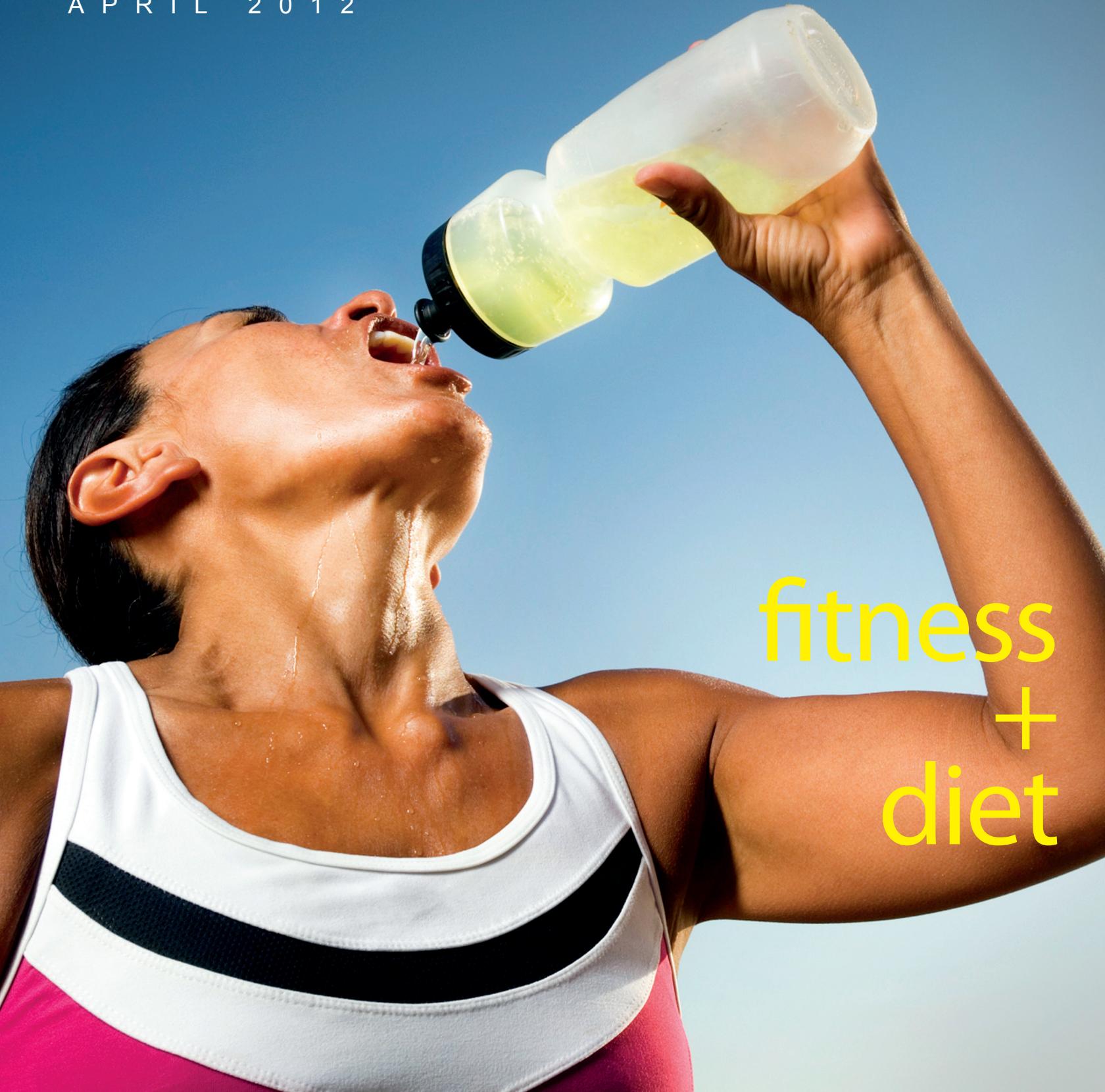


Body & Soul in Motion

C O N N E C T I O N

A P R I L 2 0 1 2



fitness
+
diet

Body & Soul in Motion

The Office of Minority Health (OMH) State Partnership Grant Program (SPG) is happy to provide you with the **Body & Soul in Motion Connection Newsletter**. This newsletter is meant as an invitation, to keep those active in the Body & Soul program connected, aware of health issues, health tips, and each other.

