

## The 4 Principles of Healthy Living.

1. Do Not Smoke.
2. Maintain a BMI<30.
3. Exercise 150 minutes/week. (30 minutes 5 days a week of some form of aerobic exercise)
4. Eat 5 servings of fruits or vegetables daily.

Several studies have conclusively shown that individuals who do these things have a dramatic reduction in overall mortality, heart disease, diabetes, hypertension, stroke, congestive heart failure, and cancer. This means that without taking any pills, vitamins, tonics, etc – without spending a single penny – you can live a longer, healthier, more productive life. Let's look at these 4 principles separately.

1. Do Not Smoke – Make up your mind to quit, talk with your doctor to formulate a plan, and set a date.

2. Get to and maintain a BMI<30. This gets you out of the obese category. No longer being obese will dramatically reduce you and your family's risk of a multitude of health problems. It is not easy, but, it is possible. If you are extremely obese it may take years, but, each step you take will lead to dramatic rewards. With just 20 pounds of weight loss most people feel better, have less fatigue and joint pain, and feel more energetic. If you have health problems like diabetes, hypertension, or high cholesterol you might do away with your need for some medications. And most of all, while you change you lifestyle to attain this goal you will set a good example for all those around you, especially your children. Here are two proven steps to help you start losing weight.

- Portion Control – Eating your meals on a smaller plate and limiting the amount of calories you eat at each meal has been shown to lead to weight loss. The average plate is 10 inches in diameter. A 10 inch plate piled high with food can add up to 1500 calories (even more if you go back for seconds). The typical man needs 2000 calories per day total. Try using a smaller plate (8 inch paper plate or 7 inch saucer) at each meal and NEVER go back for second helpings.
- Pedometer - individuals who wear a pedometer and try to walk 10,000 steps each day increase their physical activity, lose weight, and decrease their blood pressures.

3. Exercise 150 minutes/week. The overall health benefits of regular aerobic exercise are overwhelming:

Reduces the risk of dying prematurely.  
Reduces the risk of dying from heart disease.  
Reduces the risk of stroke.

Reduces the risk of developing diabetes.  
Reduces the risk of developing high blood pressure.  
Helps reduce blood pressure in people who already have high blood pressure.  
Reduces the risk of developing colon cancer.  
Reduces feelings of depression and anxiety.  
Helps control weight.  
Helps build and maintain healthy bones, muscles and joints.  
Helps older adults become stronger and better able to move about without falling.  
Promotes psychological well-being.

If you have health problems or are over age 60 we recommend consulting your doctor before beginning. We recommend starting slow and working up. Start by reading the Healthnote on Starting an Exercise Program then get going. Do not over think the process. Pick something simple at home like walking with friends, using a treadmill, or riding an exercise bike. Experiment with different types of exercise until you find something you can tolerate (it does not have to be fun). Pick a 30 minute disc of inspirational music and listen to it while you exercise. The more you do it the easier it will become and the better you will feel.

#### 4. Eat 5 servings of fruits or vegetables daily.

A serving size is:

- One medium-size fruit
- 1/2 cup raw, cooked, frozen or canned fruits (in 100% juice) or vegetables
- 3/4 cup (6 oz.) 100% fruit or vegetable juice
- 1 cup raw, leafy vegetables
- 1/4 cup dried fruit

While this sounds easy enough actually getting this much fruits and vegetables takes some work and planning. You will need to experiment with different types of fruits and vegetables to find ones you and your family can eat every day. Some simple tips include:

- Add fruit to your cereal each morning.
- Eat a salad each day for lunch. The typical bowl of salad counts for 2 servings of vegetables.
- Have some fruits and vegetables at every meal. Use canned or frozen products if needed.
- Eat fruits and vegetables for snacks – especially for the kids.
- Replace the side of fries or chips with a cup of fruit, an apple, or a bowl of celery.

What are the benefits?

Reduces heart disease and stroke.

Possible reduction in cancer risk.

Protects against the development of diabetes.

Filling up on fat free fruits and vegetable decreases the amount of high fat foods you will eat, aiding in weight loss.

# The Benefits of the 4 Principles of Healthy Living

## Results from Medical Studies

1. Do Not Smoke.
2. Maintain a Body Mass Index (BMI) < 30.
3. Exercise 150 minutes/week
4. Eat 5 servings of fruits or vegetables daily.

### Mortality

1) *The American Journal of Medicine* (2007); 120:598-603

“Turning Back the Clock: Adopting a Healthy Lifestyle in Middle Age”

Individuals who adopt 4 healthy lifestyle principles have a 40% reduction in mortality in just 4 years.

