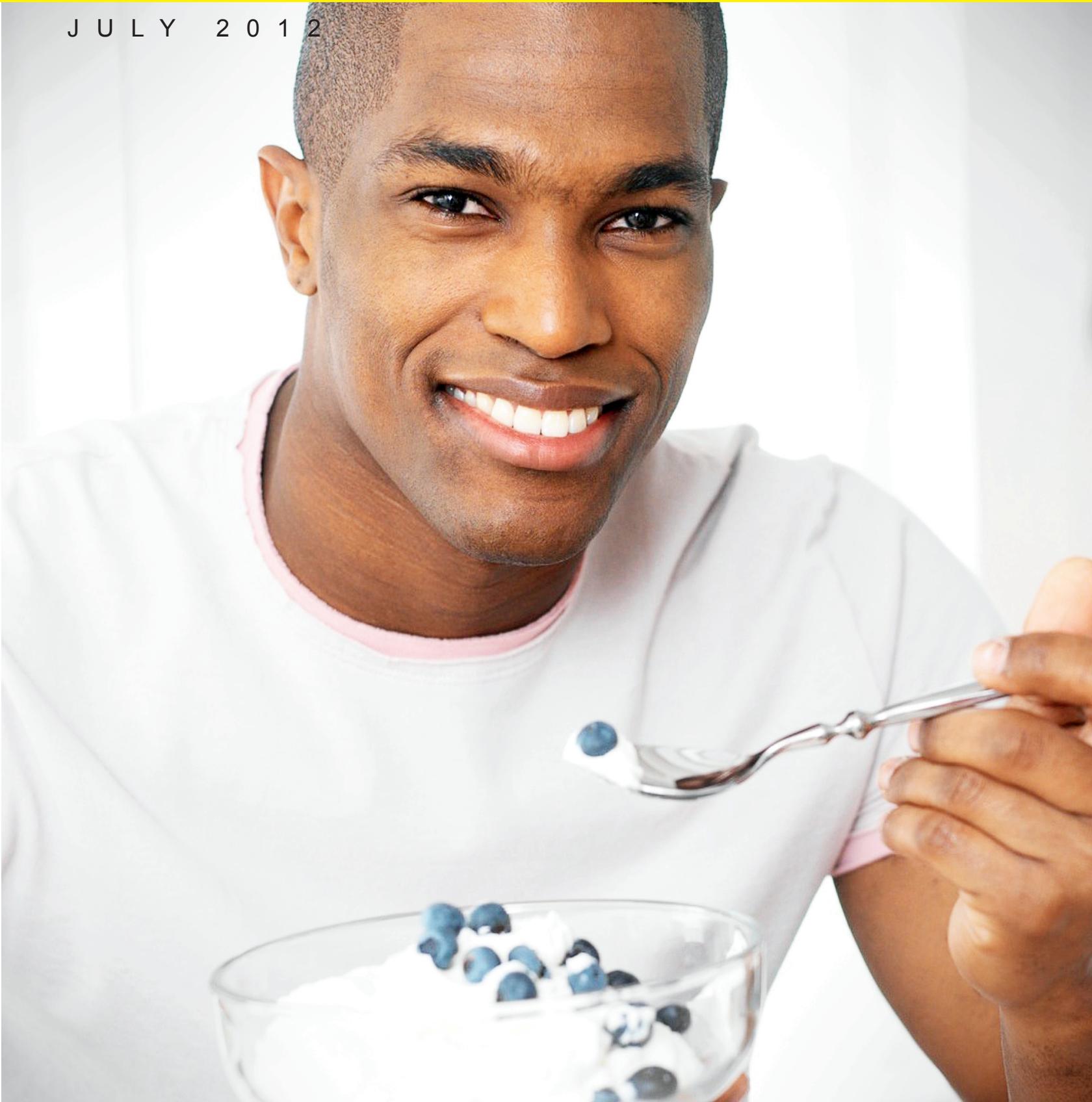


Body & Soul in Motion

C O N N E C T I O N

J U L Y 2 0 1 2



Body & Soul in Motion

Contents

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.”

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WELCOME!

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/bodyandsoul.html.



Ultraviolet Safety Awareness Month is a great way to spread the message of sun, fun, and UV safety to you 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.

Body & Soul in Motion

HEALTH BULLETIN

July 2012

Ultraviolet (UV) Safety Awareness Month

July is Ultraviolet Awareness Month and to spread the message Body & Soul in Motion offers some tips for having fun in the sun while reducing the risks of sun damage.

According to the U.S Department of Health and Human Services, skin cancer is the most common type of cancer in the United States, and it's on the rise. The American Cancer Society expects more than 75,000 new cases of malignant melanoma, the most serious form of skin cancer, and more than 2 million new cases of basal cell and squamos cell skin cancer this year alone.

Not only are the sun's UV rays the main cause of skin cancer, they also cause wrinkles and blotchy skin.

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 exposer and SPF 30 or higher for longer durations of sun exposer.
- Cover up with long sleeves and a hat.
- Wear sunglasses that offers 99 to 100 percent UV protection for your eyes.