Minorities are at high risk for many chronic and fatal diseases including various cancers, high blood pressure, stroke, diabetes, and heart disease. A healthy diet and a physically active lifestyle promote good health and lower the risk of chronic disease. Body & Soul in Motion, an evidence-based wellness program for African Americans administered through churches, is a new beginning to a healthier life. Body & Soul in Motion empowers faith-based community members to eat a healthy diet rich in fruits and vegetables and to be more physically active. The church is one of the most powerful elements of African American culture, and clergy are key influencers. Faith-based organizations that embrace Body & Soul in Motion help their members take care of their bodies and spirits. The office of Minority Health seeks to expand the program to include other minority groups throughout Florida.

The four main program components, called “pillars,” of **Body & Soul in Motion** are:

- A pastor who is committed and involved
- Church activities that promote a healthy lifestyle
- A church environment that supports healthy eating
- A church environment that promotes physical activity

As a building, such as church, needs support on all four sides, a successful Body & Soul in Motion program needs all four pillars to be active and strong. Cynthia Seaborn, State Partnership Grant Program Manager, believes faith-based organizations are a natural venue for a program like Body & Soul in Motion because members trust in the faith-based organizations and already do a lot of mentoring. She says that the first pillar is the most important, “If we can get the pastors to own this program, we are well on our way to achieving positive outcomes.”

WELCOME!

Contents

B_{ody}

3-4 Community Spotlight

5 Health Awareness

6 Health Bulletin

&

S_{oul}

7 Fruit & Veggie

8 Recipe of the Month

9 KIDS Recipe of the Month

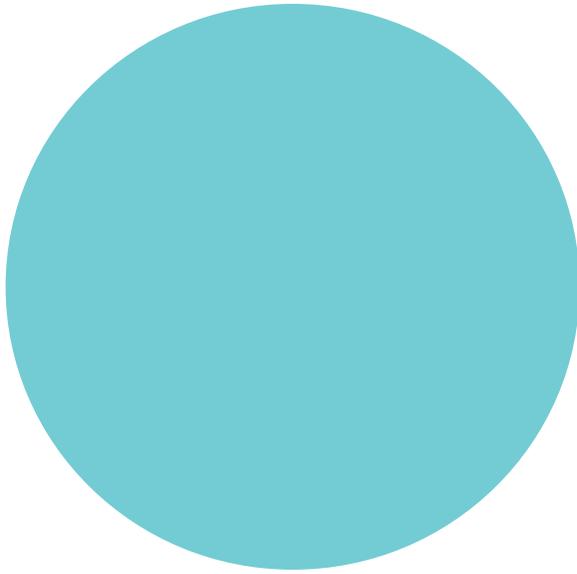
I_n

10 Fitness

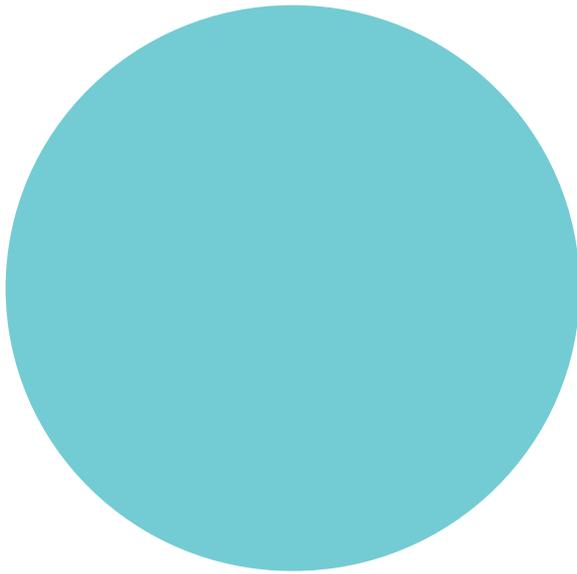
11 6 Week Challenge

12 Coordinator Calendar

M_{otion}



Members of City Church of Stuart in Martin County workout as part of the Body & Soul in Motion health challenge.





