

# Body & Soul in Motion

C O N N E C T I O N

O C T O B E R 2 0 1 2



# 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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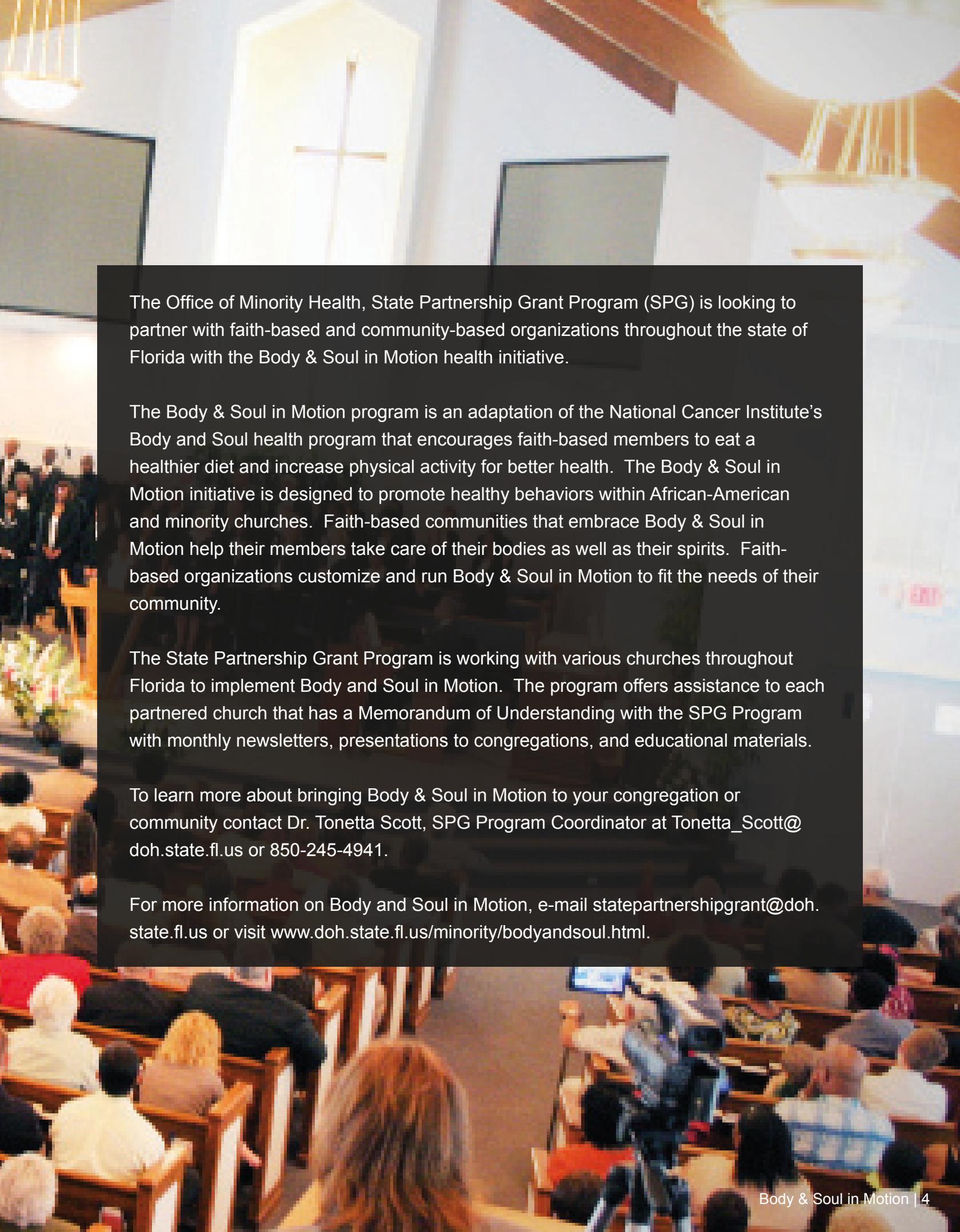
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# PARTNER WITH US

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](mailto: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](mailto:statepartnershipgrant@doh.state.fl.us) or visit [www.doh.state.fl.us/minority/bodyandsoul.html](http://www.doh.state.fl.us/minority/bodyandsoul.html).

# HEALTH AWARENESS

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National Breast Cancer Awareness Month is a collaboration of communities, public service organizations, professional medical associations, and government agencies working together to promote breast cancer awareness, share information on the disease, and provide greater access to services.

Since its inception more than 25 years ago, breast cancer awareness has been at the forefront of promoting awareness of breast cancer issues and has evolved along with the national dialogue on breast cancer. Although many great strides have been made in breast cancer awareness and treatment, there remains much to be accomplished. Today, we remain dedicated to educating and empowering women to take charge of their own breast health.

