

Body & Soul in Motion

C O N N E C T I O N



F E B R U A R Y 2 0 1 2

Body & Soul in Motion

Overview

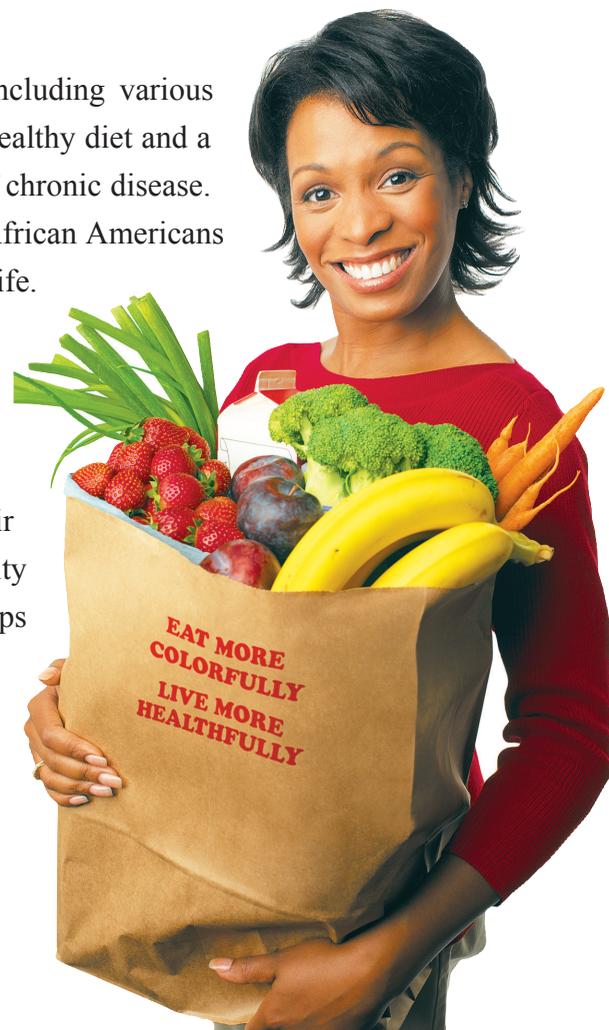
The Office of Minority Health (OMH) State Partnership Grant Program (SPG) is happy to provide you with the **Body & Soul in Motion Connection Newsletter**. This newsletter is meant as an invitation, to keep those active in the Body & Soul program connected, aware of health issues, health tips, and each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



Body & Soul in Motion Throughout Florida

Cynthia Seaborn, State Partnership Grant Program Manager, has been an integral part of bringing Body & Soul in Motion to Florida. She has trained many community partners interested in bringing **Body & Soul in Motion** to their churches. Cynthia is based at the Florida Department of Health, Office of Minority Health.

To date, trainings have been conducted in counties such as Columbia, Eatonville, Glades, Hamilton, Hendry, Hernando, Indian River, Jefferson, Leon, Madison, Martin, Okaloosa, Orange, St. Lucie, and Wakulla.

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Disclaimer: All health related content is for informational purposes only. This newsletter is NOT intended to be used as a replacement for professional medical advice. For medical advice please consult a physician or a health care provider.

Upcoming Trainings February

- 3 Gadsden County
- 6 Leon County
- 20 Martin County
- TBA* Polk County



Community Spotlight



HAMILTON COUNTY

TOP LEFT PHOTO: Greater Poplar Springs Church hosted a Body & Soul Training. There were nine members in attendance representing three local churches. The picture at the right captures the signing of the Body & Soul Church Commitment letter. Shown are Rev J.T. (Billy) Simon, Cynthia Seaborn, and Bishop Mc Miller.

TOP RIGHT PHOTO: Cynthia Seaborn explaining the Body & Soul in memorandum of understanding and commitment letter to Rev J.T. Simon, Rev. Antonio Carlisle and Bishop Miller.

BOTTOM PHOTO: Participants at the training Rev J.T. Simon, Rev. Antonio Carlisle, Bishop Mc Miller, Pecolar McMiller, Debra Davis, Emily Johnson, Jessie Bristol, Sylvia Parks and Sandra Henderson (two not shown).

Community Spotlight



TOP LEFT PHOTO EATONVILLE: Pastors and Church representatives (left to right) Geralyn Guy, Liana Baker, Tehillar Citifupi during the Eatonville training pictured with Katherine Chatman, Marvelous Rodgers and Angelia Allen from the Center for Multicultural Wellness and Prevention. There were a total of 31 participants at the training 1 consisting of community members, Faith-Based Leaders, and Community Based Organization.