Left of page - City Church of Stuart (Martin County) celebrate their health challenge with weekly exercise sessions and a midpoint weigh-in

Right of page - Cynthia Seaborn and St. Lucie County ministers came together at a ministers' dinner to learn about and sign up for Body and Soul in Motion.



HEALTH AWARENESS



Minorities can be defined as low income Americans, people of color, and people with disabilities, lesbians, gays, bisexual, transgendered, as well as individuals that have experienced bullying. Minorities experience higher rates of many chronic diseases such as heart disease, mortality, and diabetes compared to the general population. The following are experienced by minorities at a disproportionate rate:

- Minorities are less likely to have access to quality health care.
- Minorities are less likely to seek medical treatment for an illness due to cost of health care.
- Minorities are less likely to participate in preventative health care services such as wellness and weight loss programs.
- Minorities are six times more likely to not have health insurance compared to the general population.
- Low income Americans are three times less likely to have a usual source of care (doctor) compared to Americans that have higher incomes.
- People with disabilities have trouble getting to health care centers, getting around the facility, locating health providers that use accessible health care equipment, as well as accurately communicating with their health care provider about their needs and concerns.
- Being a minority is a vulnerability, which is an attractant for bullies and harassers.
- Minorities that experience bullying are at a greater risk for developing mental health disorders such as anxiety and depression.
- Bullying is a form of violence that are considered to be a risk factor for poorer health outcomes among minorities .

Body & Soul in Motion

HEALTH BULLETIN

Bullying

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

Prevention Tools

Assess Bullying in Your School

Conduct assessments in your school to determine how often bullying occurs, where it happens, how students and adults intervene, and whether your prevention efforts are working

Engage Parents and Youth

It is important for everyone in the community to work together to send a unified message against bullying. Launch an awareness campaign to make the objectives known to the school, parents, and community members.

Create Policies and Rule

Create a mission statement, code of conduct, school-wide rules, and a bullying reporting system. These establish a climate in which bullying is not acceptable. Disseminate and communicate widely.

Build a Safe Environment

Establish a school culture of acceptance, tolerance and respect. Use staff meetings, assemblies, class and parent meetings, newsletters to families, the school website, and the student handbook to establish a positive climate at school. Reinforce positive social interactions and inclusiveness.

Educate Students and School Staff

Build bullying prevention material into the curriculum and school activities. Train teachers and staff on the school's rules and policies. Give them the skills to intervene consistently and appropriately.

FRUIT & VEGGIE



Tomatillos are small fruits (used as a vegetable) enclosed in a husk. The fruit resembles a small un-ripe tomato and is usually green or yellow. The yellow color indicates ripeness, but tomatillos are most often used when they are still green. Green tomatillos are firmer and easier to slice. The husk that holds the fruit is paper-like and is light brown. The flesh is slightly acidic with a hint of lemon. Tomatillos belong to the same family as tomatoes.

Canned tomatillos are available at specialty markets and are often used when making sauces. Tomatillos are available year round in supermarkets and specialty markets.



Asian pears are cousins to the pears that are typically seen in grocery stores, but this fruit is similar to an apple and its many names reflect that characteristic. Other names that this fruit goes by are: Chinese pear, Japanese pear, Sand, Nashi, and apple pear.

Asian pears differ from the traditional European ones. These pears are usually round, firm to touch when ripe, and are ready to eat after harvest.

Asian pears reach prime quality when they ripen on the tree, like an apple and peach. These pears will be crisp, juicy, and slightly sweet with some tartness, especially near the core.