Garlic

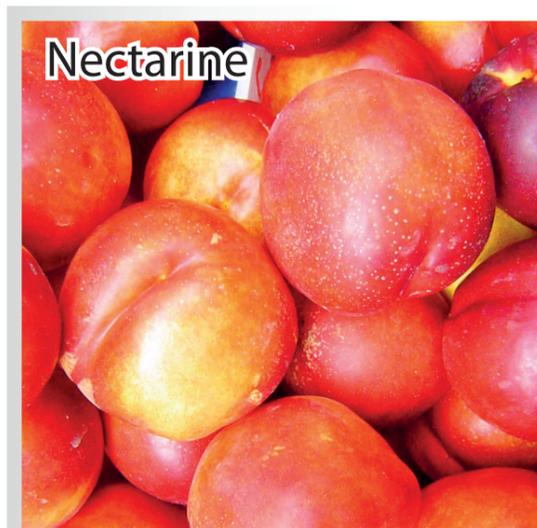
Garlic has been the topic of much folklore. In ancient times, its pungent odor was believed to supply strength and courage to those who ate it. Garlic has been used for numerous things including embalming, warding off evil spirits, and curing everything from the common cold to tuberculosis and broken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

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.

try it!

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

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



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. (For a covered grill, allow 4 to 6 minutes for medium rare (145 degrees F) or 6 to 8 minutes for medium (160 degrees F). For an uncovered grill, allow 8 to 12 minutes for medium rare (145 degrees F) or 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.

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). If using a gas grill, preheat grill. Reduce temperature to medium. Place steak on grill rack over heat; cover and grill as above.

KIDS RECIPE

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 tbsp 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, 5.4 mg iron



Grilled-Cheese

Source: Kidshealth.org

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).

FITNESS

Modified Side Plank

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

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



Source: Sparkpeople.com

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

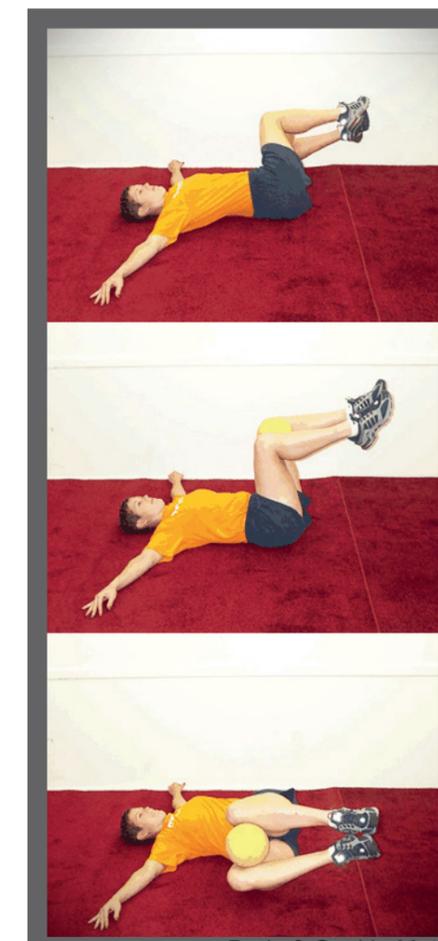
Slowly lower your knees to the right, making sure to keep your shoulders and back flat on the floor. Slowly move knees back across your body and down to your left side. Try doing 2 sets of 10-12 repetitions.

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



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
National Blueberry Month. 1 Try some pancakes topped with blueberries 	Parks and Recreation month. 2 Go outside and play, get fresh air, and enjoy life. 	Independence Day. Enjoy some juicy red berries. 3 Drink 100% white grape juice and eat fresh. 	Try some star fruit. 4 It is very sweet and fun to look at. 	National Apple Turnover Day 5 Apples aren't just for desert. Have one today for a snack. 	National Picnic Month 6 Take your family on an exciting adventure outdoors. 	National Strawberry Sundae Day 7 Slice some strawberry over low-fat frozen yogurt 
First public drinking fountain was built 8 Be sure to stay hydrated during heat of the summer. 	National mobility month. 9 Stay Moving! Exercise can be done at your desk. 	National Blueberry muffin month. 10 Add an extra cup of blueberries to your low-fat recipe to stay healthy. 	Eat Fresh. 11 Grow your own fruit and veggies in the back yard. 	Try jumping rope today. 12 It's easy, fun, and a great way to add physical activity into your day. 	Enjoy the fruit of the month. 13 Nectarine are sweet, juicy and full of nutrients to help you stay healthy. 	The refrigerator was created on this day 14 Stock your refrigerator with fresh fruits and veggies. 
Eat a colorful Variety of fruits and veggies. 15 Have a nice plate full of green fruits and veggies. 	National Blueberry Festival. 16 Try a new recipe at the blueberry festival in your state. 	Try a sweet and sour kumquat fruit. 17 Spice it up a little...Try something new. 	National Citrus Day. 18 Citrus will keep your immune system healthy. 	Pile on the peaches. 19 Try a peach smoothie. Blend ice, peaches, and low-fat yogurt. 	Celebrate life today. 20 Enjoying healthy foods will help you live longer. 	National Baked Bean month. 21 Beans are a good source of protein. 
Eat your vegetable day 22 Choose your favorite vegetable to eat with dinner tonight. 	Get out and Play 23 Create an obstacle course for you and your family. 	The stove was invented today. 24 Use your stove to steam some fresh vegetables. 	Get up and dance to your favorite song. 25 Dancing for at least 30 minutes is a good way to exercise. 	Hot weather? Go for a swim. 26 Take a nice dip in the pool and cool your muscles 	Garlic Festival 27 Saut� garlic onions and tomatoes together for a health topping 	Baked Potatoes 28 Try your potato bake in the oven with rosemary. A great way to give the potato bold flavor. 
National Salad Week (23-29) 29 Try to eat a small salad with every meal. 	Learn to Relax 30 Take time to rest your body 	Keep up all your good work!!!! 31 Try a new fruit or vegetable that you have not had before. 	<h2>COORDINATORS CALENDAR</h2> <h1>JULY 2012</h1>			

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

ISSUE 8