2) *Plos Med* January 2008

“Combined Impact of Health Behaviors and Mortality in Men and Women: The EPIC-Norfolk Prospective Population Study”

The risk of death (particularly from heart disease) decreases as the number of positive health behaviors increase. People who practice all 4 healthy principles will on average live 14 years longer than people who practice none.

3) *BMJ* 2008:337

“Combined Impact of Lifestyle Factors on Mortality: Prospective Cohort Study in US Women”

Over 24 years follow-up it was found that 55% of all deaths (mostly from heart disease and cancer) could have been prevented by following all 4 principles of healthy living.

## **Coronary Heart Disease**

1) *Circulation* 2006; 114: 160-167

“Healthy Lifestyle Factors in the Primary Prevention of Coronary Heart Disease Among Men”

62% of heart attacks can be prevented by long term (16 years) adherence to healthy lifestyle habits.

Among people taking medications for hypertension or high cholesterol 57% of all heart attacks can be prevented by following healthy lifestyle habits.

Just adopting 2 healthy lifestyle habits lowers the risk for heart attacks by 27%.

2) *The American Journal of Medicine* (2007); 120:598-603

“Turning Back the Clock: Adopting a Healthy Lifestyle in Middle Age”

Individuals who adopt 4 healthy lifestyle principles have a 35% reduction in coronary heart disease in just 4 years.

3) *Circulation* 2008;118

“Dietary Patterns and the Risk of Acute Myocardial Infarction in 52 Countries”

The typical American diet of fried foods, salty snacks, eggs, and meat leads to a 30% increase in heart attacks while a diet high in fruits and vegetables leads to a 35% reduction in heart attacks.

4) *Arch Intern Med.* 2009;169(15):1355-1362.

“Health Living Is the Best Revenge: Findings From the European Prospective Investigation Into Cancer and Nutrition–Potsdam Study”

Individuals who follow all 4 healthy principles have an 81% lower risk of having a heart attack.

## **Diabetes**

1) *The New England Journal of Medicine*; Sept 2001; 345: 790-797  
“Diet, Lifestyle, and the Risk of Type 2 Diabetes Mellitus in Women”

91% of cases of diabetes can be prevented by following healthy lifestyle habits.

2) *Archives of Internal Medicine*; April 2009; 196  
“Lifestyle Risk Factors and New-Onset Diabetes Mellitus in Older Adults”

In individuals 65 years or older, 90% of cases of diabetes can be prevented by following healthy lifestyle habits.

3) *Arch Intern Med.* 2009;169(15):1355-1362.  
“Health Living Is the Best Revenge: Findings From the European Prospective Investigation Into Cancer and Nutrition–Potsdam Study”

Individuals who follow all 4 healthy principles have a 93% lower risk of developing diabetes.

## **Hypertension**

*Journal of the American Medical Association*; July 2009; 302: 401-411  
“Diet and Lifestyle Risk Factors Associated with Incident Hypertension in Women”

80% of cases of hypertension can be prevented by following healthy lifestyle habits.

In women a BMI > 25 (being overweight) causes 40% of all cases of hypertension.

## **Stroke**

1) *Circulation* 2008; 118: 947-954

“Primary Prevention of Stroke by Healthy Lifestyle”

**Individuals who follow healthy lifestyle principles have a 50% reduction in stroke.**

2) *Arch Intern Med.* 2009;169(15):1355-1362.

“Health Living Is the Best Revenge: Findings From the European Prospective Investigation Into Cancer and Nutrition–Potsdam Study”

**Individuals who follow all 4 healthy principles have a 50% lower risk of having a stroke.**

## **Congestive Heart Failure**

*Journal of the American Medical Association*; July 2009; 302: 394-400

“Relation Between Modifiable Lifestyle Factors and Lifetime Risk of Heart Failure”

**Individuals who follow healthy lifestyle principles have a 50% reduction in the development of congestive heart failure.**

## **Cancer**

*Arch Intern Med.* 2009;169(15):1355-1362.

“Health Living Is the Best Revenge: Findings From the European Prospective Investigation Into Cancer and Nutrition–Potsdam Study”

**Individuals who follow all 4 healthy principles have a 36% lower risk of developing cancer.**

# Hope & Healing

## Smoking How to Quit

A heart at peace gives life to the body — Proverbs 14:30

### Introduction

Smoking causes more damage to human health than any other habit. This fact has been well studied and is well publicized. There is simply no room for arguing otherwise.

