

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

"Pay The Piper"

By Bob Osgoodby

"Pay The Piper" by Bob Osgoodby

Let's face it, most people enjoy cardiovascular exercise as much as a visit to the their oral surgeon – or – spending the weekend with their in-laws. Most people's idea of the perfect cardiovascular exercise program is walking from the bedroom to the bathroom. If you want to decrease your body fat percentage, get ripped, and have your waist, legs, and rear end look like a million dollars, there is no substitution for cardio – but it doesn't have to be boring and a major chore you hate.

Select cardiovascular exercises that you enjoy doing. If you hate to run, it is going to be very hard for you to get up every morning at 6:00 AM and run for 30 minutes. Choose an exercise that you enjoy doing. Walking, crawling, jogging, running, bicycling, stairmaster, nordic ski machine, cross trainer, rowing, swimming, aerobics, trampoline, martial arts, dance, basketball, soccer, fencing, gymnastics, sex, and mud wrestling are just a few of the hundreds of exercises that will take your heart rate and keep it in the fat burning zone for what ever time is appropriate for your present condition. If you enjoy a certain activity, you are more likely to do it on a routine basis. Select exercises that are good for you.

Cardiovascular exercise provides you with a multitude of benefits. It increases your metabolic rate which burns body fat, increases blood flow to your brain and major organs, improves digestion, reduces stress, increases alertness, and boosts your immune system.

"Pay The Piper"

Research supports that getting your cardiovascular exercise out of the way, first thing in the morning, on an empty stomach is best for fat burning. Some sources state that you can burn up to 3 times as much fat per hour exercising on an empty stomach. There are several medical conditions including hypoglycemia which would be a contraindication from you doing any type of exercise on an empty stomach. That is why it is imperative that you have a comprehensive medical examination before starting any cardiovascular exercise program.

I realize cardiovascular exercise can be boring, but there are several things that you can do to make it more enjoyable, and also make it seem to go by faster. If you go to any up-scale

health club today, there is a television set in front of every cardiovascular station. Television, radio, and educational audio tape series all help keep your mind focused on something other than the chore at hand.

Don't waste this valuable time staring in space. Learn Spanish, French, or Japanese. Catch up on the latest marketing tips in your field of expertise. Lose yourself in the latest audio romance series by your favorite author. Learn how to be a better mother, father, lover or Bridge player. Study trivia just in case one day, you come face to face with Regis. Slap on a Walkman and listen to whatever interests you. You will be amazed how quickly your cardiovascular exercise will be over. Sometimes, you will find yourself spending five, ten, even twenty minutes more time exercising because you are caught up in what you are listening to.

There have been many times I have been amazed that thirty minutes have gone by because I have been pre-occupied with something else, and not watching the seconds tick away on the treadmill or stairmaster. Listen to something you really enjoy.

Regular cardiovascular exercise is not something that comes natural to most people unless you are already a fanatic. When I first started training, I hated doing cardio. It takes a little time, but just like anything else, if you do it long enough, it becomes part of your daily routine. Your day won't feel complete unless you have done it. Kind of like a morning without orange juice. Plus, cardiovascular exercise releases endorphins into your system which will give you a natural high and make you feel great. This kind of high doesn't cost you \$1,000.00 a week, give

"Pay The Piper"

your nose bleeds, make you cough, or destroy your brain, liver or lungs.

Dr. Osgoodby was a finalist in the "EAS Body for Life" Contest. Stop by his web page at bestbodyever.com to see his before and after pictures and subscribe to his monthly newsletter.

"AMEN!"

By Terry Dashner

"AMEN!" by Terry Dashner

"Amen!"

Terry Dashner.....Faith Fellowship Church, PO Box 1586, Broken Arrow, OK 74013
Listen to this: "Remember the former things long past, for I am God, and there is no other; I am God, and there is no one like Me." (Isaiah 46:9). Do you hear what God is saying? He wants us to remember what He has done in the past. Why does He want us to live in the past? He doesn't want us to live in the past. He wants us to reflect on the past to be encouraged today. In other words if God was faithful yesterday, He is trustworthy today and will be trustworthy tomorrow.

Now let's take this a step or two further. Paul said in Titus 2:11, "The grace of God has appeared." In John's Gospel we read that Jesus was "full of grace and truth." The grace that God promised in the past has come in the person of Jesus Christ. John Piper, in his book *Future Grace* (Multnomah Publishers, Inc. and Inter-Varsity Press) says this: "Christ came to guarantee that the promises of the Old Testament would indeed come true. He came for the sake of future grace. From the time of Christ onwards, every look back should include a look to Jesus. Without him there would be no future grace."

Is it all about Jesus? Yes, it is. Let me continue, please. Paul writing a letter of reconciliation to the saints in Corinth says this: "As many as may be the promises of God, in Him they are yes" (II Corinthians 1:20). Again Piper says (in regards to what Paul is saying in the text), "'Have you said yes to all the future grace of God's Yes to you in Christ? Is there any of God's Yes to which you are saying, 'No,' or 'Maybe,' or, 'Not now?'" This text begs for immediate and radical response. It calls us to cry out to God, 'I consecrate myself to forsake the 'No' and the 'Maybe' and the 'Not Now' of my unbelief. And I say 'Yes' to every future grace of every promise in Yes to me.'"

Every one without Christ as Savior comes to God through Christ. The sinner brings all his or her needs and finds God the Father coming to him or her in Christ Jesus with all His goodness promised to His children. Jesus is the mediator between God and man. In Christ I lay down my needs. And in Christ I pick up my blessings that God has for me, that God wants me to have. Everything that God has promised you and me for today and tomorrow is found in Christ, God's revealed Grace and Glory to us.

Now in light of this information, consider the power of "AMEN!" To say "Amen" at the promises of God is to affirm them. It is to say, "Yes! And so let it be." So the promises of God are in Christ "Yes and Amen," right? That's what the Bible says, and it doesn't lie. When we go to praying in the name of

"Pay The Piper"

Jesus, we go to where the "Yes" is. God says, in effect, "Yes, I will answer you. Call on me. Prove me faithful. Watch me bless you." When we conclude our pray with "Amen!" we are affirming God's Glory. We are affirming by oath, as it were, "God you will do this for your Glory's sake. God you will Glorify the name of Jesus. God you want to manifest your Glory through us by blessing us..." We are going to God through Jesus empty, devoid of resources, without strength, weak and frail but, nevertheless, trusting that God will fill us with His Holy Spirit, grant us His everlasting resources, strengthen our hearts, and give us grace, more grace and all grace sufficient to lift us up. Glory to God! (I wish I could attach the shout of praise).

Let me conclude with these final words from Pastor Piper: "When we pray, we say Amen to God through Christ, because God has said Amen to all his promises in Christ. Prayer is the confident plea for God to make good on his promises of future grace for Christ's sake. Prayer links our faith in future grace with the foundation of it all, Jesus Christ." So, it really is all about Jesus. Isn't it?

Keep the faith. Stay the course. Jesus is on His way for you. A place has been already prepared for you. Pastor T.—by grace.

Pastors a church in Broken Arrow, OK. He writes articles that are used for daily devotions through his mailings:tdash0355atnetzerodotcom.



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!