

Body & Soul in Motion

C O N N E C T I O N



J A N U A R Y 2 0 1 2

Body & Soul in Motion

Overview

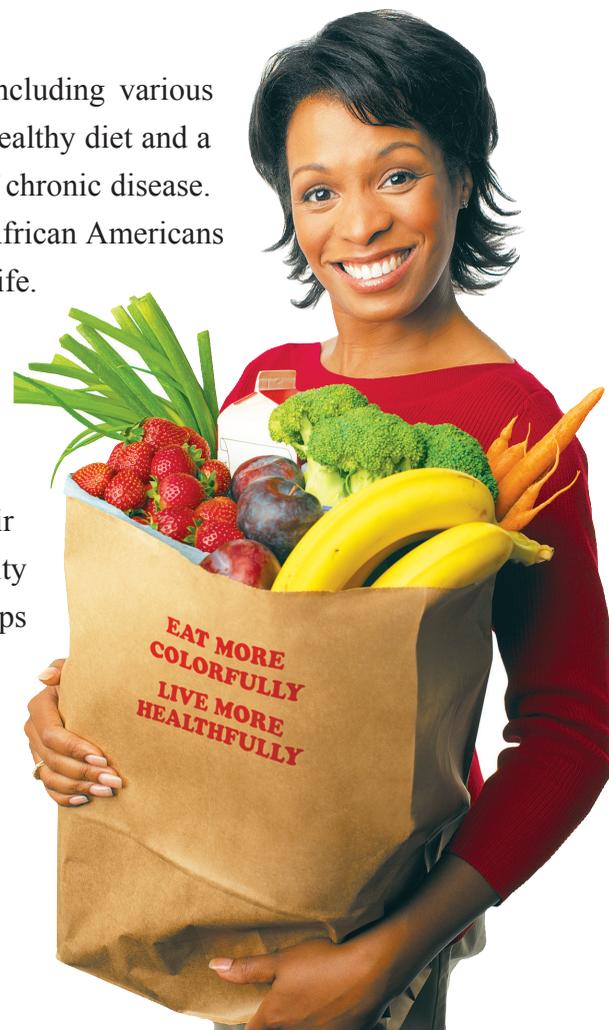
The Office of Minority Health (OMH) State Partnership Grant Program (SPG) is happy to provide you with the **Body & Soul in Motion Connection Newsletter**. This newsletter is meant as an invitation, to keep those active in the Body & Soul program connected, aware of health issues, health tips, and each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

January 2012

- 21 Leon County Jacob Chapel
- 21 Okaloosa County
- 28 Jefferson County St. Phillip AME

February 2012

- 06 Leon County Ministerial Alliance
- 25 Martin County
- TBA Gadsden County



Community Spotlight



1. Girls' Choir members are all smiles at the "Meet and Greet" event held at the Family of Faith Worship Center in St. Lucie County.
2. Diana Fox Williams interacts with girls at the "Meet and Greet" event held at Family of Faith Worship Center in St. Lucie County.
3. Hispanic Faith-Based Leaders Program October 22nd. Cynthia Seaborn (left), State OMH and Helga Snure (right), St. Lucie CHD with Chris Dzadovsky Chairman of the St. Lucie Board of Commissioners (center).
4. Body & Soul in Motion at one of the largest Hispanic Catholic churches in St. Lucie/ The congregation is 3000 +. We are working on getting the church started. The Pastor indicated at the Hispanic Leaders program that he wanted to be involved.
5. Chef Robert Hall takes a photo with participants of St. Lucie County Diabetes Coalition event.
6. Chef Robert Hall demonstrates the art of fruit carving to create visual and stimulate the palate using fresh fruit as centerpieces.

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



Fruit & Veggie of the Month

Dried Fruits



Drying is the oldest method of preserving food. The first European settlers in America often ate dried corn, apple, currants, grapes and meat. Sun drying of food was an easy way to prolong the life of food, but this form of dried food was different from what is available today. In different climates, the food dried differently because complete sun drying is dependent on very particular weather conditions. Drying eliminates moisture from the food resulting in a longer food life. Organisms that make food spoil require moisture to survive, so foods that have been completely dried have the longest life.

Dried fruits and vegetables are high in fiber and carbohydrates and low in fat. However, dried foods are more calorically dense than their fresh counterparts. The recommended serving size for dried fruits and vegetables is half that of fresh.

