

Body & Soul in Motion

C O N N E C T I O N

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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!

Body & Soul in Motion

A Celebration of Healthy Eating & Living in Motion



FAREWELL

Dear Readers,

The Office of Minority Health (OMH), State Partnership Grant Program, is saddened to announce the departure of Ms. Cynthia Seaborn as Program Coordinator. She has taken a position in academia at the university level. We will miss Ms. Seaborn but wish her well in this new endeavor.

We are pleased to inform you that Dr. Tonetta Scott has joined OMH as the new State Partnership Grant Program Coordinator. Dr. Scott has been with the Department of Health for over four years. She received her Doctor of Public Health and Master of Public Health degrees from Florida Agricultural and Mechanical University.

Dr. Scott comes to us with a background in health education and behavioral science, adolescent health, and community organizing. Dr. Scott is dedicated to promoting Body and Soul in Motion throughout the state of Florida. We are excited to have her join our team.

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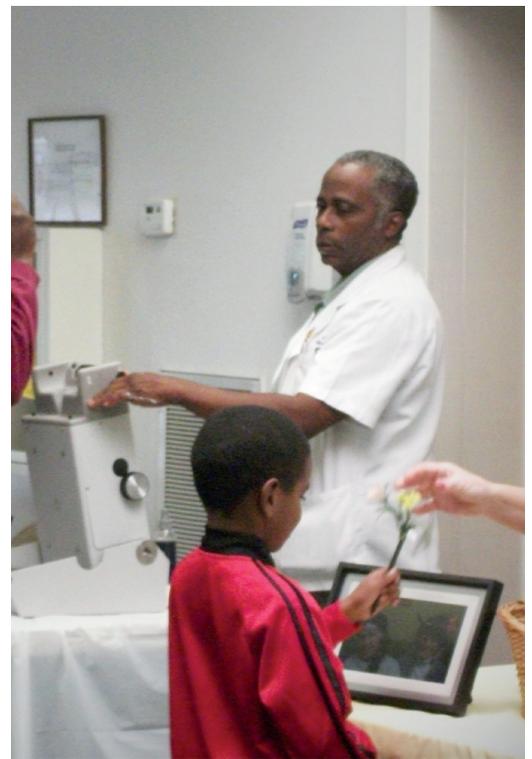
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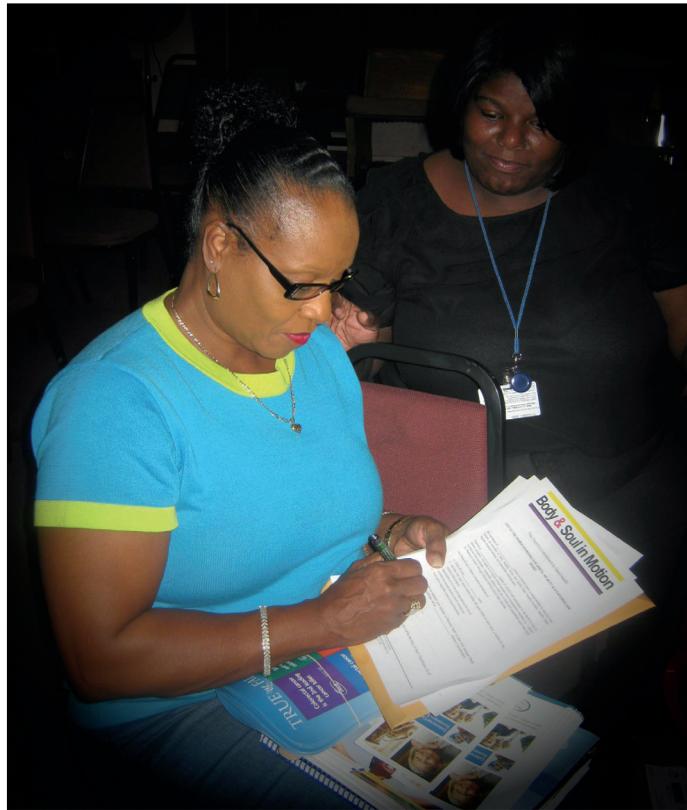
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COMMUNITY SPOTLIGHT





HEALTH AWARENESS

BAND[®] TOGETHER FOR LUPUS AWARENESS

Band Together for Lupus Awareness™ and Raise Awareness this May

Lupus affects an estimated 1.5 million Americans, in fact research has shown that most Americans, 59 percent, know little or nothing about the disease. But we can all do our part to raise awareness and support those that suffer from this unpredictable and sometimes fatal disease. This May for Lupus Awareness Month, the Lupus Foundation of America (LFA) is urging the public to Band Together for Lupus Awareness™ to educate others and improve public understanding of lupus.

