Body & Soul in Motion

CONNECTION

JUNE 2012

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. 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."

WELCOME!

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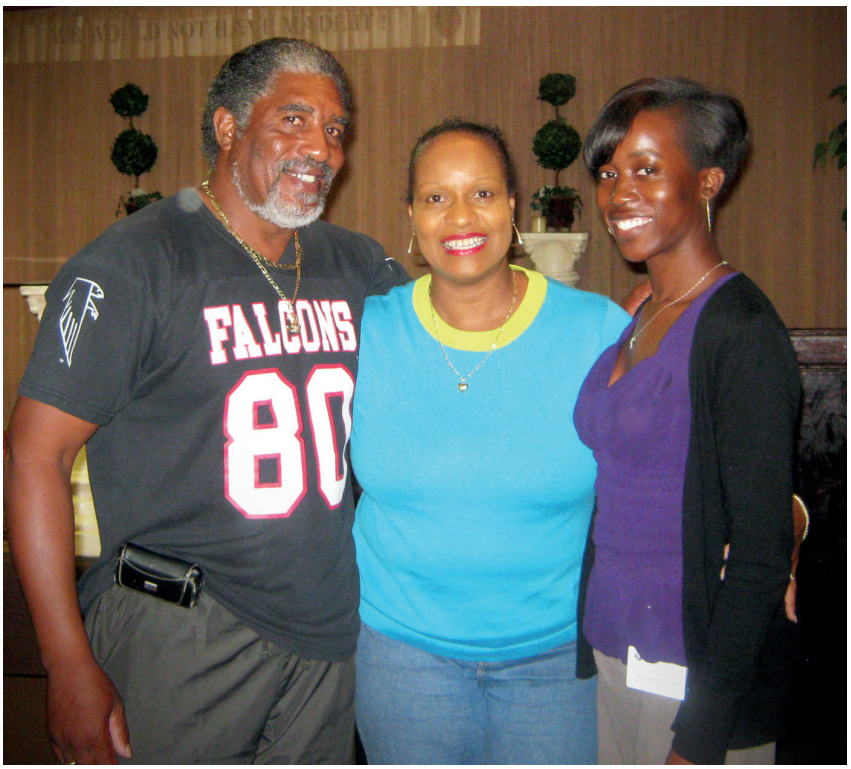
COMMUNITY SPOTLIGHT



USHERS

Health Awareness

JUNE IS MEN'S HEALTH MONTH

awareness | prevention | education | family

01

Eat Healthy. Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.

02

Get Moving. Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.

03

Make Prevention a Priority. Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

100%

Women are 100% more likely than men to visit the doctor for annual exams and preventive services.

1 IN 2

1 in 2 men are diagnosed with cancer in their lifetime compared to 1 in 3 women.

1994

On May 31, 1994 President Clinton signed the bill establishing National Men's Health Week.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."
Congressman Bill Richardson (May 1994)

80

In 2000 there were fewer than 80 men for every 100 women by the time they reach age 65 – 74.

ONLINE RESOURCES

Men's Health Month
menshealthmonth.org

Men's Health Network
menshealthnetwork.org

Get It Checked
getitchecked.com

Talking About Men's Health Blog
talkingaboutmentshealth.com

Women Against Prostate Cancer
womenagainstprostatecancer.org

Body & Soul in Motion

HEALTH BULLETIN

June2012

Men's Health Awareness Month

National Men's Health Week is celebrated each year around Father's Day. During this week, individuals, families, communities, and others make a concerted effort to highlight and bring awareness to health problems that affect men and boys, as well as promote healthy living and encourage detection and treatment for diseases among men and boys.

Tips for Health Living

Eat Healthy

- Eat a variety of fruit and vegetables, and whole grains everyday.
- Limit foods and drinks high in calories, sugar, salt, fat and alcohol.
- Eat a balanced diet to keep a healthy weight.

Be Active

- Participate in physical activity for at least 2½ hours per week.
- Reduce high blood pressure, type 2 diabetes, cancer, and osteoporosis.

Protect You and Your Family

- Wear helmets, seat belts, sunscreen, and insect repellent.
- Maintain good hygiene.
- Avoid smoking and secondhand smoke from others.
- Build healthy and safe relationships with families and peers.

Manage Stress

- Balance work, home, and play.
- Stay positive. Get support from friends and family.
- Take time to relax.
- Get 7-9 hours of sleep each night. Kids should get more based on their age.

