

## Get Exercise

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We understand that regular exercise is an important aspect of maintaining good health. Though we understand the necessity of exercise, frequently we don't find the time for good exercise. As John wrote, "Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." (3 John, 1:2)

These videos show how a good exercise routine will take only 15 minutes a week. Not bad.

[https://www.youtube.com/watch?v=FVhhbC51\\_3k](https://www.youtube.com/watch?v=FVhhbC51_3k)

<https://www.youtube.com/watch?v=jeFdYy815pQ>

The exercises come from Dr. Doug McGuff, author of the book "Body in Science."

When you have limited time, try a routine like the one Dr. McGuff suggests. Enjoy staying fit without committing a large amount of time.

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