This year, the LFA is asking the public to Put On Purple for lupus awareness by wearing purple, and telling people why they are showing their support for all people affected by this disease. Put On Purple Day will take place on Friday, May 18, 2012, and is one of many programs taking place during May. There are many other ways you can raise awareness during May. Lupus Awareness Month activities include social media, online, and grassroots components and tools so everyone can get involved and educate their communities.

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HEALTH BULLETIN

May 2012

Lupus Awareness Month

Lupus is an unpredictable and complex autoimmune disease that causes inflammation and can damage any organ in the body with life-threatening consequences.

Ninety percent of the people who develop lupus are female. Males also can develop lupus and their disease can be more severe in some organs.

Lupus develops most often between ages 15 and 44. However, between 10 and 20 percent of cases develop during childhood and these cases can evolve more rapidly into serious health complications.

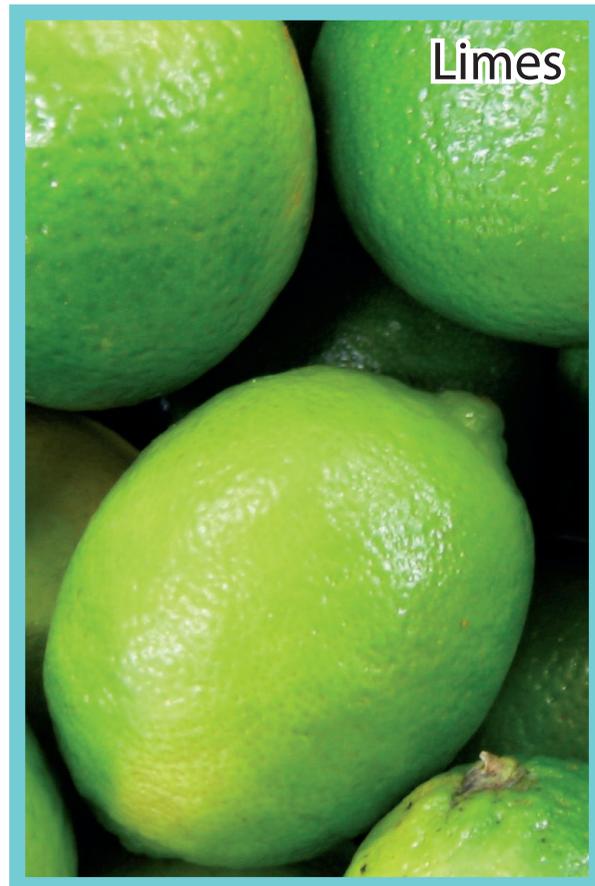
In lupus, something goes wrong with the immune system, which is the part of the body that fights off viruses, bacteria, and germs. The result is the production of autoantibodies that causes inflammation.

Some people have genes that allow them to develop lupus. Factors that may trigger lupus in these people include infections, ultraviolet light, extreme stress, certain prescription drugs, and certain hormones.

Many symptoms of lupus mimic those of other illnesses, and symptoms can come and go over time, which makes diagnosis more difficult. Consequently, lupus can take three to five years or more to diagnose.



FRUIT & VEGGIE



Potatoes were introduced to North America in the 18th century via Irish immigrants, however their native home is South America. Potatoes were first cultivated in the Andes Mountains over 7,000 years ago. Many kinds of potatoes are seen in restaurants, grocery stores, and even homes today, but the most common of these are the russet, round white, and the red potato.