Get Regular Check-Ups

- Ask your doctor or nurse how you can your lower your risk for health problems.
- Find out what exams, test, and shots you will need and when to get them.
- Always attend regular check-ups and annual physical exams.

Fruit & Veggie

Okra grows in an elongated, lantern shape vegetable. It is a fuzzy, green colored, and ribbed pod that is approximately 2-7 inches in length. This vegetable is more famously known by its rows of tiny seeds and slimy or sticky texture when cut open. Okra is also known as bamia, bindi, bhindi, lady's finger, and gumbo, is a member of the cotton (Mallow) family.

Okra is commonly associated in Southern, Creole, and Cajun cooking since it was initially introduced into the United States in its southern region. It grows well in the southern United States where there is little frost.

try it!

Pluot are complex hybrid fruits that are part plum and part apricot in heritage. These fruits were originally invented in the late 20th century by Floyd Zaiger and are now grown in parts of Washington and California. Pluots have a majority of plum parentage and therefore, have smooth skin like plums. Some varieties of pluots are sometimes called interspecific plums, or dinosaur eggs.

The pluot is often confused with the aprium which is another plum and apricot hybrid with mostly apricot heritage. Like apricots, apriums have slightly fuzzy skin. Pluots and apriums are known for their sweetness and flavor; the sugar content of these fruits is much higher than that of a plum or apricot alone.

Source: www.fruitsandveggiesmatter.gov

Recipe

Okra, Corn, & Tomatoes

Source: Allrecipes.com

Ingredients

2 slices of bacon, chopped
1 medium onion, chopped
1 (10oz) package frozen cut okra
1 (14.5oz) can diced tomatoes, drained
1 (20oz) package of frozen corn
1 tablespoon file powder
salt & pepper to taste

Yield

Serves 6

Nutritional Facts

167 calories; 5.3 g total fat; 254mg sodium; 27.8g total carbs; 4.3g dietary fiber; 5.6g protein

1 Place bacon in a large skillet over medium-high heat. Cook and stir to release some of the juices, then add the onion and okra. Fry until tender and browned, stirring constantly. Be careful, as this tends to brown quickly.

2 Pour in the tomatoes, and simmer over medium heat for 20 minutes. Mix in the corn, and simmer for another 10 minutes. Season with file powder, salt and pepper, and serve

KIDS RECIPE

Awesome Applesauce

Source: Kidshealth.org

Ingredients
2 small red apples
2 tbsp lemon juice
2 tsp
2 pinches of cinnamon

Utensils
knife (you'll need help from your adult assistant)
blender or food processor
measuring spoons
serving bowls

Prep time
10 minutes

Serves
2

Serving size
1 bowl (half the recipe)

Nutritional Facts
84 calories, 0 g protein, 0 g fat, 22g carbohydrate, 2g fiber, 0mg cholesterol, 3mg sodium, 14mg calcium, 0.3mg iron

1 Peel the apples and cut them into small pieces. Throw out the core.

2 Put the apple pieces and lemon juice into the blender or food processor. Blend until the mixture is very smooth.

3 Pour the mixture into two small bowls and stir in the sugar and cinnamon. Enjoy your awesome applesauce!

Bridge-Ups

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 seated on floor, knees bent, feet flat, arms bent with hands on floor below shoulders.

Action

EXHALE: Straighten arms (don't lock elbows), allowing butt/hips to rise off of ground until your body from your head to your knees is in a straight line parallel to the floor. Hold for 2 counts.

INHALE: Return to starting position for one rep.

Special Instructions

Keep glutes squeezed and tailbone tucked in. Tighten abs to help straighten body. At highest position, knees should be bent at 90 degrees.