TOP RIGHT PHOTO ST. LUCIE: Body & Soul goes virtual with Helga Snure, St. Lucie CHD, and Chef Robert Hall on La Gigante radio.

BOTTOM PHOTO EATONVILLE: Pictured are some of the attendees at the Body & Soul in Motion training and the Grant Writing workshop in Eatonville, hosted by the Center for Multicultural Wellness and Prevention. From left to right are the following attendees: Kerrie Morgan, Annette Davis, Barakah Simpson, Jacqueline Williams, Lima Baker, Tehillar Citifupi, Geralyn Guy, Katherine Chatman, Angelia Allen, Marvelous Rodgem, Paulette Morgan, Samantha Moss, Faith Maginley and Robbie Rawls. A special Thanks to Katherine Chatman, Marvelous Rodgers and Marie Jose Francois for their support to the SPG program.

Fruit & Veggie of the Month



Exotic Veggies - Calabaza Squash

Calabaza is a type of pumpkin-like squash that is round in shape and varies in size. It can be as large as a watermelon or as small as a cantaloupe. The color of calabaza can also vary and may include greens, tans, reds and oranges. Some squash are all one color while other calabaza are multi-colored and may include all of colors listed above. This squash is popular in the Caribbean as well as Central and South America.

Calabaza is often sold already chopped into chunks in many Latin markets. This is because of the difficulty many have in chopping the whole squash. Select pieces with a fresh, moist and unblemished flesh. Soft or wet spots means the squash is beginning to spoil.

Calabaza has a sweet flavor and its texture is firm. This is similar to the taste and texture of more familiar varieties of squash, such as butternut or acorn. Calabaza may be substituted in recipes calling for those more common types of squash.

Calabaza is most commonly baked, either cut in sections or in cubes. Its seeds may also be roasted in a similar way as pumpkin seeds. Simply place on a baking sheet coated in cooking spray until brown and crisp.



Star Fruit

The star fruit or carambola is a tropical fruit that is gaining popularity in the United States. This fruit acquired its name from the five pointed star shape when cut across the middle of the fruit. It has a waxy, golden yellow to green color skin with a complicated flavor combination that includes plums, pineapples, and lemons.

Star fruits are an excellent source of vitamin C, is low fat, and naturally sodium and cholesterol free. A small whole star fruit will provide approximately 2/3 cup sliced.

Select firm, shiny skinned, even colored fruit. Star fruits will ripen at room temperature and have lightly brown edges on the ribs when it's ripe. Avoid purchasing star fruit with brown, shriveled ribs. This delicious fruit is also available dried.

Non-ripe star fruit should be turned often, until they are yellow in color and ripe with light brown ribs. Store ripe star fruits at room temperature for two to three days or unwashed, and refrigerated, in a plastic bag for up to one week.

Recipe of the Menu

Calabaza and Poblano Stew



Redolent with honey, cinnamon, and aniseed, this stew highlights mild but exotic flavors typically associated with European cuisine, but which are also commonly used in Mexico. Calabaza is a pumpkinlike winter squash. Butternut squash is a good substitute. If you prefer a smoother consistency, use a potato masher to break up the squash.

Yield: 8 servings (serving size: 1 1/2 cups stew, about 2 teaspoons crema mexicana, and 1 tablespoon pumpkinseeds).

Ingredients

5 poblano chiles (about 1 pound)	squash
1 teaspoon aniseed	4 cups vegetable broth
1 (3-inch) cinnamon stick, broken	2 cups water
1 tablespoon peanut oil	3 tablespoons honey
3 1/2 cups chopped onion	1/2 teaspoon salt
4 garlic cloves, minced	6 tablespoons Crema Mexicana
10 cup (2-inch) pieces peeled calabaza	1/2 cup roasted pumpkinseed kernels

Preparation

Preheat broiler.

- Cut poblano chiles in half; discard seeds and membranes. Place the chile halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 5 minutes or until blackened. Place in a heavy-duty zip-top plastic bag; seal. Let stand 15 minutes. Peel chiles; discard skins. Chop chiles.
- Place aniseed and cinnamon in a spice or coffee grinder; process until finely ground.
- Heat oil in a large Dutch oven over medium-high heat. Add onion; sauté 5 minutes or until browned. Add garlic; sauté 1 minute. Add cinnamon mixture to pan; sauté 1 minute. Add chopped chiles, squash, broth, water, honey, and salt; bring to a boil. Reduce heat, and simmer 30 minutes or until squash is tender.
- Drizzle each serving with Crema Mexicana; sprinkle with pumpkinseeds.

