

Romans 12:1-2 I beseech you therefore brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable, unto God, which is your reasonable service. And be not conformed to this world but be ye transformed by the renewing of your mind, that you may prove what is that good, and acceptable, and perfect, will of God.

Say WHAT, If you knew better You would do better!!!

The answers are at your finger tips....Just a click away www.everydaychoices.org

The American Diabetes Association (ADA), The American Heart Association (AHA) and The American Cancer Society (ACS) have team up to provide a convenience web site for the answers to your health needs. The information included in this document can be found at www.everydaychoices.org or any of the three organization official sites

You have the power to improve and protect your health. With proper nutrition and physical activity and by making good lifestyle choices (like not smoking), you can feel better, stronger, and healthier, and can lower your risk of diseases such as cancer, diabetes, heart disease and stroke.

What is a Healthy Weight?

There's an easy way to find out if your current weight puts you at risk for developing serious diseases. Go to www.diabetes.org/bmi and take the Body Mass Index (BMI) test. The results will help you decide if you need to be concerned about your weight.

The Better You Eat, The Better You Feel

Here are some basic guidelines to help you and your family make healthier food decisions.

- Eat lots of vegetables and fruits.
- Choose whole grain foods over processed grain products. Try brown rice instead of white. Substitute whole wheat bread for white.
- Eat fish 2 – 3 times a week.
- Select leaner cuts of meat like those that end in "loin."
- Remove the skin from chicken and turkey.
- Eat non-fat dairy
- Drink water and calorie-free non-carbonated beverages.
- Use liquid oils for cooking instead of solid fats.
- Cut back on high calorie snacks like chips, cookies, cakes, and regular ice cream. Look for baked chips and reduced calorie snacks. Or have a piece of fruit instead.

- Watch your portion sizes. Even too much "healthy" food can cause weight gain. Compare labels of similar foods, then choose the one with smaller amounts of saturated fat, cholesterol and sodium.
- Adults should eat less than 2400 mg. of sodium per day. If you have high blood pressure, you should aim for even less.
- Try adding herbs and spices in your cooking to take the place of salt for enhancing flavor.

Would you like to be able to: find recipes, compare foods, search for healthier alternatives and calculate calories, carbohydrates and other nutrients for a meal, a recipe or a whole day of food go to www.diabetes.org/myfoodadvisor

Physical inactivity is a risk factor for cancer, diabetes, heart disease and stroke.

A Little Physical Activity Goes a Long Way

Anything that gets you up and moving is good for you. Here's what it can do:

- Reduce your risk of developing type 2 diabetes
- Reduce your risk of heart disease and stroke Lower blood pressure and cholesterol
- Reduce blood glucose (sugar) levels if you have diabetes, which can reduce your risk of developing diabetes-related complications
- Relieve stress
- Help you lose weight
- Give you more energy
- Help you sleep better
- Build stronger bones and muscles

You don't need to go to a gym, play sports or use fancy equipment. Of course, you should talk to your doctor before starting any exercise regimen. Physical activity does not need to be strenuous to bring health benefits. Whether it is a structured exercise program or just part of your daily routine, all exercise adds up to better health. Below are some tips for reaching your physical activity goals.

If you have not been active for a long time, are overweight, have a high risk of coronary heart disease or some other long-term health problem, see your doctor for medical evaluation before beginning a physical activity program.

1. Don't overdo it. Perform low to moderate-level physical activities that get your heart rate up, especially at first. These "aerobic" activities (e.g., brisk walking, jumping rope, stair climbing, jogging or dancing) build endurance and burn calories.
2. Slowly increase the duration and intensity of your exercise as you become fit. Over time, work up to 30 to 60 minutes of physical activity, at least five days a week. If you can't dedicate a full 30 minutes to exercise, break your physical activity into three 10-minute intervals.
3. Choose activities that are fun, not exhausting. Try using music to keep you motivated and entertained.
4. Add variety. Try not to rely too much on one activity. Find several that you enjoy. That way, exercise will never seem boring or routine.
5. Wear comfortable, properly fitted footwear and clothing that is appropriate for the weather and the kind of physical activity you choose.
6. Find a convenient time and a safe place to get active. Try to make it a habit, but be flexible. If you miss an opportunity, work physical activity into your day another way.
7. Try wearing a pedometer, which measures the distance you travel on foot. Set a long-term goal of 10,000 steps a day, or about five miles. Monitor your average number of steps each day and then add several hundred more steps a day each week until you reach your goal.
8. Share your physical activity time with others. Make a date with a family member, friend or co-worker to walk or ride bikes. Be an active role model for your children.
9. Keep a record of your physical activities and reward yourself. Nothing motivates like success!

How much exercise do the experts say I need?

The Dietary Guidelines for Americans suggest how much activity Americans should do. Keep in mind they are goals, not the place to start.

- People with pre-diabetes, diabetes, or the general adult public should aim for a minimum of 30 minutes most days. Walking, gardening, doing yard work, swimming, or cleaning house will all work to meet this goal. Anything that increases your heart rate and causes you to break a light sweat.
- Children and teens should aim for at least 60 minutes most days.

SEE YOUR DOCTOR AND GET RECCOMENDED SCREENING

Three ways your doctor can help you stay healthy:

- prevention
- screening
- treatment

Unfortunately, many people see their doctors only to get treated when they are sick. These people often miss lifesaving opportunities to prevent health problems or catch them at an early stage, when they can be treated most easily.

Your doctor can help you recognize unhealthy aspects of your lifestyle and is a great source of advice on how to make the right choices for lifelong health. Your doctor can use tests or examinations to help find health problems early, before they cause any symptoms. These tests can find problems at an early stage, when they can be treated most easily, most effectively, and with the fewest side effects. **An Ounce of Prevention and An Ounce of Screening each is indeed worth at least a pound of Cure.**

To answer the question What screening tests should I be getting, go to www.everydaychoices.org

The information included in this document can be found at www.everydaychoices.org or www.diabetes.org, www.heart.org or www.cancer.org

To learn more about your state of wellness, attend the Kidney screening and speak to the doctor

Saturday January 29, 2011

8am until 12 noon

New Horizon Church

It is the pleasure of the men and women of NHC Health and Wellness Ministry to serve you in this manner

Submitted by:

Ella Garner Jackson

NHC Health and Wellness Leader