density	▼
Rebounding can improve digestion	▼	Blood circulation	▼	Cardio	▼
Improve balance	▼	Increases lung capacity	▼	Incredible weightloss	▼
Lymphatic	▼	Metabolism	▼	Strengthens your pelvic floor	▼
Circulates greater oxygen to tissues	▼	Exercise	▼	Immune system benefit	▼
Tissue Repair	▼	Aids lymphatic circulation	▼	Brain performance	▼
Develops balance and coordination	▼	Encourage lymph drainage	▼	Gentle on joints	▼
Lowers circulating cholesterol and t...	▼	Sports	▼	Better Balance	▼

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