Nutritional Information

Amount per serving

Calories: 266
Calories from fat: 35%
Fat: 10.4g
Saturated fat: 2.6g
Monounsaturated fat: 2.7g
Polyunsaturated fat: 3.4g
Protein: 9g
Carbohydrate: 40.7g
Fiber: 8.4g
Cholesterol: 8mg
Iron: 4mg
Sodium: 669mg
Calcium: 118mg

Exercise of the Month

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

Low Mount Adduction with Band



The physical activities in this newsletter are only a guide. Before beginning any physical fitness activity, you should consult a physician or health care provider.

Starting Position

Make a loop at one end of the band and place your left ankle into it. Wrap the other end/handle around a low mount, like a furniture leg. Stand to the side a few feet away from the furniture, parallel to it. Hold onto a chair or wall for balance if necessary. Shift weight into right foot keeping knee soft and left foot flexed. Allow the resistance to pull your left leg out to the left side of your body to start.

Action

EXHALE: Keeping foot flexed, leading with your inner thigh, sweep your left leg across your body towards the right as far as you can. Hold for 1-3 counts.

INHALE: Slowly return to starting position to complete one rep.

Finish set before switching sides.

Special Instructions

Keep abs tight and back straight. Avoid leaning back during movement.

Make it harder: Stand farther away from the mounted end.

Make it easier: Stand closer to the mounted end.

Alternative

If you do not have a exercise band you can use leg weights for added weight and resistance. The starting position and actions are the same as listed above.

Muscles Worked: Inner thigh, Quads, and Abs

Quick Tip

Walking

A Sample Daily Walking Program

This program is only a guide. Your fitness walking sessions may be longer or shorter based on your ability. Please consult in your health care provider before beginning any physical activity.

Warm-up Time	Warm-up Time	Cool-down	Total Time
Walk Slowly & Stretch	Walk Slowly & Stretch	Walk Slowly & Stretch	
WEEKS 1-2			
5 minutes	5 minutes	5 minutes	15 minutes
WEEKS 3-4			
5 minutes	10 minutes	5 minutes	20 minutes
WEEKS 5-6			
5 minutes	15 minutes	5 minutes	25 minutes
WEEKS 7-8			
5 minutes	20 minutes	5 minutes	30 minutes
WEEKS 9-10			
5 minutes	25 minutes	5 minutes	35 minutes
WEEKS 11-12			
5 minutes	30 minutes	5 minutes	40 minutes
WEEKS 13-14			
5 minutes	35 minutes	5 minutes	45 minutes
WEEKS 15-16			
5 minutes	40 minutes	5 minutes	50 minutes
WEEKS 17-18			
5 minutes	45 minutes	5 minutes	55 minutes
WEEKS 19-20			
5 minutes	50 minutes	5 minutes	60 minutes

Try to walk daily. If you are walking fewer than three times per week, give yourself more than two weeks before increasing the pace and frequency.

Source: www.win.niddk.nih.gov/publications/walking.htm



CALLING ALL

FAITH-BASED ORGANIZATIONS

SIGN UP FOR

BODY & SOUL

IN MOTION

TODAY!!!

MEMORANDUM OF UNDERSTANDING FOR THE BODY AND SOUL IN MOTION PARTNERSHIP

The Body & Soul in Motion project of the Department of Health's Office of Minority Health's State Partnership Grant Program, hereby known as SPG, enters into an partnership with (name of church) _____ location in _____ County is hereby known as church. Through this partnership, SPG will provide the church with a Body & Soul in Motion toolkit and technical assistance consisting of the following minimum services:

- 3 Body & Soul in Motion Health Posters
- Body & Soul in Motion workbook
- Body & Soul in Motion CD containing images for Template
- Template
- Survey Development (such as needs assessment, pre-post surveys)
- Outcome evaluation
- Body & Soul in Motion Connection Newsletters (quarterly)
- Grant development assistance
- Monthly Health Topics
- Monthly messages to be used in posting in bulletins, programs etc
- Healthy recipes
- Exercise topics
- How to for Exercise activities
- Feature highlights from church Body and Soul in Motion activities