Muscles Worked

Abs, Lower back, and shoulders

Source: Sparkpeople.com

Alternative Exercise

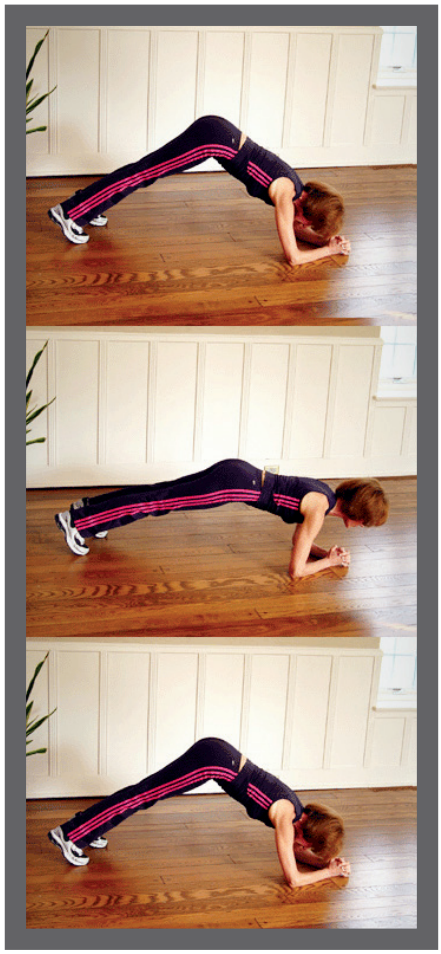
Dolphin Pose

Starting Position

Start in an inverted V: forearms on floor, elbows wide, hands clasped, butt lifted, legs straight. Tip head between arms to look at feet.

Action

Looking up, press body forward until chin is above hands. Return to start to complete one rep.



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.

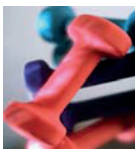
Monday, Wednesday and Thursday are the core workout days, with Tuesdays and weekends optional at the beginning. Fridays are rest days or "Alternate Activity" days. Pick which days of the week work best for you and your schedule. Always start your walk with 3–5 minutes at an easy warm-up pace.

	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

Source: American Heart Association. Also known as the Heart Fund, 2010

Coordinators Calendar

June 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					National fresh fruit and vegetable month 1 Celebrate by eating a bowl of colorful fruit 	National frozen yogurt month 2 Top your favorite yogurt of with fresh berries for a cool treat.
Celebrate Cancer survivors 3 Eat plenty of fruits and vegetables to prevent caner 	Fight Cancer 4 Eat right and maintain a healthy diet 	Today was bananas 1st day to the USA 5 Have fun get bananas…. 	It's summer time 6 Fruit is widely in season. Enjoy your favorite fruits this week. 	Enjoy the fruit of the month 7 Plums are the fruit if the month for June. Enjoy the juicy fruit. 	Enjoy the vegetable of the month 8 Okra is the vegetable of the month 	`National Strawberry Pie day 9 1slice of Strawberry Pie is a good way to finish a healthy meal.
Turkey Lover's Month 10 Thanksgiving is not the only time you can eat turkey 	Gobble, Gobble 11 Have some fresh turkey soup for lunch today 	National dairy month 12 Low-fat cheese can add lots of flavor to roasted vegetables 	National Men's health week 13 Take one of your male relatives to the doctor for a check-up 	Strawberry Shortcake Day 14 Add strawberries to your diet all weekend 	Little League sports week 15 Encourage all children to participate in sports or physical activities 	Go Exploring 16 Take your family on an outdoor treasure hunt.
Eat your vegetable day 17 Choose your favorite vegetable to eat with dinner tonight. 	Spice up you potatoes 18 Try some garlic mushroom potatoes. 	Buy a mango today 19 Today is the last day for mango seasons. Get them while they last 	National papaya month 20 Try some papaya boats… Slice papayas like boast and top with whip cream. 	National cheese week 21 Try adding some fresh berries to your low-fat cottage cheese. 	Sweet, Sweeter, and Sweetest 22 Choose the sweetest fruit you can find and enjoy on top of your favorite breakfast food 	Celebrate National Camping Week 23 Take your family on a camping trip. Good time for bonding.
Physical Activity is Good Health 24 Participate in physical activity 3 times a week to stay in good health. 	Learn to Relax 25 Take time to rest your body 	Taste Something New 26 Try a new fruit or vegetable that you have not had before. 	Get Some Rest 27 All bodies need rest. Proper sleep is a good way to stay healthy. 	Keep up all your good work!!!! 28 	Tasty Tomatoes 29 Add tomatoes to all your meals today be creative. 	Get inspired! Get Outdoors 30 Have fun outside today with your family

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

JUNE 2012

NATIONAL HEALTH OBSERVANCES

1-30	National Aphasia Awareness Month
1-30	National Safety Month
3	National Cancer Survivors Day
11-17	Men's Health Week
27	National HIV Testing Day

SOURCE: HEALTHFINDER.GOV/NHO/NHO.ASP

ISSUE 7

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