

# ADVENTURES IN KEEPING FIT

BY MAJOR ROBIN SHIELS



## Good Health

“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well” (3 John 1:2). Keeping healthy is important no matter what our age. This program is designed to help the women establish habits that will improve their physical and mental health.

## Program Ideas

### Games For the Mind

The following websites have games designed to improve your mind and powers of observation:

[www.AARP.org](http://www.AARP.org) (search on games)

[www.playwithyourmind.com](http://www.playwithyourmind.com)

[www.gamesforthebrain.com](http://www.gamesforthebrain.com)

### Exercise For the Body

Invite someone to teach the women some easy exercise they can do at home. Many senior centers have a person trained in armchair exercises. The YMCA is also a possibility for a speaker. Check the Internet for easy exercises that can be done at home without any equipment. Walking is an easy and beneficial exercise for all ages. As walking with friends is easier than doing it alone, see if a group of the women would like to meet on a regular basis to walk together.

### Healthy Food

Invite a nutritionist from the local hospital or extension office to speak to the women about the importance of a healthy diet. Check the website [www.allrecipes.com](http://www.allrecipes.com) for healthy recipes that the women can prepare at home. Ask for one of the women to demonstrate a few of these dishes.

### Dehydrated Fruit

Dehydrated fruit is a healthy snack and is not difficult to make. Demonstrate how to make different types of dried fruit using a food dehydrator. Ahead of time make enough so that the women can have a sample.

### Helpful Website

The website [www.elder-one-stop.com](http://www.elder-one-stop.com) is a good site for resources for seniors—crafts, healthy recipes, games, activities, nutrition, and health issues are addressed on this site.

## LAVENDER PILLOW CRAFT

### Supplies Needed:

- A piece of strong fabric—cotton print, light terry-cloth or flannel work well. Cut two pieces the size that you want the pillow to be.
- Flax seed in bulk enough to fill the pillow. (Available in most health food stores.)
- Lavender oil—(Available at most health food stores. A bottle can cost \$8 to \$12 but goes a long ways. Make sure none of the women are allergic to it.)
- Dried lavender—purchase this in a bag at a craft store or from a farmer’s market. (Use both the lavender oil and dried lavender for maximum aroma.)

### Directions

Place the right side of the fabric together and sew around three sides. Leave an opening in one of the four sides so that the pillow can be filled. Turn the pillow so that the right side of the fabric is to the outside. In a bowl fix together the flax seed and dried lavender. Sprinkle several drops of lavender oil in various places. Mix everything together well. Pour the flax seed mixture into the pouch so it is only about three-fourths full. This allows the pouch to be flexible during use. Sew the open end of the pillow.

You can heat the pillow in the microwave. Test the time frame for your pillow size by setting the timer for 30-second, then 15-second intervals, until you arrive at the amount of minutes you need. The pillow should be warm but not hot. They can also be put in the freezer for cooling off.

## Taking Care of the Temple

John writes to his friend, Gaius, these words “I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well” (3 John 1:2). First, John wishes Gaius good health. But it’s not just the “I hope this note finds you well” like many of us write at the beginning of a letter. This is an “I’m praying that you will enjoy good health” admonition.

John knew that Gaius’ soul was doing well because he had heard about his faithfulness from others. He knew that Gaius was keeping faithful to what he had been taught because others shared the good news of what they had seen. “It gave me great joy when some believers came and testified about your faithfulness to the truth, telling how you continue to walk in it” (3 John 1:3).

John was concerned for Gaius’ physical and spiritual well-being. God is concerned for both our body and our soul. As Christians we should neither neglect nor indulge ourselves but care for our physical needs and discipline our body so that we are at our best for God’s service.

We know little about Gaius, but it is evident that he was someone John loved. Perhaps he had shared his home and hospitality with John at some time during John’s travels. As John was writing to Gaius, he was encouraged as we are when we see our children or those we mentor apply the guidance we have shared. Some might think that this is pride, but it’s more the joy of realizing that what we taught has been heard and that someone cared enough to take the teaching to heart. God feels that way about us. He delights in knowing that it is well with our soul.

We read in 1 Corinthians 6:19, “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?” If our bodies are temples for the Holy Spirit, we need to take care of them so that He can use us. Do others testify as they did of Gaius, “... about your faithfulness to the truth, telling how you continue to walk in it?”