The Church Body & Soul in Motion partnership consist of implementing the program through continuous monthly contact by any of the following methods or activity at a minimum:

- Accepting the Body & Soul in Motion Kit
- Hosting a Body & Soul in Motion Church Kickoff
- Selection of a church representative to communicate with SPG program specialist
- Displaying Body & soul in Motion Posters in Church
- Place provided monthly healthy messages in bulletin or other communication to congregation
- Conduct a health survey (pre and post)
- Provide results of survey and activities
- Conduct quarterly health activities
- Serve fruits and vegetable during church food activities
- Implement at least one health policy for the church Implement exercise at CHURCH
- Allow information of Body & Soul in Motion activity to be included in the Body & Soul in Motion Connection newsletter

Reports to the National Office of Minority Health contain information on all activities reported to SPG. However, no personal information regarding individual participates will be submitted only the Church name and location along with the Pastor's name.

Assistance with program sustainability provided through SPG mentoring activities. However, the continuation of services on behalf of SPG is contingent upon the availability of funding from the National Office of Minority Health. Either party can discontinue the relationship via communication at any time. Upon discontinuation of relationship, SPG will confirm the action with a follow- up notice.

The signatures below represent the acknowledgement of the Body & Soul in Motion partnership by both parties.

Program Manager

Date

Pastor

Date

Apple Cartwheels



These ring sliced apples will make an eye-appealing after-school snack for your little bundles of joy. The filling is an irresistible combination of creamy peanut butter, sweet honey, miniature chocolate chips and raisins.

Prep: 20 min. + chilling **Yield:** 24 servings

Ingredients

1/4 cup peanut butter
1-1/2 teaspoons honey
1/2 cup miniature semisweet chocolate chips
2 tablespoons raisins
4 medium unpeeled Red Delicious apples, cored

Preparation

- In a small bowl, combine peanut butter and honey; fold in chocolate chips and raisins.
- Fill centers of apples with peanut butter mixture; refrigerate for at least 1 hour. Cut into 1/4-in. rings. Yield: about 2 dozen.

Nutritional Facts

1 apple ring equals 50 calories, 3g fat (1g saturated fat), 0 cholesterol, 13mg sodium, 7g carbohydrate, 1g fiber, 1g protein.

What's In Season?

Fruits & Veggies for the Winter Season

December, January, and February

Remember, you can enjoy the taste of any fruit or vegetable year-round.
Fresh, frozen, canned, dried, and 100% juice – it all counts!

Belgian Endive	Leeks
Brussels Sprouts	Mandarin Oranges
Buttercup Squash	Oranges
Cactus Pear	Passion Fruit
Cardoon	Pear
Cherimoya	Persimmons
Chestnuts	Pummelo
Clementines	Red Banana
Collard Greens	Red Currants
Dates	Sharon Fruit
Delicata Squash	Sweet Dumpling Squash
Grapefruit	Sweet Potatoes
Kale	Tangerines
Kiwifruit	Turnips



Health Issue of the Month

Heart Awareness



Hearth disease is the leading cause of death in the United States and typically results in disability. The most common type of heart disease is coronary heart disease. It is estimated that almost every 25 seconds an American will have a coronary episode, and about one (1) every minute will die from one. Heart Disease is the number one killer of women, with the number doubling in the last 12 years.

What is a heart attack?

The heart works on a 24 hour schedule pumping oxygen, and nutrient-rich blood throughout the body. When plaques (fatty substances) build up in the walls of the arteries, it causes blood clots which prevent the flow of oxygen and blood. As a result a heart attack occurs.

Condition that put you at Risk for Heart Disease.

Conditions such as arrhythmia, heart failure, and peripheral artery disease may place you at a greater risk for a heart attack. High cholesterol, high blood pressure, obesity, tobacco use, unhealthy diet, physical inactivity and second hand smoke can also increase your risk for having a heart attack as well.