Source: fruitsandveggiesmatter.gov

RECIPE

Ingredients

5 large garlic cloves, peeled and halved
Salt to taste
2 tablespoons extra virgin olive oil
1/2 pound tomatillos, husked
2 serrano chilies, stemmed
1/2 cup fresh basil leaves
2 tablespoons fresh mint leaves
1 tablespoon fresh tarragon leaves
1 1/4 pounds medium shrimp, peeled and deveined
Freshly ground pepper

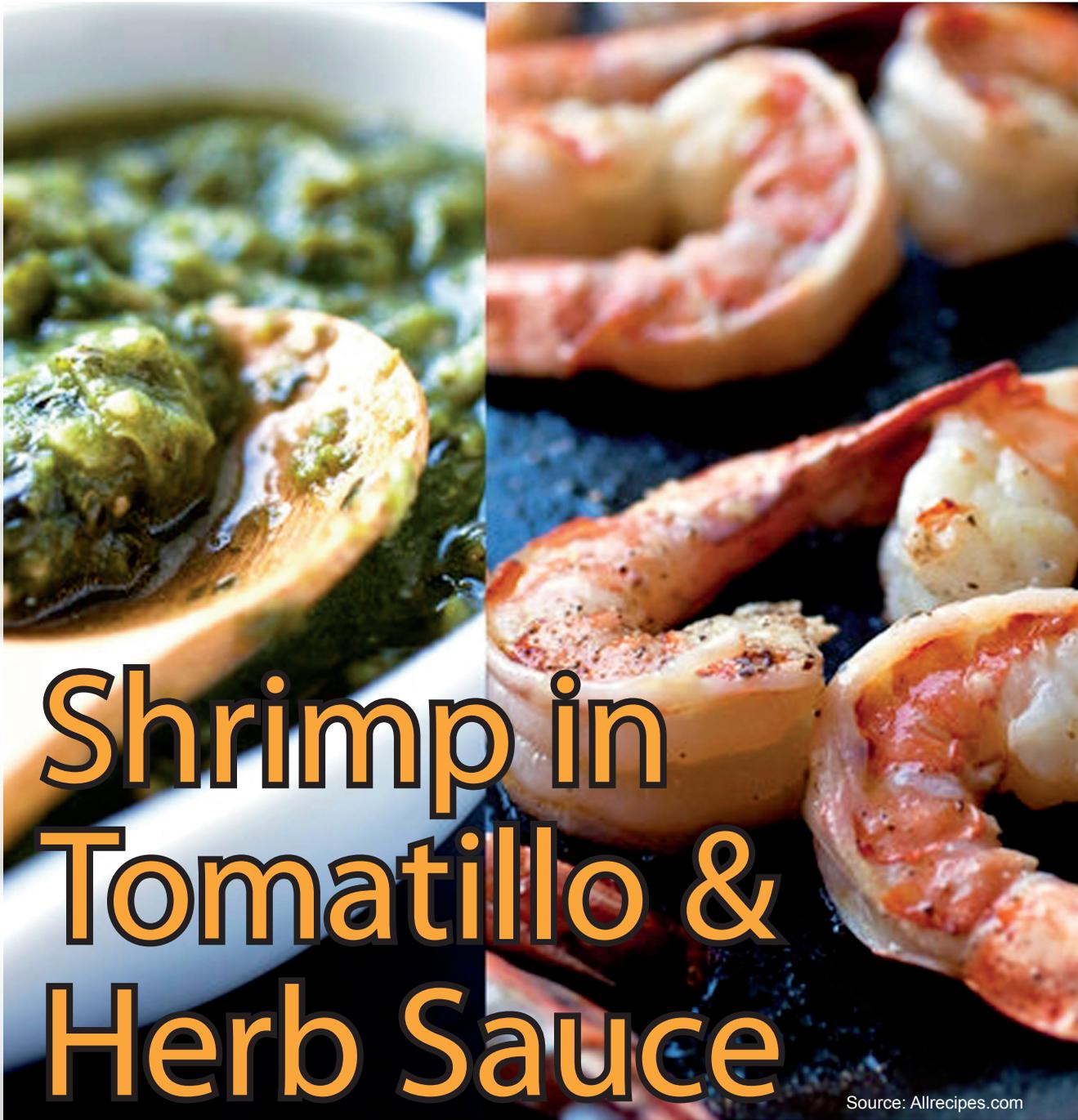
Yield

Serves four
Advance preparation: You can prepare the green purée several hours before cooking, but for the most part, this is a last-minute dish, like a stir-fry.

Variation: This sauce is also delicious with vegetables or with white beans.