Vitamin C is one nutrient that is destroyed by heat. Pretreating food with citrus juice can help increase the vitamin C content of the dried food.



Yucca Root

Yucca (also known as manioc or cassava), is a white, starchy tropical vegetable that widely grown and consumed in Africa, Asia, Latin America, and the Caribbean. In many countries, yucca is a dietary staple usually eaten boiled, steamed, and in flour form as thickeners or additional ingredients for noodles, cakes, and pastries.

Yucca root has made a home growing in Florida since the late 1800s. Cassava is a bushy perennial that can grow as tall as 8 feet. The white interior of yucca is firmer than potatoes and has high starch content. Fresh yucca has thick, dark brown skin that resembles a tree's bark. Fresh yucca is available year round. Look for firm blemish free tubers. Store whole yucca as you would potatoes, in a cool, dark, dry place for up to one week. Peeled yucca covered with water and refrigerated or wrapped tightly and frozen for several months.

Yucca can easily be substituted for potatoes in soups and stews and it contains a high amount of vitamin C and carbohydrates. It is also a good source of dietary fiber and contains approximately 120 calories per 1 cup serving.

Recipe of the Menu

Pan-Seared Salmon with Pineapple-Jalapeno Relish



Tangy, spicy and fruity, this inviting recipe belies its simple preparation. Seed the jalapeño pepper if you prefer a milder dish, and serve over coconut rice accompanied by a crunchy salad.

Yield: 4 servings (serving size: 1 fillet and about 1/2 cup pineapple mixture)

Ingredients

2 cups chopped pineapple
1/4 cup finely chopped red onion
1/4 cup finely chopped red bell pepper 1 tablespoon fresh lemon juice
2 teaspoons sugar
1 finely chopped seeded jalapeño pepper
1/2 teaspoon salt, divided
1 teaspoon chili powder
1/4 teaspoon black pepper 4 (6-ounce) salmon

Preparation

Combine first 6 ingredients in a medium bowl; stir in 1/4 teaspoon salt.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.

Combine remaining 1/4 teaspoon salt, chili powder, and black pepper, stirring well; sprinkle evenly over fish. Add fish to pan, skin side up; cook 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Serve with pineapple mixture.

Nutritional Information

Amount per serving

Calories: 308
Calories from fat: 46%
Fat: 15.6g
Saturated fat: 3.2g
Monounsaturated fat: 5.7g
Polyunsaturated fat: 5.7g
Protein: 28.8g
Carbohydrate: 11.7g
Fiber: 1.3g
Cholesterol: 80mg
Iron: 0.7mg
Sodium: 394mg
Calcium: 31mg

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.



Dumbbell Shoulder Press on Ball

Starting Position

Begin by sitting on top of the Swiss ball with your feet firmly planted on the ground. Keep your abdominal muscles tight and hold dumbbells to the side of your head, palms facing away from your body, and elbows at 90 degrees.

Action

EXHALE: Raise dumbbells slightly in front of your head and above your head until you touch the ends of each dumbbell together. Your arms should be as straight as possible and you should not lock your elbows.

INHALE: Bring your arms and the dumbbells back down to the starting

Special Instructions

If you feel pinching in your shoulders as you raise the dumbbells, bring the dumbbells more out in front of your head. Keep your spine straight and continue to look forward during the exercise. Performing this activity in front of a mirror will help you with your form.

Alternative

If you do not have a Swiss ball or free weights you can use any chair and a half gallon of milk for added weight. The starting position and actions are the same as listed above.

Muscles Worked: Shoulders, Abs and Obliques

Health Issue of the Month

Cervical Cancer



All women are at risk for cervical cancer. It occurs most often in women over age 30. It is important to get tested for cervical cancer because 6 out of 10 cervical cancers occur in women who have never received a Pap test or have not been tested in the past five years.

According to the American Cancer Society, there are approximately 13,000 new cases of cervical cancer will be diagnosed yearly and 4,100 of those cases will die from the deadly disease. On a more positive note research shows that cancer is nearly 100% preventable, if detected early. Trend in mortality rate have declined over the last 20 to 30 years in the United States. Cervical cancer rates are higher among older women, but the precursor lesion to cervical cancer most often occurs in younger women. Minority population and individuals of low socioeconomic status have higher rates of cervical cancer as well.

What is Cervical Cancer?

Cancer is a disease in which cells in the body grow out of control. Cancer is always named for the part of the body where it starts, even if it spreads to other body parts later. When cancer starts in the cervix, it is called cervical cancer.

