

11-8-17 It works both ways

A new study says that we can add 3.4 years to our life with this one trick: spend two and a half hours a week doing some kind of moderate exercise.

Now, that sounds like the same old advice. But this study shows some interesting differences: People who are overweight, but exercise twenty minutes daily, live longer than people who are not overweight but don't exercise.

And this study defined exercise as an activity outside what we typically do in a given day. It could be gardening, or hiking, or bowling, or any other physical activity that we enjoy.

Well, what is also true is that two and a half hours a week of exercising our spiritual life will add life to our years.

Just a thought. I'm Sid Batts from First Presbyterian Church in downtown Greensboro, fpcgreensboro.org.