Nearly half of all Americans who ever smoked have been convicted to give up the habit. About 1.3 million American smokers become ex-smokers each year. But, each day about 3,000 young people take up the habit.

### The Three Poisons in Smoke

Gases, tars, and nicotine acting together cause most of the early deaths in smokers. Carbon monoxide is the most dangerous gas of all the gases in cigarette smoke. It attaches to red blood cells and blocks the transport of oxygen, causing shortness of breath, and poor hearing and vision.

The tars in cigarettes stick to lung cells and block the passage of oxygen into the blood stream. They are the actual cause of cancer.

Nicotine stimulates the brain to improve your mood, memory, concentration, and performance and relieves stress. This is the reason the cigarette habit is so hard to break. Smokers are asked to give up something they enjoy. The ones who quit, are the ones who value their physical health.

### How Cigarettes Damage Health

- **Cancer** — A pack a day smoker is 14 times more likely to die

from cancer of the lungs, throat, and mouth than a non-smoker. Cancer of the bladder and esophagus are also higher in smokers.

- **Heart Disease** — A pack a day smoker is twice as likely to have a heart attack as a non-smoker, and is four times more likely to die from the heart attack within an hour.
- **Lung Problems** — Smokers cough more because the smoke damages the tiny hairs that clear the mucus from their bronchial tubes. They also have more colds, bronchitis, pneumonia, and emphysema, (the chronic lung disease caused by damaged air sacs).

### The Benefits of Quitting

Even if you've been a smoker for many years your heart will forgive you if you quit. After two years much of the risk of a heart attack caused by smoking will have disappeared. In 5 to 10 years your risks of heart disease will be no greater than a non-smoker. The risks of lung cancer will go away after about 10 years of non-smoking. Your breathing will improve almost at once.

Nothing you do for your health — not even a low-fat diet, or an effective exercise program, will pay off like quitting smoking.

### Why it is Hard to Quit

The power of nicotine is easy to underestimate. With your first cigarette of the day the inhaled nicotine gives you a sense of being on top of everything. Throughout the day your mind causes you to try to recreate that feeling again and again. So, after awhile you light up again. You may think you have control of your smoking, but your smoking has control of you. Your mind paces your use of cigarettes to recreate the effects of that first cigarette of the day.

But, it's not all just nicotine. When we're young we smoke to model ourselves after someone who's cool or one of the crowd, and that's the way we want to be. Or, we may smoke out of curiosity.

Smoking is enjoyable. The associations are enjoyable: playing cards, the end of work or of a class, or after a meal.

Most people who smoke want to quit. But, the habit is strong enough that nine out of ten of those still smoking have tried once to quit and failed. On the other hand, about 43 million people have succeeded — a sure sign that you can choose not to smoke.

### The Keys to Quitting

Quitting is like learning to ride a bike. It may take more than one try. And, there are many methods. Nearly every method has worked for someone. Here are several suggestions:

1. You can go it alone or join a group. Most people do it on their own, but groups do help some

people — and you may be one of them. Locate a group by calling the local chapter of the American Cancer Society.

**Caution: There is no scientific evidence that hypnosis, acupuncture, or “Total Immersion” systems work.**

Whichever method you choose, ask in advance what it costs, what the dropout rate is, what percentage of people stay quit for a year, and if there is follow-up.

2. You can get help from your doctor with nicotine patches or gum. Eventually you have to kick the gum or patch habit, but some studies show a 30% success rate when a nicotine patch or gum and a support program are combined.
3. You can find a substitute for cigarettes: exercise, a hobby, social activities, deep breathing, or relaxation techniques.
4. Enlist your spouse or a friend to join you in quitting.

### **A Plan for Quitting on Your Own** \_\_\_\_\_

You may want to try “cold turkey.” But wait. Let’s prepare. Begin a walking program. Walk for half an hour daily for a week. Set a date to quit about two weeks after you start your walks. Continue to walk. Switch to a brand that you don’t like, and reduce the number you smoke by half. For the final day:

- Choose a weekend when you are under very little stress, and have time to devote to yourself. Write the date that you are going to quit down here: \_\_\_\_\_
- Throw out all cigarettes, matches,

lighters, and ashtrays the evening before you quit.

- Visit the dentist and have the tobacco stains removed from your teeth.
- Steer clear of family members and friends who smoke.
- Plan lots of activity for you and your spouse or friend for the day you quit: go to stores, ride public transportation, visit a museum, theater, or restaurant where smoking is not permitted. Swim, jog. Walk, ride a bike, play tennis. Avoid any activity associated with smoking.