Prevention Tools

A healthy diet along with exercise is the best weapon you can use to fight heart disease. It is very important to remember that all your choices count. Here are a few simple tips to assist you

- Choose lean meat and poultry without skin and prepare them without saturated and trans fats.
- Select fat-free, 1% fat, and low-fat dairy products
- Cut back on foods that is high in cholesterol. Aim to eat less than 300mg of cholesterol each day
- Cut back on beverages and food with added sugars
- If you drink alcohol, drink in moderation. That means no more than one drink per day if you are a woman, and two drinks per day if you are a man
- CONTROL YOUR PORTIONS**



Body & Soul in Motion

HEALTH BULLETIN

February 2011

- Heart disease is the leading cause of death in the United States and typically results in disability.
- When plaques (fatty substances) build up in the walls of the arteries, it causes blood clots which prevent the flow of oxygen and blood. As a result a heart attack occurs.
- High cholesterol, high blood pressure, obesity, tobacco use, unhealthy diet, physical inactivity and second hand smoke can also increase your risk for having a heart attack as well.
- Conditions such as arrhythmia, heart failure, and peripheral artery disease may place you at a greater risk for a heart attack.

Prevention Tools

- A healthy diet along with exercise is the **BEST** weapon you can use to fight heart disease.
- Choose lean meat and poultry without skin and prepare them without saturated and trans fats.
- Select fat-free, 1% fat, and low-fat dairy products.
- Cut back on foods that is high in cholesterol. Aim to eat less than 300mg of cholesterol each day.
- Cut back on beverages and food with added sugars.
- If you drink alcohol, drink in moderation. That means no more than one drink per day if you are a woman, and two drinks per day if you are a man.

Coordinator Calendar

February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Celebrate Healthy Heart Month 1 Get educated by learning more about to keep your heart healthy! 	National Kiwi Day 2 Try and include colorful fruits & Veggies in your diet Visit www.californiakivi.com	Practice Relaxing 3 Get plenty of rest each day!  Try not to eat/drink caffeine after 7:00PM	National Stuffed Mushroom Day 4 Try the Spinach Stuffed Mushroom Recipe at Visit www.fruitsandveg-giesmatter.gov
Experience New Veggies 5 Try a new vegetable that you have never had before Visit www.fruitsandveg-giesmatter.gov	National Canned food month 6 If you purchase canned goods, choose low-sodium or no salt added canned vegetables 	How Much Do You Need 7 Men 2 Cups Fruit 3 Cups Veggies Women 1½ Cups Fruit 2½ Cups Veggies	National Grapefruit Month 8 Eat a fresh red grapefruit instead of juice with your breakfast 	Healthy Heart Check 9 Make a check list to keep your heart healthy 1. Eating Fruits & Veggies 2. Staying active 3. Getting Plenty of Rest	Get Active 10 Try a new physical activity you can create your own or try zumba, or yoga	Eat Beans 11 Dried help you have a healthy lifestyle Visit www.fruitsandveg-giesmatter.gov 
Dinner Time! 12 Try to eat seven healthy meals for dinner this week 	Keep your heart rate up! 13 Get 30 minutes of moderate exercise 3x a week! Examples Dancing, Tennis, Water Aerobics, Gardening (raking, Trimming shrubs)	Eat Fruits & Vegetables with someone you LOVE! 14 In celebration of valentine Day, eat red fruits and vegetables today 	Choose Cherries 15 Visit www.choosecherries.com	Happy Apple Day 16 Bob for Apples Play a game of Bobbing for Apples with your Family 	Cook Healthy Fruits & Veggies in a Healthy Way 17 Roast Pepper at 450 Degree, turn every 15 minutes (until done), peel skin, and enjoy 	Potato Lovers Month 18 Eat bake potatoes instead of fried to keep your heart healthy
19 Try to eat seven healthy meals for dinner this week	Be Brave in the Cold 20 Go Out side and exercise Tips Stay Safe Stay Warm Stay moving	Vegetable for 12 Months 21 To find the vegetable for the month of February Visit www.fruitsandveg-giesmatter.gov	Track It 22 Put this list in a visible place so you can keep TRACK!!!	Super Sweet Potato 23 Eat sweet potato to increase your potassium 	Don't Stop Til' you Get Enough 24 Skating is a family exercise 	Fresh Fruit Day 25 Make a grocery list of fresh fruits & veggies to purchase
26	27	Keep Going You Can Do it 28 	<u>Tips To Take Care of Your Mind Body & Soul</u> Choose To Eat Healthy.... Choose To Drink Healthy.... Choose To Keep Your Family Together.... Choose To Go Outside.... Choose To Get Enough Rest			

FEBRUARY 2012

NATIONAL HEALTH OBSERVANCES

- 3 National Wear Red Day
- 3 Give Kids A Smile Day
- 7-14 Congenital Heart Defect Awareness Week
- 14 National Donor Day

SOURCE: HEALTHFINDER.GOV/NHO/NHO.ASP

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