

SPEND THE TIME OR PAY THE PRICE

If someone offered you 1000 dollars to get out of bed an hour earlier to exercise for that hour, every day, would you find the time? I don't *think* you would.

I *know* you would. Because no one is going to make such an offer, I challenge you to put a different price on it. One that is perhaps not as tangible. Figure out what could possibly motivate you as much as cash in your pocket. Here are a few valid, reasonable suggestions to exercise that will reap rewards that will actually equate to "money in your pocket", by reducing your health risks, thereby costing *everyone* less. Also included are the benefits that money cannot buy. Feel free to add to the list.

- Reduce your chance of heart disease and stroke
- Reduce your chance of many types of cancer
- Reduce triglycerides and bad cholesterol
- Prevention and treatment of type II diabetes
- Improve the function of your immune system
- Increase and prevent bone loss to osteoporosis
- Loose weight and feel great in the process
- Improve your balance and coordination providing protection against falls
- Increases your stamina and ability to do all that God has in store for you
- Increase your ability to burn more calories throughout the day after your exercise session
- Sleep better, relax, and improve your mood
- Have more energy and therefore become more productive
- Keep up with the kids and even the grandkids
- Clear out the mental cobwebs and focus more which helps *prevent* Alzheimer's
- Improve your physical appearance which allows one to feel good about yourself
- Increase your strength and endurance to have the ability to enjoy and show appreciation for the life God has blessed you with

Just choose 5 reasons (or make up your own) to exercise and literally write them down on a card. Better yet a few cards. Read them again and again by putting them in places where you will stumble (hopefully not) upon them to remind and encourage you to pay back the price that Jesus has paid for you. Perhaps put one at your nightstand to pray about it before bed. Or put one by the coffee pot to inspire you for the morning. How about your desk to remind you to walk at lunch? Trade a card with your spouse for loving encouragement.

The choices you make not only affect you but many others that you might not have thought about. It is not selfish to take time for yourself. In the end it is selfish not to.

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