### **Withdrawal** \_\_\_\_\_

The first week is hell because of headaches, constipation, drowsiness, sore mouth, inability to concentrate, mood swings, a desire to snack, and depression. But, you will not die.

After a week or two the worst is over. But you will still crave a cigarette. Brush your teeth, chew gum, use a lifesaver, chew more gum, do stretching, breathe deeply.

### **How to Quit Permanently** \_\_\_\_\_

- If the thought of never smoking again is overwhelming, tell yourself that it is just for today.
- The first three months are dangerous. Avoid smokers. Avoid associations you used to have with smoking.
- Learn a relaxation technique. When the urge to smoke hits, relax.
- Be prepared for tough times by confiding in a friend how you feel. Tell yourself how proud you are for what you’ve done so far.

- If you fall off the wagon, don’t be ashamed. Quit again.

### **Summary** \_\_\_\_\_

Newly created non-smokers are always pleased with the sense of mastery they have over having conquered a powerful habit. Just think, your sense of smell and taste are a keen source of pleasure. Your breathing is easier. And, most important, you have accomplished something that will add years to your life.

# Hope & Healing

## Obesity How To Approach The Overweight State

A heart at peace gives life to the body — Proverbs 14:30

### Introduction

For most Americans the words “overweight” and “obese” trigger anxiety and frustration. What we weigh and how we look in our clothes are essential parts of our personal image and when the pounds add up, we become distressed.

There’s so much food in our country, that we think about eating most of the time. Food advertisements, fast food restaurants, convenience stores, and vending machines are everywhere. Ironically, at the same time, we constantly worry about our weight. The result of recent studies suggests that it is reasonable to encourage the loss of small amounts of weight over long periods of time.

### How Much Should You Weight

Researchers believe that if you are 20% over your ideal body weight your health can be seriously in danger. The trouble is, no one is sure how to best measure your ideal weight. Charts like the Metropolitan Life Insurance Weight Tables don’t take into account family history, age, or race.

A better measurement is that of body fat, but this is not easy to do. Now, doctors are encouraged to use the body-mass index, which is also flawed.

### The Body-Mass Index

The main medical measure of a person’s weight is their Body Mass Index (BMI). BMI is a measure of “body fatness” that looks at a

person’s weight in relation to their height. For example, a person 5 feet tall who weighs 200 pounds will have more body fat than a person 6 feet tall who weighs the same weight; therefore, the 5 foot person will have a greater BMI indicating more body fat.

Look at the BMI chart included. If you are 5 ft 10 inches tall and weight 167 pounds your BMI is 24, but, if you weigh 209 pounds at the same height your BMI increases to 30.

How does your BMI measure up:  
< 25 - a healthy weight  
Between 25-29 is Overweight  
30 or greater is Obese  
40 or greater is Extreme Obesity.

### Body Shape

Where your body stores its excess fat makes a lot of difference when it comes to your risk of developing heart disease. The body of some men is said to be “apple shaped” because of the fat stored around their belt line.

Women typically store fat lower on the body and become “pear shaped.”

You can determine the risk of developing heart trouble by measurement of the waist-to-hip ratio. Follow these steps:

1. Measure your waist at the navel with a tape measure.
2. Measure around your hips and buttocks at the largest part.
3. Divide your waist measurement by your hip size. This is your waist to hip ratio. Men should

be less than 1.0, women less than 0.8.

If your ratio is higher than normal you have a greater than normal chance of developing heart trouble and should move to get the fat off.

### What Can Hurt You When You Try to Lose Weight

**Drugs.** Pills have no place in a weight-loss plan.

**Fad Diets.** Bouncing from one diet to another like a yo-yo makes losing weight more difficult next time.

### What Works

- **Self-help Groups** when combined with a balanced diet and an exercise program can be a big help.
- **Changes in behavior.** Treat overeating like an addiction. Develop a serious, sensible plan of getting weight off and keeping it off. If you slip, figure out what went wrong. Begin again. Anticipate temptations. 75% of your slipping into old habits will come during the following danger periods:
  - When you are bored, tense, angry, or frustrated.
  - When you’ve had an argument at home or at work.
  - While attending a party,

business lunch, a reunion, a church social, any event where large amounts of food are served.