What are the symptoms of Cervical Cancer?

Cervical cancer usually does not cause signs and symptoms. Advanced cervical cancer may cause bleeding or discharge from the vagina that is not normal for you, such as bleeding after sex. If you have any of these signs, talk to your doctor. They may be caused by something else, but the only way to know is to see your doctor.

When should you get tested for Cervical Cancer?

You should start getting regular Pap tests at age 21, or within three years of the first time you have sex—whichever happens first. The Pap test is one of the most reliable and effective cancer screening tests available.

5 WAYS to prevent Cervical Cancer

Get a regular Pap Smear.

Limit the amount of sexual partners you have.

If you are sexually active, use a condom every time.

Quit smoking and avoid secondhand smoke.

Follow up on abnormal Pap smears.

Body & Soul in Motion

A Celebration of Healthy Eating & Living in Motion

What is Body & Soul in Motion?

Body & Soul: A Celebration of Healthy Eating and Living is a proven health program developed for African American churches. The program empowers faith-based members to eat a healthy diet rich in fruits and vegetables every day for better health. We have modified the program by adding physical activity to increase motion which creates a healthy exchange and balance. Faith-based communities that embrace Body & Soul in Motion help their members take care of their bodies as well as their spirits.

Why Body & Soul in Motion?

Many minority populations are at high risk for many serious and often fatal diseases. These include high blood pressure, diabetes, heart disease, and many types of cancer. A healthy diet rich in fruits and vegetables promotes good health and can help lower the risk for these illnesses. Being in motion through physical activity or exercise is important for our body.

How does Body & Soul in Motion work?

Faith-based communities customize and run Body & Soul in Motion to fit the needs of their community. You can draw upon the many talents of your church members to nourish and sustain your congregation/community as they move toward a healthier “body & soul in motion.”

What are the benefits of Body & Soul in Motion?

Body & Soul in Motion congregations/communities embrace and celebrate good health through healthy eating. By implementing Body & Soul in Motion, your congregation can help meet its health ministry goals:

- Learn how health and spirituality are connected
- Feel empowered to take charge of their health
- Eat more fruits and vegetables every day
- Live healthier, by eating less fat and getting more physical activity
- Gain access to vital health information at the church

To learn more about bringing
Body & Soul in Motion to your
congregation/community contact:

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www.doh.state.fl.us/minority/bodyandsoul.html

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KIDS RECIPE

Fun Veggie Burgers



Make this into a vegan burger by using 2 tablespoons of plain silken tofu or 2 tablespoons of tahini in place of the egg.

Yield: 4 burgers

Ingredients

1 (15-ounce) can chick peas, drained, rinsed
1 egg
1 clove garlic, finely chopped
1 teaspoon smoked paprika
1/2 teaspoon ground coriander
1/2 teaspoon ground cumin
1/2 teaspoon coarse (kosher or sea) salt
1 cup chopped fresh spinach
1/2 cup shredded carrot

2 tablespoons chopped fresh cilantro
3/4 cup panko bread crumbs
2 tablespoons canola oil
Toppings, as desired (avocado halves, cilantro leaves, cucumber slices, tomato slices, sweet pepper strips, lettuce leaves)
Sauces, as desired (spicy mustard, sriracha, ketchup, citrus vinaigrette)

Preparation

1. In food processor bowl with metal blade inserted, place chick peas, egg, garlic, smoked paprika, coriander, cumin and salt. Cover; process with on-and-off pulses about 45 seconds or until nearly smooth. In a medium bowl, stir together bean mixture, spinach, carrot and cilantro until well combined. Stir in bread crumbs. Shape mixture into 4 patties, about 3 1/2 inches in diameter and 1/2 inch thick.
2. Heat oil over medium heat in a 10-inch nonstick skillet. Cook patties in oil 8 to 10 minutes, turning once, until brown and crisp. (To grill burgers, heat gas or charcoal grill. Spray a sheet of heavy-duty foil with non-stick cooking spray. Place patties on foil. Place on grill over medium-high heat. Cover grill; cook 8 to 10 minutes, turning once, until brown and crisp.)
3. Serve stacked with toppings and drizzled with sauce.