Although October is designated as National Breast Cancer Awareness Month, as a community we must remain dedicated to raising awareness and educating individuals about breast cancer throughout the year. We encourage you to regularly visit your physicians and health websites to learn more about breast cancer, breast health, and the latest research developments.

## **What is breast cancer?**

Breast cancer is a malignant tumor that starts in the cells of the breast. A malignant tumor is a group of cancer cells that can grow into (invade) surrounding tissues or spread (metastasize) to distant areas of the body. The disease occurs almost entirely in women, but men can get it, too.

## **What are the symptoms of breast cancer?**

When breast cancer starts out, it is too small to feel and does not cause signs and symptoms. As it grows, however, breast cancer can cause changes in how the breast looks or feels. Symptoms may include—

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

## **What is a mammogram?**

A mammogram is an X-ray of the breast. Doctors use a mammogram to look for early signs of breast cancer. Having regular mammograms can lower the risk of dying from breast cancer. If you are age 50 to 74 years, be sure to have a screening mammogram every two years. If you are age 40–49 years, talk to your doctor about when and how often you should have a screening mammogram.

## **Why should I have a mammogram?**

Regular mammograms are the best tests doctors have to find breast cancer early, sometimes up to three years before it can be felt. When their breast cancer is found early, many women go on to live long and healthy lives.

## **Where can I go to get screened?**

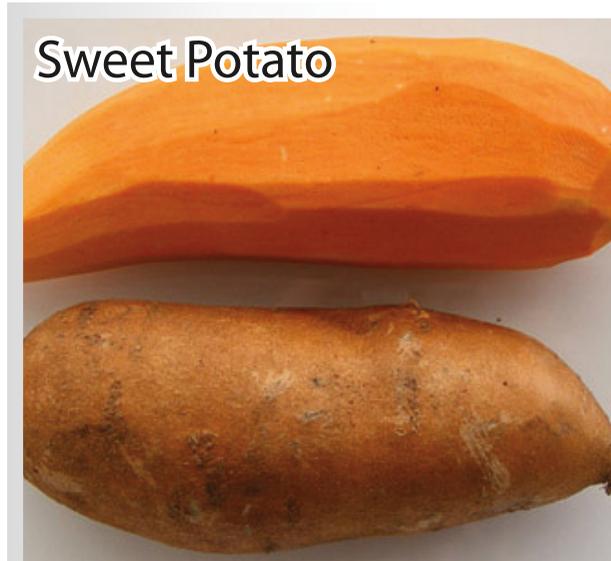
Most likely, you can get screened for breast cancer at a clinic, hospital, or doctor's office. If you want to be screened for breast cancer, call your doctor's office. They can help you schedule an appointment. Most health insurance companies pay for the cost of breast cancer screening tests.

## **How can I lower my risk of breast cancer?**

- Control your weight and exercise.
- Know your family history of breast cancer. If you have a mother, sister, or daughter with breast cancer, ask your doctor what is your risk of getting breast cancer and how you can lower your risk.
- Find out the risks and benefits of hormone replacement therapy.
- Limit the amount of alcohol you drink.

# FRUIT & VEGGIE

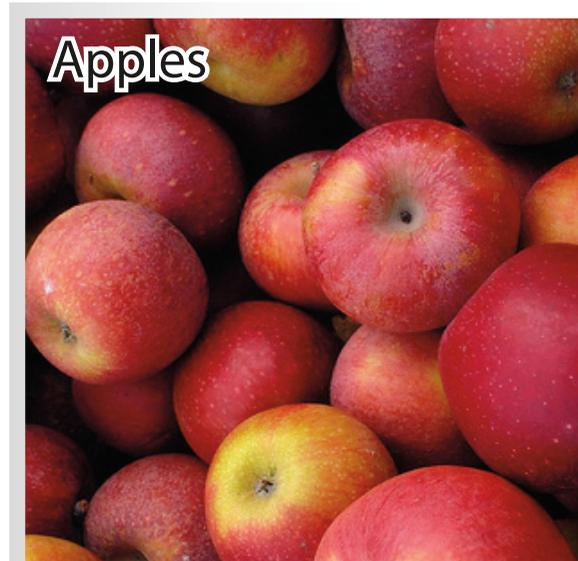
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The **Sweet Potato** (*Ipomoea batatas*) is a dicotyledonous plant that belongs to the family Convolvulaceae. Its large, starchy, sweet-tasting, tuberous roots are an important root vegetable. The young leaves and shoots are sometimes eaten as greens. Of the approximately 50 genera and more than 1,000 species of Convolvulaceae, *I. batatas* is the only crop plant of major importance—some others are used locally, but many are actually poisonous. The sweet potato is only distantly related to the potato.