Potatoes are tough and durable, store well, and have an impressive nutritional content including being a rich source of fiber, potassium and vitamin C. Like other fruits and vegetables, potatoes are a low calorie food and are free of fat, cholesterol, and sodium. Keep in mind, however, that the leaves and stems of a potato plant are poisonous and may cause illness when ingested.

Source: fruitsandveggiesmatter.gov



Limes may be most famous for their historical benefits to sailors. Limes are packed with Vitamin C and were eaten on ships to prevent scurvy, a disease caused by that vitamin deficiency. In the eighteenth century, all British naval ships assigned to long journeys were required to carry limes. The nickname 'limeys' for British sailors has continued to this day.

Limes were originally grown on the Indian subcontinent and were popularized in Europe about the time of the Crusades. In the United States, limes were established in what is now named Florida by the sixteenth century. Today limes are grown in Florida, the Southwest, and California.

RECIPE

Ingredients

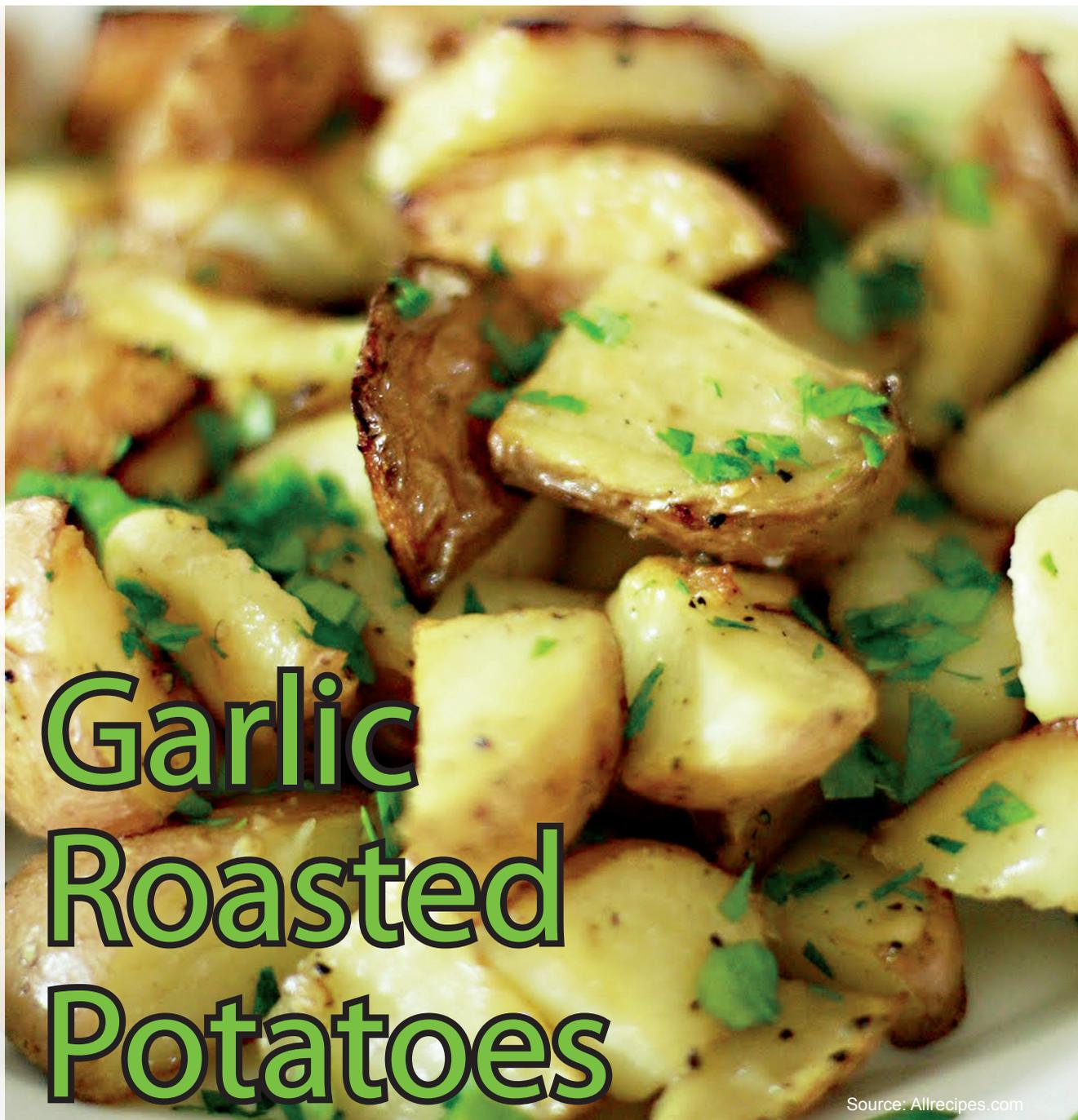
2 pounds of red potatoes, quartered
1/4 cup butter, melted
2 teaspoons minced garlic
1 teaspoon salt
1 lemon, juiced
1 tablespoon grated Parmesan cheese