Nutritional Facts

184 calories; 8 grams fat; 1 gram saturated fat; 189 milligrams cholesterol; 5 grams carbohydrates; 1 gram dietary fiber; 221 milligrams sodium; 21 grams protein



Shrimp in Tomatillo & Herb Sauce

Source: Allrecipes.com

1 Place the garlic in a mortar and pestle with a generous pinch of salt and grind to a paste. Add 1 tablespoon of the olive oil and blend together.

2 Preheat the broiler. Cover a baking sheet with foil and place the tomatillos on top, stem side down. Place under the broiler at the highest rack setting and broil two to five minutes, until charred on one side. Turn over and broil on the other side for two to five minutes, until charred on the other side. Remove from the heat and transfer to a blender, tipping in any juice that may have accumulated on the baking sheet. Add the chilies, basil, mint and tarragon and blend until smooth. Season to taste.

3 Season the shrimp with salt and pepper. Heat the remaining tablespoon of olive oil over medium-high heat in a heavy saucepan and add the shrimp. Cook on one side for one minute, then, using tongs, turn the shrimp over and cook on the other side for one minute. Remove from the pan and set aside on a plate.

4 Add the garlic paste to the hot pan and cook, stirring, for another 30 seconds to a minute, until fragrant. Add the tomatillo mixture, stir together, turn the heat to medium low and simmer, stirring often, for five minutes, until the sauce thickens slightly. Return the shrimp to the pan, bring to a simmer and cook, stirring often, for about three minutes, until the sauce coats the shrimp and the shrimp is tender but still moist. Taste, adjust salt and serve.

KIDS RECIPE

Ingredients

1-1/3 c. all-purpose flour
1 c. rolled oats
1/4 c. brown sugar
1 tbsp. baking powder
1/2 tsp. cinnamon
1 c. skim milk
1 egg, beaten
3 tbsp. vegetable oil
1/4 c. blueberries
3/4 c. raspberries

Utensils

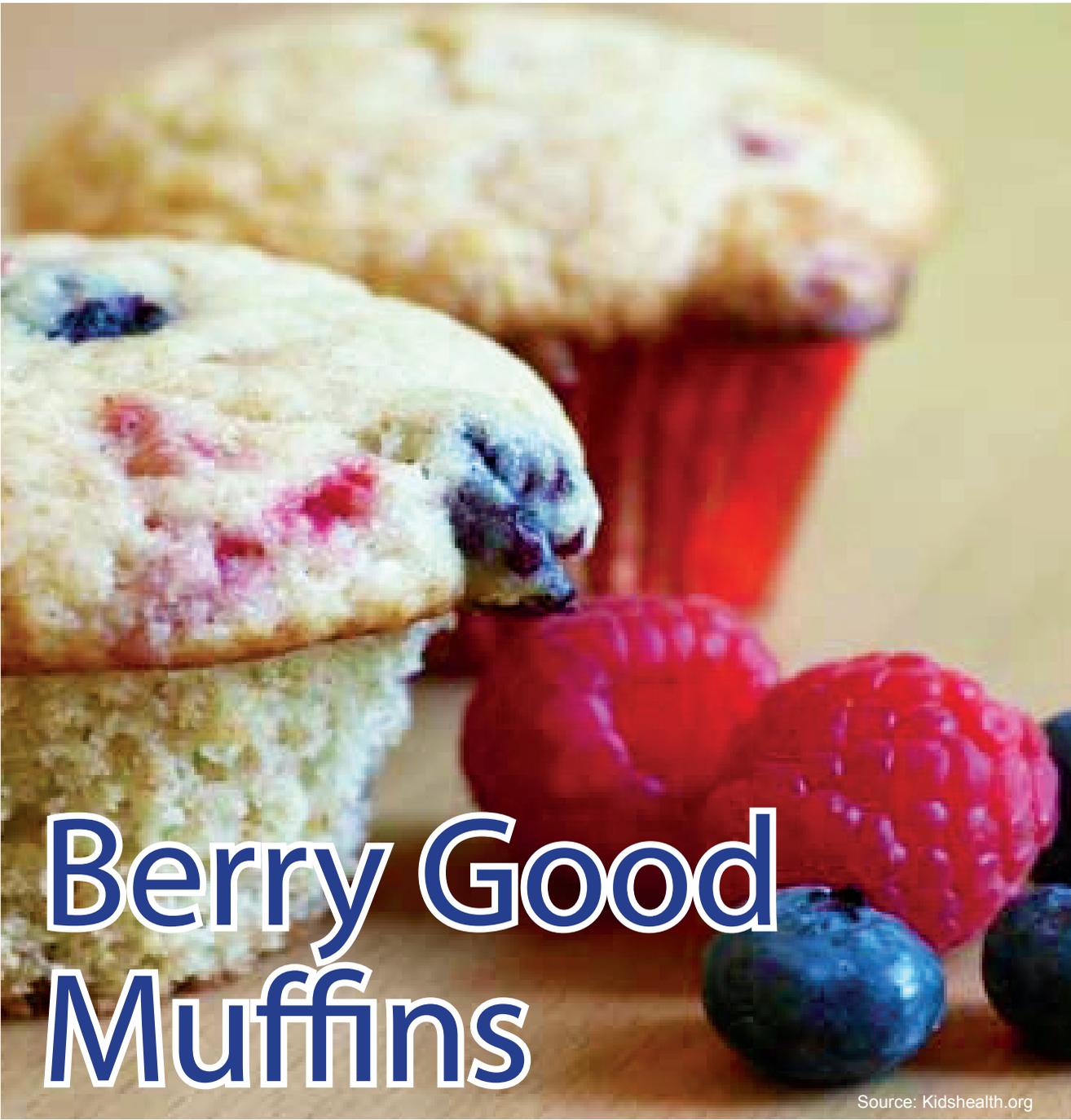
muffin tin
measuring spoons
measuring cups
oven (you'll need help from your adult assistant)