- **Why an Exercise Program works.** Our bodies are programmed to resist weight loss. One theory is the “set-point” theory. Studies show that the brain has a kind of thermostat setting to keep your weight where it is. We inherit this tendency to keep a certain set point and overriding it is possible, but not easy. It can be done in two ways: first, through exercise, and second by reducing the caloric and sugar content in our diets.

## A Reasonable Approach \_\_\_\_\_

No one has all the answers. Study these steps until they become your plan. Do your own thinking about the best way to get it done for you personally. We all have different ways of life, different circumstances, different schedules. Make these steps fit your lifestyle. You will need:

- A changed and sensible way of eating.
- A change in behavior.
- Help from others.
- An exercise program.
- You will need to consider how your plan will affect your family, job, leisure activities.
- You will need to make your future health a major priority.

## Steps To Success \_\_\_\_\_

- In a small notebook, keep a food diary for one week. Write down what you ate, when, how many calories it contained and how you were feeling. Focus on getting rid of the parts of your diet that are killing you.

- Work with your doctor. Ask your doctor to help you develop an exercise plan. Agree upon a target weight with your doctor.
- Get your kitchen ready. Get rid of packaged food and all desserts except fruits.
- Always eat breakfast.
- Join a self-help group, or form one of your own.
- Put it on your calendar to weigh in at your doctor’s office once a month.
- Become familiar with your exercise program. Buy exercise clothes. Lay them out the evening before you plan to exercise. Go to your appointed exercise place every time you’re scheduled, whether you feel like it or not.

## Summary \_\_\_\_\_

Start simply. Congratulate yourself with each step accomplished. Decide for yourself that this is the most important step in your life. Don’t let anyone’s negative words create doubts that you can do it. Be gentle with yourself when you slip. Put exercise, and a no fat way of eating above everything else so that down the road when you have reached your goal, there’ll be a lot more life to enjoy.

# BMI Chart

BMI	OVERWEIGHT								OBESE								
	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
Height	Weight (lbs)																
5'	118	123	<b>128</b>	133	138	143	148	<b>153</b>	158	164	169	174	179	184	189	194	199
5' 1"	122	127	<b>132</b>	137	143	148	153	<b>158</b>	164	169	174	180	185	190	195	201	206
5' 2"	126	131	<b>136</b>	142	147	153	158	<b>164</b>	169	175	180	186	191	196	202	207	213
5' 3"	130	135	<b>141</b>	146	152	158	163	<b>169</b>	175	180	186	192	197	203	208	214	220
5' 4"	134	140	<b>145</b>	151	157	163	168	<b>174</b>	180	186	192	198	204	209	215	221	227
5' 5"	138	144	<b>150</b>	156	162	168	174	<b>180</b>	186	192	198	204	210	216	222	228	234
5' 6"	142	148	<b>155</b>	161	167	173	179	<b>186</b>	192	198	204	210	216	223	229	235	241
5' 7"	146	153	<b>159</b>	166	172	178	185	<b>191</b>	198	204	210	217	223	229	236	242	248
5' 8"	151	158	<b>164</b>	171	177	184	190	<b>197</b>	203	210	217	223	230	236	243	249	256
5' 9"	155	162	<b>169</b>	176	182	189	196	<b>203</b>	209	216	223	230	236	243	250	257	264
5' 10"	160	167	<b>174</b>	181	188	195	202	<b>209</b>	216	223	230	236	243	250	257	264	271
5' 11"	165	172	<b>179</b>	186	193	200	208	<b>215</b>	222	229	236	243	250	258	265	272	279
6'	169	177	<b>184</b>	191	199	206	213	<b>221</b>	228	235	243	250	258	265	272	280	287
6' 1"	174	182	<b>189</b>	197	204	212	219	<b>227</b>	234	242	250	257	265	272	280	287	295
6' 2"	179	186	<b>194</b>	202	210	218	225	<b>233</b>	241	249	256	264	272	280	288	295	303
6' 3"	184	192	<b>200</b>	208	216	224	232	<b>240</b>	247	255	263	271	279	287	295	303	311
6' 4"	189	197	<b>205</b>	213	221	230	238	<b>246</b>	254	262	271	279	287	295	303	312	320
6' 5"	193	203	<b>210</b>	218	227	236	244	<b>252</b>	260	268	278	286	294	302	310	320	328
6' 6"	198	209	<b>216</b>	224	232	242	250	<b>258</b>	266	274	284	293	301	310	318	327	336
6' 7"	203	214	<b>221</b>	229	238	248	257	<b>265</b>	273	281	290	300	309	317	325	335	345
6' 8"	208	219	<b>226</b>	235	244	254	263	<b>271</b>	279	288	297	307	317	324	333	343	353

BMI < 25 is considered a healthy weight  
 Between 25-29 is Overweight  
 30 or greater is Obese  
 40 or greater is Extreme or Morbid Obesity

What does this mean for your health?