Besides simple starches, sweet potatoes are rich in complex carbohydrates, dietary fiber, beta-carotene (a provitamin A carotenoid), vitamin C, vitamin B6, manganese and potassium. Pink, yellow and green varieties are also high in beta-carotene.

In 1992, the Center for Science in the Public Interest compared the nutritional value of sweet potatoes to other vegetables. Considering fiber content, complex carbohydrates, protein, vitamins A and C, iron, and calcium, the sweet potato ranked highest in nutritional value. Despite the name “sweet”, it may be a beneficial food for diabetics, as preliminary studies on animals have revealed it helps to stabilize blood sugar levels and to lower insulin resistance.



The apple is the pomaceous fruit of the apple tree, species *Malus domestica* in the rose family (Rosaceae). It is one of the most widely cultivated tree fruits, and the most widely known of the many members of genus *Malus* that are used by humans. Apples grow on small, deciduous trees. The tree originated in Western Asia, where its wild ancestor, *Malus sieversii*, is still found today.

Apples have been grown for thousands of years in Asia and Europe, and were brought to North America by European colonists. Apples have been present in the mythology and religions of many cultures, including Norse, Greek and Christian traditions. In 2010, the fruit's genome was decoded, leading to new understandings of disease control and selective breeding in apple production.

There are more than 7,500 known cultivars of apples, resulting in a range of desired characteristics. Different cultivars are bred for various tastes and uses, including in cooking, fresh eating and cider production. Domestic apples are generally propagated by grafting, although wild apples grow readily from seed.

try  
it!

# RECIPE

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## Ingredients

2 tablespoons olive oil

1/4 teaspoon salt

1/4 teaspoon freshly pepper

2 lbs of sweet potatoes, scrubbed and cut into 1" chunks

2 large red bell peppers, cut into 1" pieces

2 tablespoons white balsamic

1 lb spinach or arugula, torn into bite-size pieces

## Yield

Serves 4

## Nutritional Facts

302.5 calories; 7.6 g total fat; 363.1mg sodium; 54.8g total carbs; 11g dietary fiber; 7.6g protein



# Roasted Sweet Potato Salad

**1** Preheat the oven to 425°F

**2** In a large roasting pan, combine the oil, salt, and black pepper. Add the sweet potatoes and bell peppers and toss to coat well. Roast, stirring occasionally, for 40 minutes, or until the potatoes are tender. Remove from the oven and stir in the vinegar.

**3** Place the spinach or arugula in a large serving bowl. Add the potato mixture and toss to coat well. Serve immediately.

## Recipe Notes

People with depression who take monoamine oxidase inhibitors (MAO inhibitors) should not use alcohol or other fermented products, such as the vinegar in this recipe. Substitute apple juice for the vinegar.

# KIDS RECIPE

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## Ingredients

6 McIntosh or other tart apples, peeled and cut into 1" pieces

2 Golden Delicious or other sweet apple, peeled and cut into 1" pieces

1/4 cup water

2 tablespoons pure maple syrup

1/2 teaspoon ground cinnamon

## Serves

3 1/2 cups

## Nutritional Facts

77 calories, 0g protein, 0g fat, 20g carbohydrate, 2g fiber, 0mg cholesterol, 1mg sodium, 127mg potassium



# Maple-Cinnamon Applesauce

Source: Kidshealth.org

**1** Combine apple pieces and water in a large saucepan.

**2** Bring to a boil, then reduce heat to maintain a simmer. Cover and cook, stirring once or twice, until the apples are very soft and falling apart, about 30 minutes.

**3** Mash the apples to the desired consistency and stir in maple syrup and cinnamon.

## Calf Raises on Step

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



Source: Sparkpeople.com

### Starting Position

Begin by standing in front of a step or riser with feet shoulder width apart, facing forward. Step up onto the step with both feet, holding on a rail or chair, and letting heels hang off the edge.

### Action

**EXHALE:** Rising up onto your toes as high as possible in one smooth motion. Hold for a couple seconds.

**INHALE:** Slowly lower heels as far as possible, below the level of the step to complete one rep.

### Special Instructions

You can extend your arms out to your sides or lightly rest your fingertips on a wall or chair to help with balance.

### Muscles Worked:

Calves

## Alternative Exercise

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### Calf Raises with Chair

#### Starting Position

Stand facing a wall or back of chair and lightly hold onto it with fingertips to aid balance. Legs should be shoulder-width apart and straight. Do not lock knees.

#### Action

**EXHALE:** Raise up on balls of feet, and hold for 2 seconds.

**INHALE:** Return to start position and repeat.

#### Special Instructions

Try not to let heels touch or rest on ground between repetitions unless necessary. As you progress, use one foot at a time.

