

# HEART HEALTH...ONE DAY AT A TIME

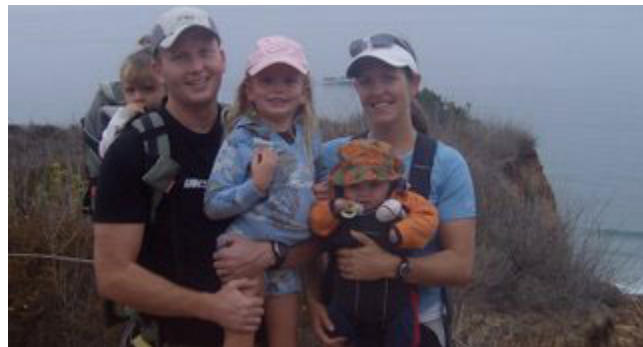


I was downstairs lifting weights one day last week when the feeling of how hard it was for me to keep exercising day in and day out just literally overcame me! I wondered how much longer I could keep it



up. (This wasn't the first time I'd ever wondered that!) My husband was the first to hear me voice my feelings when he so kindly brought me down a glass of green juice, after already making the wheat grass juice for our family. What a man! Anyway, after a few tears and struggling through the rest of my workout. As usual, the endorphins produced did create a more

positive feeling in me and I felt a sense of accomplishment having completed that part of my day. I do love the sunshine, fresh air, and reading I get done as I do the aerobic part of my workouts outside. Those are some great added benefits!



In California

As the week progressed I realized that January of 2008 was the beginning of my 36th year of diligently maintaining a daily exercise regimen. I guess it is all part of perspective, but that seems like a REALLY long time to me! I did take off about three weeks after the delivery of each one of our eight babies. My exercise program has gone through varied stages, it has changed and increased over the years as I have gone through pregnancies, nursing and caring for babies, and continue on caring for children, grandchildren, as well as a husband, etc. I can remember running and pushing a noisy stroller through the park with our first child. I can remember other mornings when my husband would put our third child, Spencer, in a baby back pack on his back and then situate our two oldest children, Brandon and Kami, in a little red wagon tied to his bike while I ran along beside them down a country highway. What a site! I can remember pumping Kami on the back of my bike and her leg getting caught in the spokes. I can remember many family backpacking trips as we have packed into quiet and beautiful places. I can remember hiking mountains with the family. My husband and I celebrated our twenty fifth wedding anniversary with a 350 mile bike ride through Jackson Hole and Yellowstone Park. I cherish many of those memories of time spent together in outdoor recreation. I realized a while back that I had a family that likes activity, and if I wanted to be able to participate in the things my children seemed to enjoy doing, I would certainly have to maintain quite a high level of physical fitness. Those thoughts have helped me to keep going as the years have progressed. I currently have quite a varied program of

exercise. This routine has been the cause of some serious pondering as I've wondered what kind of an effect this has had on my life and on my family. I'll never know what might have been had I not chosen to consistently exercise. I have observed, (as the pictures I've included will indicate...there are also family pictures under 'about Jaylene') that my children have grown to have an appreciation for being physically fit. I am thankful for that. My husband helped me realize that my health now, at age fifty three, is better than it has ever been. He's cute when he says that he thinks for me it was either Prozac or exercise. I tried the Prozac route for about ten days many years ago when our family demands seemed at an all time high. It didn't work out for me and I am so thankful things worked as they did to help me to choose to go without that drug, and then to have been able to survive with a reasonable amount of emotional stability since that time. I have been able to maintain a healthy weight which seems to be of such concern to so many these days with so many 'fast foods' so easily available. (Of course, I think the 'real fast food' is fruit, but that is a whole other article.) As I review these results, along with many others I haven't listed, I DO feel it has been worth the effort and time to exercise. It continues to be a challenge for me to find balance in 'creating' health as my desire to arrange more time to write and to spend increased time teaching others about the many benefits of eating 'living' plant based whole foods has increased.



I have come to realize how much a part of health exercise really is. There are many aspects to vibrant health. Being 'healthy' is not really just an absence of disease. Health, I believe, is something we maintain, or create, one diligent day at a time. Dr. Rozalind Grueben is the wife of Dr. Doug



Graham who I got to do the Nutrition and Physical Performance training with this past summer. She expressed an interesting thought on one of her DVD's. She helped me realize that our very next breath can be the start of renewed resolutions, which are often made at the beginning of each new year. A renewed effort to continue on striving to reach our goals, desires, and intentions doesn't have to be the next day, the next week, or the next year. It is now. It is right now...this very moment...our very next breath.

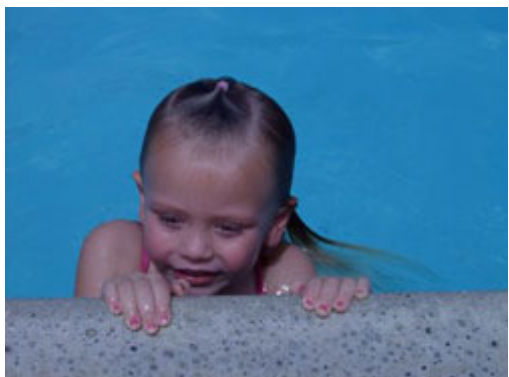
Jaylene and Evan dancing at Brett's graduation from medical school.



Another thought I'd like to share was one I heard just last Sunday from Glenn Rawson on 'Sounds for Sunday'. His message was applied in a spiritual aspect, but I believe it also applies to the physical part of us



since it is really all part of the whole of life. He spoke of a son who was “grateful to his father who understood a simple principle, that unless there is power applied in the forward direction we will slide backwards, not stand still...Either we are going forward, or we are sliding back. The power must be continually applied. Sometimes it seems like you’re only moving inches if you’re moving at all, and you wonder if it’s worth the battle and the opposition.” He then tells us that it is. I also believe that it is. I have felt all the feelings he speaks of.



I have come to realize that life takes a conscious effort. Creating a life of health does take a very strong conscious effort! It takes an awareness of true principles. That requires study. It takes a diligent effort to learn truth. It takes a powerful effort to live what we learn and believe to be true. This is an



important concept in all areas of our life. It takes effort from the HEART. It takes desire. I believe It takes prayer. I don’t believe we can ever do it on our own. There is a lot to do in life. Time is an important factor, and the balance it takes to fit in ALL those things that seem essential can seem a little overwhelming at times. It comes to choices of good, better, and best.

#### In Colorado



February seems to be the month of HEARTS. A quote from the book, The China Study, says, “Put your hand on your chest and feel your heart beat. Now put your hand where you can feel your pulse. That pulse is the signature of your being. Your heart, creating that pulse, is working for you every minute of the day, every day of the year, and every year of your entire life. If you live an average lifetime, your



heart will beat about 3 million times.”(pg. 111 - I’d recommend reading the whole chapter ‘Broken hearts’)

My hope for the beginning of this month is that each of our HEARTS can be strong. I desire that we can all have the strength and courage to live our truth, and that we can use good judgment as we choose what to eat and how to exercise that we can keep our HEARTS strong and healthy in order to have the energy to do what is required of us daily in our varied and unique set of circumstances of life.

## Happy HEART Day!