Overweight – If you are overweight your risk for developing health problems increases (diabetes, health disease, arthritis, stroke, high cholesterol, etc.), but you are not at a greater risk of dying.

Obese – This is associated with a higher overall death rate and a greater risk for: Diabetes, hypertension, high cholesterol, heart disease and heart failure, strokes, gallstones, acid reflux, erosive esophagitis and esophageal cancer, blood clots, dementia, arthritis, sleep apnea, cancers, kidney disease, depression.

# Hope & Healing

## Exercise Beginning an Exercise Program

A heart at peace gives life to the body — Proverbs 14:30

### Introduction

Exercise is the only thing that will give you more personal energy. With more energy, you will have a greater ability to handle stresses at home and on the job. Exercise will help you develop a more attractive and streamlined body. Stronger muscles will give power to your hips and legs and spring to your step. You will feel in charge of your life. Exercise lowers cholesterol, blood pressure, and weight and it prevents heart trouble.

This exercise program is very safe. A treadmill stress test is not required. It is a good idea, however, to check with your doctor if there are special risks that require attention before you begin.

### Four Decisions to Make About Exercise

- Decide what kind of exercises to do. All exercise is not the same. There is the fast paced moving kind such as walking and jogging. Then, there is the kind where you lift weights. Fast walking and the like are aerobic exercises. Weight lifting is an isometric exercise. Stretching is also a form of isometric exercise.
- Decide how often to exercise. We recommend a minimum of three days a week and maximum of six.
- Decide how long to exercise. We recommend 20 minutes for each session as you begin and a gradual increase to 40 minutes each session over a period of 12 weeks.

- Decide how hard to exercise as you proceed. Many plans measure the pulse as an indicator of how hard you're exercising. We recommend the three-step method that follows.
- Make exercise a part of your daily routine.
- Keep at your program for 100 days, until it becomes a habit.

### A Three-Step Method to Keep Your Exercise Effort Within Safe Limits

- Watch your breathing. You shouldn't be so winded that you can't talk. Nor should you be so out of breath that you have to stop to get your breath.
- Notice whether you're sweating. Toward the end, you should have a light sweat.
- Be aware of whether you're comfortable. Do not continue to exercise if you develop chest pain or shortness of breath or muscle aches or pains.

### Safe Stretching to Warm Up

The importance of stretching is twofold:

1. It helps prevent the loss of flexibility that comes with aging.
2. It builds muscles to protect your joints from injury. For safe stretching here are four guides:
  - Stretch until you feel tension, not pain.
  - Hold your stretch for 10 to 30

seconds. Relax. Then repeat.

- Don't bounce into a stretch, slow and easy is the rule.
- Start stretching only after you've warmed up with a five minute walk.

### The Stretching Routine

#### Step One

Lying flat on your back, raise one of your knees up toward your chest, holding it tight into the chest for a count of five.

#### Step Two

Straighten your leg and repeat the exercise with the other leg.

#### Step Three

Pull both knees to the chest, hold tight for a count of five. Straighten both legs and relax.

#### Step Four

Lying flat, push your lower back into the floor, thereby eliminating the back's normal curvature. Again, hold for a count of at least five.

Repeat these exercises for 3-4 minutes. With each exercise keep your head flat on the floor.

### Muscle Building Without Weights

The rule of muscle is, "use it or lose it." These muscle builders can be done anywhere. They are excellent when you travel. They require no equipment; they use the weight of the body to build muscle.

#### Lower Body

**Half-knee bends.** Stand with your

## Lower Body

**Half-knee bends.** Stand with your feet apart and your hands on your hips. Keep your back straight and your feet flat on the floor. Half-bend at the knees. Hold for a second or two. Straighten up. Repeat 10 times for a set.

**Side-leg lifts.** Lie on your right side. Stretch your right arm out straight. Balance yourself by placing your left hand flat on the floor. Raise your left leg about a foot from the floor. Hold for a second or two. Slowly let your leg down. Repeat 10 times. Reverse sides and repeat.

## Middle Body

**Crunches.** Lie on your back. Clasp your hands behind your head. Bend your knees. Lift your head and shoulders off the floor. Ease back to the floor. Repeat 10 times.