Yield

Serves 4

Nutritional Facts

279 calories; 12.2 g total fat; 32mg sodium; 39.6g total carbs; 4.6g dietary fiber; 5.3g protein



Source: Allrecipes.com

1 Preheat oven to 350 degrees F (175 degrees C).

2 Place potatoes in an 8x8 inch baking dish.

3 In a small bowl combine melted butter, garlic, salt and lemon juice; pour over potatoes and stir to coat. Sprinkle Parmesan cheese over potatoes.

4 Bake, covered, in preheated oven for 30 minutes. Uncover and bake an additional 10 minutes, or until golden brown.

KIDS RECIPE

Ingredients

1 tbsp. vegetable oil
1 medium onion, chopped
1 medium red bell pepper, cored, seeded, and diced into 1/2-inch pieces
1 medium green bell pepper, cored, seeded, and diced into 1/2-inch pieces
2 celery stalks, thinly sliced
1 lb. ground turkey
4 cloves of garlic, minced
1/4 c. mild chili powder
1 28-oz. can of crushed tomatoes
1 15-oz. can of pinto beans, drained
1 tsp. dried oregano
1 9-oz. box of frozen corn

Variations

Serve with rice, which you can start preparing once the chili is simmering.

Prep time

60 minutes

Nutritional Facts

382 calories, 30 g protein, 13 g fat, 900 mg sodium, 531 mg calcium



Turkey Chilli

Source: Kidshealth.org

1 Heat a large pot over high heat and add the oil, spreading it so that it evenly coats the bottom of the pot. When the oil is hot, add the onion, red bell pepper, green pepper, celery, and turkey and cook, stirring often, until the turkey has lost its pinkness and is cooked through - about 2 minutes.

2 Add the garlic and cook 1 minute. Add the chili powder and cook, stirring continuously, for 1 minute. Add the tomatoes, beans, oregano, and salt and stir well to combine.

3 Bring the chili to a boil, and then reduce the heat to low and simmer, partially covered, for 20 minutes, stirring occasionally. Add the frozen corn, stir to combine, and cook 10 minutes more and Serve.

Standing Hip Flexor Rise

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

Starting Position

Stand with feet slightly apart, toes forward, hands on hips or one hand on a wall/chair for support. Shift weight to right leg, keeping knee slightly bent and spine straight.

Action

EXHALE: Gradually lift the left leg, keeping it bent at 90 degrees. Lift knee as high as possible, trying to get thigh parallel to floor or higher. Hold here for 2 counts.

INHALE: Slowly lower leg to ground without letting foot rest on the floor. Complete all reps and switch sides.

Special Instructions

Make sure you aren't leaning back when lifting leg. Also, try to make the entire movement very slow and controlled.

Source: Sparkpeople.com

Alternative Exercise

Seated Knee Lifts with Chair

Starting Position

Sit on edge of chair, knees bent, feet flat. Grasp sides of chair, lean back slightly.

Action

EXHALE: Pull knees toward chest as you crunch upper body forward using abs, not arms.

INHALE: Lower feet almost to floor, but don't let them touch until the end of the set.