#### Muscles Worked:

Calves





# 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<br>*Stretch: 2 mins<br>Easy walk: 5–10 mins<br>*(NOTE: Try hamstring and calf stretches.)  | Easy walk: 10–15 mins<br><br>(NOTE: Always rest when necessary!) | Easy walk: 5–10 mins<br>Stretch: 2 mins<br>Easy walk: 5–10 mins        | Easy walk: 10–15 mins   | Rest  | Easy walk: 15–20 mins<br><br>(Window shopping is great!)       |
| Week 2 | Easy walk: 5–10 mins<br>Stretch: 2 mins<br>Brisk walk: 5–10 mins  | Easy walk: 10–15 mins  | Easy walk: 5–10 mins<br><br>Stretch: 2 mins<br>Brisk walk: 5–10 mins   | Easy walk: 10–15 mins<br><br>(Remember: Rest when necessary.) | Rest  | Easy walk: 15–20 mins  |
| Week 3 | Easy walk: 10–15 mins<br><br>Stretch: 2 min<br>Brisk walk: 5–10 mins  | Easy walk: 15–20 mins<br><br>Stretch: 2 mins                     | Easy walk: 10–15 mins<br><br>Stretch: 2 mins<br>Brisk walk: 5–10 mins  | Easy walk: 15–20 mins<br><br>Stretch: 2 mins                  | Rest  | Easy walk: 20–25 mins<br><br>(Don't window shop! Keep moving.) |
| Week 4 | Easy walk: 10–15 mins<br><br>Brisk walk: 5–10 mins<br>Stretch: 2 mins   | Easy walk: 15–20 mins<br><br>Stretch: 2 mins                     | Easy walk: 10–15 mins<br><br>Brisk walk: 5–10 mins<br>Stretch: 2 mins  | Easy walk: 15–20 mins<br><br>Stretch: 2 mins                  | Rest  | Brisk walk: 20–25 mins   |
| Week 5 | Easy walk: 10–15 min<br>Brisk walk: 10–15 mins<br>Stretch: 2 min  | Easy walk: 25–30 mins<br><br>Stretch: 2 mins                     | Easy walk: 10–15 mins<br><br>Brisk walk: 10–15 mins<br>Stretch: 2 mins | Brisk walk: 25–30 mins<br><br>Stretch: 2 mins                 | Alternate activity of your choice:<br>Go dancing, rake leaves, etc. for 20-plus mins. | Easy walk: 25–30 mins  |
| Week 6 | Power Intervals:<br>Total Time: 24–34 mins<br>Easy walk: 15–20 mins<br><b>Power Intervals</b><br>–Power walk: 30 secs<br>–Easy walk: 1 min<br>Repeat 4–6 times.<br>Easy walk 3–5 mins | Alternate activity of your choice for 20–30 minutes              | Easy walk: 30–35 mins<br>Stretch: 2 mins                               | Brisk walk: 25–30 mins<br>Stretch 2 mins                      | Rest  | Easy walk: 25–30 mins  |

# GRANT OPPORTUNITIES

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## OCTOBER 2012

SPG is always looking for ways to help you better serve your church and community. We have provided some funding sources that can aid in your pursuit of a healthy church, healthy community, and healthy state. Visit each grant's website for full details.

**Health Impact Project: Advancing Smarter Policies for Healthier Communities**

<http://pweb1.rwjf.org/applications/solicited/cfp.jsp?ID=21404>

**Wal-Mart Community Giving Program**

<http://foundation.walmart.com/apply-for-grants/state-giving>

**Health Promotion for Children with Physical Disabilities through Physical Activity and Diet: Developing an Evidence Base**

<http://grants.nih.gov/grants/guide/pa-files/PA-11-284.html>

**Forward Promise Innovation Grants: Promoting Opportunities for the Health and Success of Young Men of Color**

<http://pweb1.rwjf.org/applications/solicited/cfp.jsp?ID=21406>

**Rite Aid Foundation**

<http://www.riteaid.com/company/community/foundation.jsf>

**CVS Caremark Community Grants**

<http://info.cvscaremark.com/community/our-impact/community-grants>

If we can be of further assistance, feel free to contact the SPG staff at [statepartnershipgrant@doh.state.fl.us](mailto:statepartnershipgrant@doh.state.fl.us).

# OCTOBER 2012

## NATIONAL HEALTH OBSERVANCES

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- 1-31** Domestic Violence Awareness Month
- 1-31** Health Literacy Month
- 1-31** National Breast Cancer Awareness Month
- 1-31** National Bullying Prevention Month
- 1-31** Sudden Infant Death Syndrome Awareness Month

SOURCE: [HEALTHFINDER.GOV/NHO/NHO.ASP](http://HEALTHFINDER.GOV/NHO/NHO.ASP)

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