## Upper Body

**Modified Pushups.** Lie on your stomach. Place your hands on the floor at shoulder level. Straighten your arms. Push yourself up. Raise your head, shoulders, chest, belly, and hips off the floor, but not your knees. Hold for 12 seconds. Ease down. Repeat 10 times.

## A 12-Week Program of Walking and Muscle Building

Walking has many advantages as an exercise program. You can find a place to walk almost anywhere.

### Weeks One through Three

1. Walk for 20 minutes on a flat surface in a traffic-free area three days a week. Walk slow for five minutes at the start, then do brisk walking for 10 minutes. Finally, cool down with a slow walk for five minutes.
2. Do one set of each of the muscle builders every other day. Do

stretching after the five minutes of slow walking and during the muscle building sessions after you have warmed up.

### Weeks Four and Five

Fast walk for 15 minutes each time. Don't change anything else.

### Weeks Six through Ten

Fast walk 25 minutes each session. Increase your walking to four days a week. Increase your muscle building to two sets each session. Continue everything else unchanged.

### Week Eleven

Fast walk for 28 minutes each session. Leave everything else the same.

### Week Twelve

Fast walk for 30 minutes five days a week. Do muscle building two days a week. Do three sets each session. Keep the rest of your exercise the same.

## Summary

The point is, you should get started now and as Winston Churchill said, "Don't give up. Never, never give up." If you faithfully continue for 12 weeks your routines will be ingrained into your schedule so that they're automatic. Then, exercise becomes a way of life for you. And, the benefits are yours.

### At Home:

- 1) Walking (A good inexpensive form of exercise as long as you have a safe place to walk and have a backup plan if it is too hot or cold. Try walking while moving a ball from one hand to the other to build coordination)
- 2) Treadmill (start slow and gradually work up speed at your own pace)
- 3) Exercise Bike (bikes that work the arms and legs are especially good)
- 4) Recumbent Bike (good for people with knee problems these bikes take the stress off the legs and knees while providing a good cardiovascular workout)
- 5) Elliptical Trainer (one of the best low impact workouts, however, they tend to be more expensive)
- 6) Exercise bands (available at most sports stores they will provide on-the-go strengthening)
- 7) Health Bouncer - buy a small in-home trampoline and run on it in your living room for 20 minutes a day. You can do this while watching the kids or listening to the news.

### At Work:

- 1) Use the stairs (never take the elevator)
- 2) Wear ankle weights (will help you burn more calories)
- 3) Walk with a purpose. Instead of walking sluggishly, always try to walk with a quick, light step. This will help to burn more calories.
- 4) Take a walk over lunch. Take 5 or 10 minutes before or after lunch and take a brisk walk.

# Hope & Healing

## Healthy Eating 5 Servings of Fruits or Vegetables Daily

A heart at peace gives life to the body — Proverbs 14:30

### Introduction

We have a marvelous list of foods we can choose from daily, but confusion about how much and what to eat has been around for a long time. In 1894, W. O. Atwater of the U.S. Department of Agriculture warned Americans about their habits of eating fatty and sugary foods. He said, “How much harm is done to health by our one-sided and excessive diet none can say. Physicians tell us that it is very great.” Today, a century later, we still need to hear his message.

Studies now show that fatty foods create a great many health problems. On the other hand, good-fat, good carbohydrate diets can help prevent 6 of the 10 leading death-causing diseases: heart disease, cancer, stroke, diabetes, atherosclerosis, and chronic liver disease.

### The American Diet

The typical American diet is rich in high fat fried foods, an abundance of sweets, and limited amounts of fiber, fruits, and vegetables.

A recent study in the journal *Circulation* (Oct 21, 2008) found that while the typical American diet of fried foods, salty snacks, eggs, and meat led to a 30% increase in heart attacks, a diet high in fruits and vegetables led to a 35% reduction in heart attacks.

### The Prudent Diet

While there are many theories on what a healthy diet includes the one proven fact is that a diet high in fruits and vegetables consistently leads to better health.

Multiple research studies confirm that eating 5 servings of fruits or vegetables daily leads to better overall health.

A serving size is:

- One medium-size fruit
- 1/2 cup raw, cooked, frozen or canned fruits (in 100% juice) or vegetables
- 3/4 cup (6 oz.) 100% fruit or vegetable juice
- 1 cup raw, leafy vegetables
- 1/4 cup dried fruit

While this sounds easy enough actually getting this much fruits and vegetables takes some work and planning. You will need to experiment with different types of fruits and vegetables to find ones you and your family can eat every day. Some simple tips include:

- Add fruit to your cereal each morning.
- Eat 1 apple each day routinely. (an apple a day really does keep the doctor away)
- Eat a salad each day for lunch. The typical bowl of salad counts

for 2 servings of vegetables.