Special Instructions

This movement should be slow and controlled. Don't let the momentum of your legs do the work for you, and don't let gravity snap your legs down as you return to the starting position





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

COORDINATORS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>National Raisin Week 1</p> <p>Raisins are small and tasty. Get some new ideas on how to add raisins to you diet.</p>	<p>Rise and Shine 2</p> <p>Get up a half hour earlier for a brisk walk. Start your week off right.</p>	<p>National Bike Month 3</p> <p>Take your family on a bike ride. Family activities help the family stay healthy.</p>	<p>Limes are the fruit for the month 4</p> <p>Make your own smoothie with limes and fresh fruit.</p>	<p>Cinco de Mayo 5</p> <p>Spice up your dinner with some fresh chili peppers</p>
<p>National Beverage Day 6</p> <p>Try drinking all natural and 100% juice for 1 week!!!</p> 	<p>Apple & Honey 7</p> <p>Try a new snack. Dip some fresh apples in all natural honey.</p> 	<p>Make a colorful fruit salad 8</p> <p>Mix and match all fruit to make a fun fruit salad.</p> 	<p>National Women's health week 9</p> <p>All women could use some extra fiber. Eat foods with fiber, this will keep you healthy.</p> 	<p>Blood Pressure Awareness Month 10</p> <p>Check your blood pressure regularly. Stay away from salty foods.</p> 	<p>Go outside, Get Crazy 11</p> <p>Enjoy the outdoors. You and your family play a game of wacky tag.</p> 	<p>National Salsa Month 12</p> <p>Make your own fresh salsa. Visit: www.fruitsandveggiesmatter.com</p> 
<p>National Apple Pie Day 13</p> <p>Try an alternative. Bake your apples with cinnamon. You will get the same sweet taste</p>	<p>Grow, Grow, Grow 14</p> <p>Learn how to grow a new vegetable in your home, visit your local gardening center.</p>	<p>Running & Fitness Week 15</p> <p>Lets get fit. Running is a good way to burn extra calories.</p>	<p>Go Green 16</p> <p>Eat all green fruits and vegetables for 1 week..</p>	<p>National Cherry Cobbler Day 17</p> <p>Celebrate by baking a apricot cherry cobbler. Visit: www.fruitsandveggiesmatter.com</p>	<p>National Employee Health & Fitness Week 18</p> <p>Take a walk with you co-workers for 15 minutes on your lunch break</p>	<p>National Bike to Work Week 19</p> <p>Try to carpool and ride your bike to wrok when possible. visit www.biketoworkweek.com</p>
<p>Guilt Free Asparagus Guacamole 20</p> <p>Try asparagus guacamole with your favorite Mexican dish Visit: www.fruitsandveggiesmatter.com</p> 	<p>Roasted Asparagus 21</p> <p>Tonight for dinner roast some asparagus and sprinkle almonds. This sounds tasty.</p> 	<p>Limit your screen time 22</p> <p>All family members are allowed 2 hours of screen time daily. Use extra time to do a family activity</p>	<p>National BBQ Month 23</p> <p>Put some veggies on the grill...</p> 	<p>National Salad Month 24</p> <p>Putting fresh fruit on a garden salad is a healthy way to eat more fruits and veggies.</p> 	<p>Cups of Fruits and Veggies 25</p> <p>Do you know what a cup of fruits and vegetables look like. Just use the palm of your hand. Right portions help you loose weight</p>	<p>Berry Bananas 26</p> <p>Try a strawberry banana smoothie. Mix strawberry bananas and ice in your blend. Enjoy your healthy treat.</p> 
<p>National Sports Week 27</p>	<p>Stroke Awareness Month 28</p>	<p>Lets Play 29</p>	<p>Get Some Rest 30</p>	<p>Keep up all your good work!!!! 31</p>		

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NATIONAL HEALTH OBSERVANCES

- 1-31 Healthy Vision Month
- 1-31 Hepatitis Awareness Month
- 1-31 Lupus Awareness Month
- 1-31 Mental Health Month
- 1-31 National High Blood Pressure Education Month
- 1-31 National Physical Fitness and Sports Month

SOURCE: HEALTHFINDER.GOV/NHO/NHO.ASP

ISSUE 6