Prep time

40 minutes

Nutritional Facts

146 calories, 4 g protein,
4 g fat, 1 g sat. fat, 23 g
carbohydrate, 1 g fiber, 18
mg cholesterol, 227 mg
sodium, 103 mg calcium, 1
mg iron



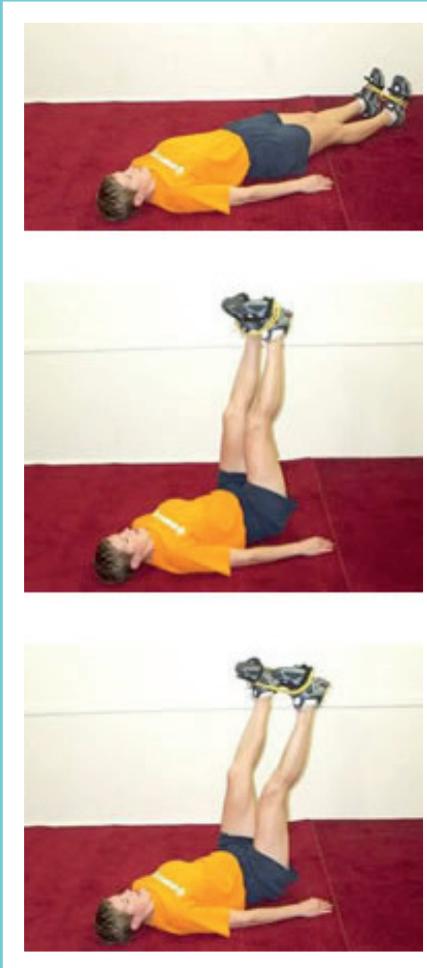
Berry Good Muffins

Source: Kidshealth.org

1 Preheat the oven to 425° Fahrenheit (218° Celsius). Spray muffin cups with non-stick cooking spray.

2 Combine flour, oats, brown sugar, baking powder, and cinnamon in a mixing bowl. Fold in berries.

3 Spoon the mixture into the muffin cups, approximately 2/3 full. Bake for 25 to 30 minutes or until light golden brown.



Lying Abduction with Band

Disclaimer: Please consult your healthcare provider before starting any new physical activity. The physical activities in this newsletter are only a guide.

Starting Position

Begin by lying on your back with a resistance band wrapped around your feet. The band should be snug around your feet, but not too tight. Lift your legs off the ground so they are perpendicular to the floor.