- Have some fruits and vegetables at every meal. Use canned or frozen products if needed.
- Eat fruits and vegetables for snacks, especially for the kids.
- Replace the side of fries or chips with a cup of fruit, an apple, or a bowl of celery.
- Replace processed deserts such as cakes and cookies with fruit.

Over the next week try getting 5 servings of fruits or vegetables each day. Soon it will become a routine part of your diet. Once you have mastered this eating habit you can further improve your diet by learning some nutrition basics. Here are some simple tips to get you started.

### Nutrition Basics

In order for you to take your health seriously you must have some basic understanding of what you are putting into your body. A simple place to start is by reviewing the basic food groups (carbohydrates, proteins, and fats).

**Carbohydrates** – otherwise known as “sugars”.

Good Effects – supply energy to the cells of the body.

Bad Effects – causes insulin release which leads to weight gain and diabetes.

#### Types of Carbohydrates

1) Complex Carbs – Natural carbohydrates found in breads, pasta, rice, cereals, and vegetables.

These tend to cause less insulin release and therefore less weight gain and diabetes. Vegetables are the preferred source for carbs because they also contain fiber.

as fat cells (adipose tissue) which accumulate around the organs. In large amounts they will clog up the blood vessels (clogged arteries).

and weight gain. - Limit processed carbs - candies, soft drinks, icing, cakes, cookies, pies. Instead eat fruits/vegetables for snacks.

## 2) Simple Carbs

Natural - honey, fruits – these cause a large amount of insulin release, but, are better than processed carbs. Fruit also contains fiber which is good.

Processed – Man made sugar which is added to foods – candies, soft drinks, icing, cakes, cookies, pies. These cause extreme insulin release which greatly increases diabetes and weight gain.

3) Fiber - nondigested carbohydrates found in fruits and vegetables. Since they are not digested the body cannot use them for energy. Their good effects come through improving bowel function and by reducing the amount of insulin released when you eat, which decreases diabetes and weight gain. Since fiber is found in large amounts in fruits and vegetables these are the best overall sources of energy.

**Proteins** – Build and repair the body tissues, supply energy.

These are found in meats (beef, pork, chicken), fish, eggs, dairy products, beans, nuts. Since most of the foods with high protein content have large amounts of fat, a high protein diet usually has a high fat content.

## **Fats - Fatty Acids**

Good Effects - supplies energy to the body, carries vitamins, helps to build cell walls.

Bad Effects - are stored in the body

## Types of Fats:

1) Transfat - partially hydrogenated fatty acids - Found in cooking oils used to fry foods (French fries, chicken nuggets, chips, etc.) and in processed foods like commercially baked goods such as cookies, cakes, pies, donuts, fast foods, margarine, vegetable shortening). This type of fat is the most likely to raise the bad cholesterol and lead to heart attacks and strokes.

2) Saturated Fatty Acids - mainly come from animal products (dairy products such as milk and cheese or meats such as beef, pork, or chicken). Raises the bad cholesterol, increasing the risk of heart disease.

3) Monounsaturated Fatty Acids - Found in olive oil and canola oil used for cooking. May improve cholesterol slightly.

4) Polyunsaturated Fatty Acids - Found in sunflower oil and corn oil used for cooking, and nuts eaten for snacks. May improve cholesterol by lowering the bad cholesterol and raising the good.

5) Fish Oils (Omega 3 Fatty Acids) Found in all fish. Herring, mackerel, salmon, trout, and tuna have the highest amounts. Have good overall health benefits by lowering cholesterol and reducing heart disease risk.

## **Recommendations:**

- Eat carbs that are high in fiber so there is not as great an insulin release. This will decrease the risk of diabetes

- Increase fiber intake by increasing fruits and vegetables.

- Try to replace protein from meat (especially red meat) with protein from fish, beans, and nuts which have less fat.

- Eliminate Trans Fats - NO fried foods or commercially processed baked goods (cookies, cakes, chips, donuts, pies)

- Limit Saturated Fats - Limit red meat to once a week. Limit cheese and use only skim milk.

- Monounsaturated/Polyunsaturated Fats are ok in moderation. Use olive and canola oil for cooking. Eat nuts for snacks.

- Increase Fish Oils (Omega 3 Fatty Acids). Eat fish as much as possible (not fried).