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. Tonetta Scott, 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.”
PARTNER WITH US

THE STATE PARTNERSHIP GRANT PROGRAM INVITES YOU TO PARTNER FOR HEALTH

The Office of Minority Health, State Partnership Grant Program (SPG) is looking to partner with faith-based and community-based organizations throughout the state of Florida with the Body & Soul in Motion health initiative.

The Body & Soul in Motion program is an adaptation of the National Cancer Institute’s Body and Soul health program that encourages faith-based members to eat a healthier diet and increase physical activity for better health. The Body & Soul in Motion initiative is designed to promote healthy behaviors within African-American and minority churches. Faith-based communities that embrace Body & Soul in Motion help their members take care of their bodies as well as their spirits. Faith-based organizations customize and run Body & Soul in Motion to fit the needs of their community.

The State Partnership Grant Program is working with various churches throughout Florida to implement Body and Soul in Motion. The program offers assistance to each partnered church that has a Memorandum of Understanding with the SPG Program with monthly newsletters, presentations to congregations, and educational materials.

To learn more about bringing Body & Soul in Motion to your congregation or community contact Dr. Tonetta Scott, SPG Program Coordinator at Tonetta_Scott@doh.state.fl.us or 850-245-4941.

For more information on Body and Soul in Motion, e-mail statepartnershipgrant@doh.state.fl.us or visit www.doh.state.fl.us/minority/bodyand soul.html.
Ultraviolet Safety Awareness Month is a great way to spread the message of sun, fun, and UV safety to your community. As residents of the sunshine state it is important that we all take the necessary steps to ensure summer safety. Ultraviolet (UV) radiation is the main cause of skin cancer. It is important to wear light-weight clothing and hats with a wide brim to shade the face, head, ears, and neck. Be cool wear your shades. Ultraviolet (UV) rays can hurt your eyes. Early sun damage can have significant repercussions later in life. Skin cancer is known to be the most common type of cancer in the United States, and can affect those of all ages, including older adults and children. Ensure that children are protected while they are out in the sun, swimming or just playing.

Who has the most risk for sun cancer?
- White or light-colored skin with freckles
- Blonde or Red hair
- Blue or green eyes

Take these steps to prevent skin cancer:
- Stay of sun between 10 a.m. and 4 p.m.
- Put sunscreen on before you go outside
- Use sunscreen with SPF 15 or higher
- Cover up with long sleeves and a hat
- Check your skin regularly for changes

Drowning Awareness
Summer safety is very important in all communities, specifically communities of color. Fatal drowning is the leading cause of death of unintentional injury among children ages 1-14. Among minorities, African American drowning rates are 3.2 time higher, and among American Indians, and Alaskan Native children the drowning rates 2.4 higher in comparison to their white counterparts.

Tips for UV Protection

Skin
- Try to stay out of the sun between 10 a.m. and 4 p.m. unless needed.
- Use sunscreen with SPF 15 for shorter durations of sun exposure and SPF 30 or higher for longer durations of sun exposure.
- Cover up with long sleeves and a hat.
- Wear sunglasses that offers 99 to 100 percent UV protection for your eyes.
**Fruit & Veggie**

**Garlic** has been the topic of much folklore. In ancient times, its pungent odor was believed to supply strength and courage to those who ate it. Garlic has been used for numerous things including embalming, warding off evil spirits, and curing everything from the common cold to tuberculosis and broken bones.

Even in modern times, garlic is still being promoted as a health food with medicinal properties. Though garlic is a nutritious food, many of the claims surrounding it are not backed up by research.

Garlic is a member of the Allium genus and classified as Allium sativa. The garlic bulb is covered with a loose, white, crackly outer skin and comprised of individual sections called cloves. Each clove is covered in a white sheath.

Garlic is very popular in the Middle East and Mediterranean countries, India and China. In America, 250 million pounds of garlic are consumed per year and its use is growing.

Garlic is characterized by its strong flavor and smell, stemming from its sulfur compounds. It makes a great flavoring agent for a variety of dishes.

**Nectarine** commonly showcased side by side with peaches, nectarines are a similar, but yet different fruit. The best way to identify the difference between a nectarine and peach is by the lack of fuzz on the nectarine.

Nectarines, like peaches, most likely originated in China more than 2,000 years ago and were cultivated in ancient Persia, Greece and Rome. They were grown in Great Britain in the late 16th or early 17th centuries, and were introduced to America by the Spanish.

Today, California grows over 95% of the nectarines produced in the United States.

Nectarines are smaller and smooth skinned golden yellow with large blushes of red. Their yellow flesh has a noticeable pink tinge, with a distinct aroma and a more pronounced flavor. There are more than 100 varieties of nectarine, in freestone and clingstone varieties. In freestone types the flesh separates from the 'pit' easily, while clingstone types cling to the 'pit.' Nectarines are more delicate than peaches and bruise very easily.

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**Garlic Steak with Nectarine Relish**

**Ingredients**

1 boneless beef top loin steak, cut 1 inch thick (about 10 ounces)
3 cloves garlic, thinly sliced
1/8 teaspoon salt
1/8 teaspoon ground pepper
1 medium onion, coarsely chopped
1 teaspoon olive oil
1 tablespoon cider vinegar
1 teaspoon honey
1 small nectarine, pitted and chopped
1 teaspoon snipped fresh mint
Fresh mint sprigs (optional)

**Yield**

Serves 2

1 Trim fat from steak. With the tip of a paring knife, make small slits in steak; insert half of the garlic into slits. Wrap steak in plastic wrap; chill for 30 minutes. Sprinkle with salt and pepper.