Action

Keep your legs straight (but not locked) and spread your legs apart pushing against the resistance band. Go out (wide) about as far as you can without putting too much strain on your lower back. Slowly release to bring your feet back together. Try doing 2 sets of 10-12 repetitions.

Special Instructions

Make sure to push out just as much with your non-dominant leg as your dominant leg – keep it balanced. You can spread your arms out to your side, palms down or near your buttocks to help with balance and lower back strain.

Source: Sparkpeople.com

Alternative Exercise

Recline Curl

Sit forward on the edge of your seat, feet about 8 inches apart, facing forward. Suck in the abdominal muscles and keep the back straight. Keep the spine aligned with the neck, resisting the urge to curl in or round the shoulders. Lean backward, keeping the ab muscles tight in sucked in toward the spine, feet flat on the floor. Lean backward until your head or shoulders touch the back of the chair and hold that contraction for several seconds. Lean forward again, using the abdominal muscles to lift your torso back into the upright position. You can do this exercise several times or as your strength permits.



Body & Soul in Motion

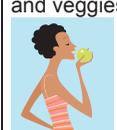
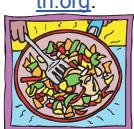
6 WEEK CHALLENGE

This six week walking challenge is for the beginner walker who wants to improve overall health and increase energy. Walks start at 10 minutes or less and gradually work up to 30-plus minutes. Health experts have found that about 30 minutes a day of regular moderate exercise is effective for improving health and reducing the risk of many diseases.

Monday, Wednesday and Thursday are the core workout days, with Tuesdays and weekends optional at the beginning. Fridays are rest days or “Alternate Activity” days. Pick which days of the week work best for you and your schedule. Always start your walk with 3–5 minutes at an easy warm-up pace.

	Monday	Tuesday (optional)	Wednesday	Thursday	Friday	Saturday
Week 1	Easy walk: 5–10 mins *Stretch: 2 mins Easy walk: 5–10 mins *(NOTE: Try hamstring and calf stretches.)	Easy walk: 10–15 mins (NOTE: Always rest when necessary!)	Easy walk: 5–10 mins Stretch: 2 mins Easy walk: 5–10 mins	Easy walk: 10–15 mins	Rest	Easy walk: 15–20 mins (Window shopping is great!)
Week 2	Easy walk: 5–10 mins Stretch: 2 mins Brisk walk: 5–10 mins	Easy walk: 10–15 mins	Easy walk: 5–10 mins Stretch: 2 mins Brisk walk: 5–10 mins	Easy walk: 10–15 mins (Remember: Rest when necessary.)	Rest	Easy walk: 15–20 mins
Week 3	Easy walk: 10–15 mins Stretch: 2 min Brisk walk: 5–10 mins	Easy walk: 15–20 mins Stretch: 2 mins	Easy walk: 10–15 mins Stretch: 2 mins Brisk walk: 5–10 mins	Easy walk: 15–20 mins Stretch: 2 mins	Rest	Easy walk: 20–25 mins (Don't window shop! Keep moving.)
Week 4	Easy walk: 10–15 mins Brisk walk: 5–10 mins Stretch: 2 mins	Easy walk: 15–20 mins Stretch: 2 mins	Easy walk: 10–15 mins Brisk walk: 5–10 mins Stretch: 2 mins	Easy walk: 15–20 mins Stretch: 2 mins	Rest	Brisk walk: 20–25 mins
Week 5	Easy walk: 10–15 min Brisk walk: 10–15 mins Stretch: 2 min	Easy walk: 25–30 mins Stretch: 2 mins	Easy walk: 10–15 mins Brisk walk: 10–15 mins Stretch: 2 mins	Brisk walk: 25–30 mins Stretch: 2 mins	Alternate activity of your choice: Go dancing, rake leaves, etc. for 20-plus mins.	Easy walk: 25–30 mins
Week 6	Power Intervals: Total Time: 24–34 mins Easy walk: 15–20 mins Power Intervals –Power walk: 30 secs –Easy walk: 1 min Repeat 4–6 times. Easy walk 3–5 mins	Alternate activity of your choice for 20–30 minutes	Easy walk: 30–35 mins Stretch: 2 mins	Brisk walk: 25–30 mins Stretch 2 mins	Rest	Easy walk: 25–30 mins

