

# MARK'S REMARKS

When the word “discipline” is used we often think *rules* or *punishments*. Yet discipline also means “*to make oneself act or work in a controlled way...to enforce upon oneself acceptable patterns of behavior.*” It is the latter that applies to the activities taking place in the Hegg Memorial Wellness Center, although some may see these activities having a closer resemblance to a form of punishment.

The Wellness Center, a wonderful opportunity in Rock Valley, resides deep within Hegg Hospital. Some take stairs, some take the elevator, some walk in under their own power, and some enter supported by a cane, walker, or wheelchair. Regardless of their mode of transportation, individuals of all ages, shapes and sizes enter voluntarily or involuntarily forcing their minds and bodies to act in an acceptable manner (discipline) as they pursue physical well-being.

Following months if not years of internal debating, I decided to join the Wellness Center. Having a few goals in mind I set out on a road I have not traveled for twenty-five years. The last time was when football and track coaches were administering their own discipline in the high school weight room. This current journey has been one of frustrations and joys.

**Frustrations**...I am sick and tired of counting. 5 days of cardiovascular, 2 days of workouts. 2 reps of 10 or 3 reps of eight. 30 minutes on the treadmill, traveling 2-3 miles, while maintaining numerous intervals requiring additional patience and counting skills. 480- 600 calories burned. 10 minutes on the elliptical machine. 15-20 minutes of abdominal and back exercises on the exercise ball. 3 bottles of water daily, 2 fruits/day, 2 vegetables/day. All this for the past 11 weeks, three days, 8 hours and 24 minutes. But who's counting.

**Joys**... I am losing weight that I have carried around far too long. I feel better physically and wouldn't you know, mentally and spiritually. After making my way down the stairs and working out for an hour or more, I have experienced the satisfaction of making it back up the stairs. I am learning to live in a deeper joy for my health. While I can choose to discipline my mind and body toward wellness, many individuals in our community are 'forced,' finding themselves in this room because age, heart surgery, an injury, or another form of illness has come upon them. If you look closely, you see a band of warriors, male and female, engaging the battle against the enemy. Many, whom I'm certain, are thankful they are still alive to count reps, sets, and minutes.

While everyone is unique, it takes approximately 21 days to create a new habit. In those 21 days, it takes discipline, perseverance, results and encouragement to keep going. Yet one of the most difficult habits to create is the mindset this new adventure is to be for a lifetime, not just for the next few weeks or months. During those tough workout days, I can become discouraged wondering “How am I going to do this for the rest of my life?” That is a lot of counting! Therefore, I need to remind myself I am only promised the moment in which I am living right now. And if I continue in each moment, Lord willing, those moments will turn into days, days will turn into weeks, weeks will turn into months, months will turn into years, and years will turn into a lifetime.

As we enter into a new year together remember, “*Whatever you eat or drink or whatever you do, you must do all for the glory of God*” (I Cor 10:31). Life is a gift. Treat it *Well(ness)*.

“...*don't you know that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.*”  
(I Cor 6:19-20)

Pursuing Wellness,

Pastor Mark

By the way, there are 676 words and 52 lines on this page. (aargh)

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