

EXERCISE

The more active the circulation the more free from obstructions and impurities will be the blood. The blood nourishes the body. The health of the body depends upon the healthful circulation of *the blood*.--HR. {HL 178.2}

When physical exercise is taken, the circulation is quickened. The heart receives *blood* faster and sends it to the lungs faster. The lungs work more vigorously, furnishing a greater amount of *blood*, which is sent with stronger power through the entire being. Exercise gives new life and strength to every part of the body.--L61885.

By active exercise in the open air every day the liver, kidneys, and lungs also will be strengthened to perform their work.-- T., V. II, p. 533. {HL 131.4}

Not only will the organs of the body be strengthened by exercise, but the mind also will acquire strength and knowledge through the action of these organs.-- T., V. III, p. 77. {HL 132.4}

The more we exercise, the better will be the circulation of *the blood*.-- T., V. II, p. 525. {HL 132.5}

Judicious exercise will induce *the blood* to the surface, and thus relieve the internal organs.-- T., V. II, p. 530. {HL 132.8}

Continued inactivity is one of the greatest causes of debility of body and feebleness of mind.-- T., V. II, p. 524. {HL 134.5}

Neglecting to exercise the entire body, or a portion of it, will bring on morbid conditions. Inaction of any of the organs of the body will be followed by a decrease in size and strength of the muscles, and will cause *the blood* to flow sluggishly through the blood-vessels.-- T., V. III, p. 76. {HL 28.2}

EXERCISE

The blood is not enabled to expel the impurities as it would if active circulation were induced by exercise.--T., V. II, p. 529. {HL 135.1}

In some cases, want of exercise causes the muscles of the bowels to become enfeebled and shrunken, and these organs that have become enfeebled for want of use will be strengthened by exercise.--T., V. III, p. 78. {HL 135.2}

. Moderate exercise every day will impart strength to the muscles, which without exercise become flabby and enfeebled.--T., V. II, p. 533. {HL 135.3}

Mental effort without corresponding physical exercise, calls an undue proportion of *blood* to the brain, and thus the circulation is unbalanced. {CTBH 82.2}

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 207.1

The chief if not the only reason why many become invalids, is that *the blood* does not circulate freely, and the changes in the vital fluid which are necessary to life and health do not take place.-- T., V. II, p. 525. {HL 186.7}

EXERCISE

Exercise in the invigorating air of heaven is necessary to a healthy circulation of *the blood*. It is the best safeguard against colds, coughs, and the internal congestions which lay the foundation of so many diseases. {CTBH 89.1}

If physical exercise were combined with mental exertion, the circulation of *the blood* would be quickened, the action of the heart would be more perfect, impure matter would be thrown off, and new life and vigor would be felt in every part of the body. CTBH 160

There is no exercise that can take the place of walking. By it the circulation of *the blood* is greatly improved.--T., V. III, p. 78. {HL 186.3}

Manual labor quickens the circulation of *the blood*. The more active the circulation the more free will be the blood from obstructions and impurities. The blood nourishes the body. The health of the body depends upon the healthful circulation of the blood.
.--HR/ M1873.

Walking, in all cases where it is possible, is the best remedy for diseased bodies, because in this exercise all the organs of the body are brought into use.-- 3T 78.

Want of exercise causes the bowels to become enfeebled and shrunken.
{HR/ J11872 par. 14}

Exercise is an important aid to physical development. It quickens the circulation of *the blood*, and gives tone to the system. If the muscles are allowed to remain unused, it will soon be apparent that the blood does not sufficiently nourish them. Instead of increasing in size and strength, they will lose their firmness and elasticity, and become soft and weak. {NPU/ GA281909 par. 3}

In order for the brain to have clearness and strength of thought, retentive memory, and mental power, the muscles of the body should have exercise a portion of each day in order to preserve and improve health. {HR/M11873 par. 5}

The whole body is designed for action; and unless the physical powers are kept in health by active exercise, the mental powers cannot long be used to their highest capacity.
{Ed 207.2}