COORDINATORS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>April Fools Day 1</p> <p>Don't be fooled out of eating plenty of fruits and vegetables</p> 	<p>2</p>	<p>Find a Rainbow Day 3</p> <p>Fill your plate with colorful fruits and veggies.</p> 	<p>National Vitamin C Day 4</p> <p>Stay healthy and be sure to drink and eat vitamin C. It will help you live longer.</p>	<p>Kick Butt's Day 5</p> <p>Join the campaign for Tobacco Free Kids www.kickbuttsday.org</p> 	<p>National Public Health Week 6</p> <p>Eating fruits and veggies is a community goal! Strive for it today.</p> 	<p>World Health Day 7</p> <p>Celebrate by eating exotic fruits that come from other countries.</p> 
<p>Cancer Control Month 8</p> <p>Decrease your risk for cancer by staying active</p> 	<p>Lets fight Cancer 9</p> <p>To learn ways to prevent cancer visit: www.cancer.org</p> 	<p>Lets Get Bananas 10</p> <p>Try some Banana Berry Jumble Bananas Watermelon & Oranges</p> 	<p>National Women's Nutrition Month 11</p> <p>Encourage all the women in your family to eat fruits and veggies</p> 	<p>Fruit of the Month 12</p> <p>Asian Pears is the fruit of the month for April. Sounds Tasty.</p> 	<p>Sparkle with a Smile 13</p> <p>Visit your dentist regularly. Oral hygiene is key to good health</p> 	<p>National Pecan Day 14</p> <p>Learn more about pecans at www.ilovepecans.org</p> 
<p>National Garden Month 15</p> <p>Try planting some herbs and spice to help boost the flavor of your health meals</p> 	<p>Grow, Grow, Grow 16</p> <p>Learn how to start a community garden. Visit www.nationalgardenmonth.org</p> 	<p>Picnic Day! 17</p> <p>Plan a family picnic. Play a family game like volleyball. HAVE FUN!</p> 	<p>Nature is everything 18</p> <p>Take a hike with your family at a state park. Explore what nature has to offer</p> 	<p>Spice up your food with Garlic 19</p> <p>Make some mash potatoes and chop garlic in them. This will surely send your taste buds on a ride!</p> 	<p>Keep America Beautiful Months 20</p> <p>Walk around the block in your neighborhood. Appreciate the beauty</p> 	<p>Fight your stress 21</p> <p>To learn tips on how to reduce stress visit www.stressfreelife.org</p> 
<p>Soy Foods Month 22</p> <p>Try marinated tofu in teriyaki sauce with garlic. Soy foods are a good way to maintain a healthy diet.</p> 	<p>National Stir Fry Day 23</p> <p>Stir fry your favorite veggies. For tips visit www.soyfoodmonth.org</p> 	<p>TV Turn-off Week 24</p> <p>Try to limit your families TV time to two hours a day. Choose to stay active as an alternative to watching TV</p>	<p>Fresh Florida Tomato Month 25</p> <p>Eating fresh tomatoes help to reduce harmful preservatives that are found in canned vegetables</p> 	<p>Warmer weather is here 26</p> <p>Take advantage of being outdoors by doing a physical activity.</p> 	<p>Cups of Fruits and Veggies 27</p> <p>Do you know what a cup of fruits and vegetables look like. Just use the palm of your hand. Right portions help you loose weight</p>	<p>National Zucchini Bread Day 28</p> <p>Have a piece of zucchini bread with a soup or salad. Your are on your way to meeting your fruit and vegetable goal</p> 
<p>Raisin Day 29</p> <p>Try some raisins on your salad for a sweet taste.</p> 	<p>Pump it Up 30</p> 	<h1>APRIL 2012</h1>				

APRIL 2012

NATIONAL HEALTH OBSERVANCES

- 1-30** National Minority Health Month
- 1-30** Sexual Assault Awareness and Prevention Month
- 1-30** STI Awareness Month
- 21-28 National Infant Immunization Week
- 21-28 Safe Kids Week
- 22-28 National Infertility Awareness Week

SOURCE: HEALTHFINDER.GOV/NHO/NHO.ASP

ISSUE 5