Nutrition information per serving without toppings: 237 calories, 34% calories from fat, 9g fat, 1g saturated fat, 46mg cholesterol, 31g carbohydrates, 8g protein, 293mg sodium, 5g fiber

Coordinator Calendar

January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Happy New Year 1</p> <p>Start the Year out with fruits & vegetables</p>	<p>2</p> <p>Eat Colorful variety of fruits & vegetables each day</p>  <p>This week commit to eating a piece of fruit with lunch!</p>	<p>Dried Fruit Month 3</p> <p>Add dried fruit to yogurt, to cereal, muffin or pancake batter</p>	<p>Enjoy Nature 4</p> <p>Take a brisk walk!</p>  <p>This week take 2 family walks together around the block!</p>	<p>Focus on Fiber 5</p> <p>15 to 30 grams of dietary fiber needed daily. Use fruit and veggie to increase fiber intake.</p>	<p>Beans Rock 6</p> <p>Try a new delicious "bean recipe" today.</p>  <p>Drink Water w/ EVERY MEAL</p>	<p>Keep Moving 7</p> <p>Complete a physical activity. Try weight bearing ... Take 12 oz bottles of water in each hand and complete 3 sets of 15 reps!!!!</p>
<p>New Fruits & Veggies 8</p> <p>Try a new fruit or vegetable that you have never had before</p> <p>Visit www.fruitsandveggiematter.gov/tips/snacks.html</p>	<p>9</p>	<p>How Much Do You Need 10</p> <p>Men 2 Cups Fruit 3 Cups Veggies Women 1½ Cups Fruit 2½ Cups Veggies</p>	<p>Stretching Helps our Muscle 11</p> <p>Today start your day with a 10 minute Stretch</p>	<p>Burn Calories to stay Fit... 12</p> <p>Recharge your body with proper Rest</p>  <p>Adults Try to Get 8 hours of Sleep</p>	<p>More Veggies Keep Me Healthy 13</p> <p>Check Out the Vegetable of the Month</p> <p>Visit www.fruitandveggiemattermore.org</p>	<p>Friendly Fiber 14</p> <p>Boost your fiber today.</p> <p>Eat nutritious food full of Fiber.</p>
<p>Let's take it Back!!!! 15</p> <p>Be a Big Kid Play Kick Ball with your family!!!!</p>	<p>16</p> <p>Make sure all children follow their Bed Time</p> 	<p>National Oatmeal Month 17</p> <p>Start your day with a warm bout of oatmeal....</p> <p>Don't forget some fresh fruit to eat too.</p>	<p>Grow your Own Food 18</p> <p>Steps to a healthy weight</p>  <p>Plant something to Eat</p>	<p>Celebrate Healthy Weight Week 19</p>  <p>Take a trip to the park and PLAY!</p>	<p>Go Bike Ridding 20</p> <p>Stationary bikes are a Great way to stay fit</p> 	<p>No Gimmicks Day 21</p> <p>Lifestyle changes are permanent</p>
<p>22</p>	<p>Healthy Snack Time 23</p> <p>For healthy snack ideas</p> <p>Visit www.fruitsandveggiematter.gov/tips/snacks.html</p>	<p>24</p> <p>Read a Bed Time Story to your Children</p> 	<p>More Folic Acid Week 25</p> <p>Eat Broccoli and drink orange juice for folic acid</p>	<p>26</p> <p>Eat (2) two vegetables with Dinner</p> 	<p>Park & Walk 27</p> <p>Park your car a longer distance from the front door at work</p>	<p>Toppings for Breakfast 28</p> <p>Add some fresh blue berries to your pancakes</p>
<p>29</p>	<p>30</p>	<p>Keep Going You Can Do it 31</p> <p>Keep up the Good Work</p> 	<p><u><i>Tips To Take Care of Your Mind Body & Soul</i></u></p> <p>Choose To Eat Healthy.... Choose To Drink Healthy.... Choose To Keep Your Family Together.... Choose To Go Outside.... Choose To Get Enough Rest</p>			

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



JANUARY 2012

NATIONAL HEALTH OBSERVANCES

- 1-31** Cervical Health Awareness Month
- 1-31** National Birth Defects Prevention Month
- 1-31** Thyroid Awareness Month
- 1-31** National Glaucoma Awareness Month
- 1-31** National Radon Action Month
- 1-31** National Stalking Awareness Month
- 8-14** National Folic Acid Awareness Month

SOURCE: HEALTHFINDER.GOV/NHO/NHO.ASP

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www.doh.state.fl.us/minority/bodyandsoul.html

