

# MAN IN GOD'S CREATION

## Lesson Seventeen

### CARE OF THE BODY (2)

#### **Burden to Impart:**

*In this lesson we see more about how we should take care of our body. We need some kind of daily exercise in order to have a strong and healthy body. We need adequate rest and sleep so our body can rebuild and heal itself after a long day of activity. We should cover our body with the proper clothing.*

**Memory Verse:** “For no one ever hated his own flesh, but nourishes and cherishes it...” (Ephesians 5:29).

#### **Facts to Teach:**

3. Exercise is necessary to have a healthy body. Exercise strengthens our vital organs, such as the heart and lungs, as well as all other parts, such as the muscles, bones, blood vessels, etc. In order to keep our body healthy for ourselves and for the Lord we need some form of exercise each day.
  - a. The most basic exercise is to stand and to sit straight. Since we spend most of our time (during our 16 waking hours) either standing or sitting, we should learn the proper posture. Our back should be straight, our shoulders should be held back, and our abdomen should be held in.
  - b. We must be careful not to damage our body or healthy by over—exerting ourselves. To be active and to exercise is good, but to over-exercise is unhealthy.  
Some examples are:
    - 1) Taking a very long bike ride or hike when you aren't used to doing that.
    - 2) Exercising, running, playing hard when you are sick.
    - 3) Staying up late, getting up early, not resting enough during the day when you are sick or feeling weak.
  - c. We should always practice safety when we exercise, otherwise we may injure our body very seriously.  
Some examples are:
    - 1) Lifting - Always try to keep your back straight when lifting a heavy object. Lift with your legs and not your back. The legs are much stronger than your back. If anything is too heavy or large and clumsy, ASK FOR HELP! (You might drop something on your toes or hurt your back or belly muscles if you attempt to do it by yourself.)
    - 2) Swimming - After eating, always wait at least 30 minutes before swimming. Otherwise you may get a stomach cramp. A strong cramp will make you unable to swim and you will sink like a rock. Never attempt to swim so far out in water over your head that you will not easily be able to swim back.
4. Adequate rest and sleep is very important in order to have a healthy, responsive body. Everybody's body is slightly different; some people need more rest and sleep than others. We

must know the signs of inadequate rest and sleep and adjust our schedule so as to allow adequate rest and sleep.

- a. If you find it very hard to arise in the morning, or if you feel weak, dragging, and tired after getting up in the morning you did not get enough sleep. Go to bed earlier and you will feel better, work better, and be happier the whole next day!
- b. If you do not get enough rest and sleep you may get sick easier and more often, especially with colds, sore throats, and coughs.

5. Wearing the proper clothing:

- a. We should wear the proper size clothing. Our clothes should fit.
- b. Our clothing should match the environment. If it is warm out, wear lightweight clothing. If it is cold out, we should wear warm clothes.
- c. Our clothing should be proper for the activity we will be doing.