2 Meanwhile, for relish, in a large nonstick skillet cook onions and remaining garlic in hot oil over medium heat 5 to 10 minutes or until onions are golden, stirring occasionally. Stir in vinegar and honey. Stir in nectarine and the snipped mint; heat through.

3 Preheat indoor electric grill. Place steaks on the grill rack. If using a covered grill, close lid. Grill until steaks are desired doneness. Place on a large nonstick skillet. Add remaining ingredients; cover and grill as above.

**Nutritional Facts**

274 calories; 13 g total fat; 200 mg sodium; 15 g total carbs; 2 g dietary fiber; 24 g protein

**Variation**

Outdoor grill method: If using a charcoal grill, place steak on grill rack directly over medium coals. Grill to desired doneness, turning once. Allow 10 to 12 minutes for medium rare (145 degrees F) and 12 to 15 minutes for medium (160 degrees F), turning once halfway through grilling. Serve the steaks with relish. If desired, garnish with mint sprigs. Makes 2 servings.
**Grilled-Cheese**

*Source: Kidshealth.org*

### Ingredients

**This Recipe**
- 2 slices whole-wheat or whole grain bread (at least 3 grams of fiber per slice)
- 2 slices of reduced-fat American cheese

**Traditional Recipe**
- 2 slices white bread
- 2 slices American cheese
- 1 tsp butter

### Prep time
5 minutes

### Serves
1 Sandwich

### Nutritional Facts
- 298 calories, 21g protein, 10g fat, 31g carbohydrate, 6g fiber, 26mg cholesterol, 1203mg sodium, 704mg calcium, 5.4mg iron

### Steps

1. Toast bread. Add Cheese slices to one slice of bread.
2. Top with other slice of bread. Wrap sandwich in paper towel.
3. Microwave on HIGH for 20 seconds or until cheese is melted (do not overcook).

### KIDS Recipe

*Body & Soul in Motion | 9*

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

### Fitness

**Modified Side Plank**

*Source: Sparkpeople.com*

**Starting Position**
Lie on left side, legs together, feet stacked. Wrap right arm around waist. Keep head and neck aligned with spine.

**Action**
Prop upper body on bent left forearm (be sure elbow is directly below shoulder). Press hips toward ceiling, using abs to stabilize torso. Hold for 30 seconds and work up to 1-3 minutes.

**Special Instructions**
Be sure not to hold breath. Exercise will be easier if feet are staggered instead of stacked.

**Muscles Worked**
Abs and Obliques

### Alternative Exercise

**Modified Pendulum**

**Starting Position**
Begin by lying on the floor with your arms out to your side. Place a medicine ball in-between your knees and hold it there by clenching your legs together. Lift your legs off the ground and bend your knees to a 90 degree angle. Make sure your lower back is flat on the ground.

**Action**
Slowly lower your knees to the right, making sure to keep your shoulders and back flat on the floor. Slowly move knees back across your body and down to your left side. Try doing 2 sets of 10-12 repetitions.

**Special Instructions**
You don’t want to touch the floor with the medicine ball or your knees. Remember to keep the lower back flat on the floor.

**Muscles Worked**
Abs and Obliques

*Source: Sparkpeople.com*
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.

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<td>Week 1</td>
<td>Easy walk: 5–10 mins 9&lt;br&gt;<em>Stretch: 2 mins &lt;br&gt;(NOTE: Always rest when necessary!)</em></td>
<td>Easy walk: 5–10 mins 9&lt;br&gt;Brisk walk: 5–10 mins 9</td>
<td>Easy walk: 5–10 mins 9&lt;br&gt;Rest</td>
<td>Easy walk: 5–10 mins 9&lt;br&gt;(Window shopping is great!)</td>
<td>Easy walk: 5–10 mins 9&lt;br&gt;Rest</td>
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<td>Week 2</td>
<td>Easy walk: 5–10 mins 9&lt;br&gt;Brisk walk: 5–10 mins 9</td>
<td>Easy walk: 5–10 mins 9&lt;br&gt;Rest</td>
<td>Easy walk: 5–10 mins 9&lt;br&gt;Rest</td>
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- **Week 1**: Easy walk: 5–10 mins 9<br>*Stretch: 2 mins 9<br>(NOTE: Always rest when necessary!)*
- **Week 2**: Easy walk: 5–10 mins 9
- **Week 3**: Easy walk: 10–15 mins 9<br>Stretch: 2 mins
- **Week 4**: Easy walk: 10–15 mins 9<br>Brisk walk: 5–10 mins 9
- **Week 5**: Easy walk: 10–15 mins 9<br>Brisk walk: 5–10 mins 9
- **Week 6**: Power Intervals: Total Time: 24–34 mins 9<br>Easy walk: 15–20 mins 9
JULY 2012
NATIONAL HEALTH OBSERVANCES

1-31  Cord Blood Awareness Month
1-31  Juvenile Arthritis Awareness Month
1-31  UV Safety Month
28    World Hepatitis Day

SOURCE: healthfinder.gov/nho/nho.asp