

Summer

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Health

YOUR QUARTERLY GUIDE TO HEALTHY LIVING AND UPCOMING ACTIVITIES

This Quarter opportunities abound towards being healthier and achieving goals that you have always had. Summertime is known for going to the beach, grilling out with friends, and great weather. But how can we use these areas to better our health and make the most of the opportunities that come with summer time? In this issue we outline areas that you might be interested in and give you information about upcoming classes and challenges that will help you towards achieving goals and all around wellness.

Don't only enjoy this summer but make it a healthy one by making easy, simple and small changes each day to your eating, exercising, and decision making habits. **Have a great summer!**

Ready to Slim Down With Summer Foods? Start your Summer "Diet" With These.

Tomatoes and Peppers

These powerhouses of nutrition coming in all colors deliver large amounts of vitamins A and C. A medium tomato, for example, is low in carbohydrates and has only 35 calories but gives you 40% of the vitamin C and 20% of the vitamin A you need for the day. Tomatoes have high levels of a nutrient called lycopene, a powerful antioxidant that gives some fruits and vegetables their color. Lycopene may prevent as well as treat several types of cancer. Peppers have antioxidants too, and plenty of vitamin C, even more than tomatoes. Just a half cup of the green, yellow, or red varieties have more than 230% of your daily vitamin C requirements. Keep some pepper strips on hand for a tasty calorie-controlled snack. A half cup of fresh peppers has only 20 calories.

Berries

Nothing says summer like the colorful array of berries that start showing up in your produce section at the grocery store. Strawberries, raspberries, blueberries, and blackberries satisfy your sweet tooth and are rich in nutritional bonuses, such as vitamin C. Strawberries have the most vitamin C of any member of the berry family. Berries are rich in a substance called ellagic acid, which acts as an antioxidant, helps the body deactivate specific carcinogens, and slows the reproduction of cancer cells. Berries may also help prevent urinary tract infections. Berries are a good source of fiber, which in turn help in lowering cholesterol. Berries in general are convenient to eat, tasty, and easily eaten by themselves or mixed with yogurt for smoothies. Their per-serving calorie count can be as low as 45 calories. You can cook them too, though that tends to break down the antioxidants.

Yogurt

Yogurt can even help you slim down. According to recent studies showing a low-calorie diet that includes three servings of dairy a day can help promote weight loss. Yogurt contains about 30% of the recommended daily value in calcium and should be added to the diet since most American adults are not drinking milk. Yogurt is made by curdling milk with purified cultures. That means that in addition to protein and calcium, it is high in live active organisms called probiotics. These can boost your immunity, prevent yeast infections, and keep your gastrointestinal tract healthy. Flavored, plain, or low fat, you can eat yogurt as a snack or as the protein source at a meal. Yogurts make a great dip for fruits and vegetables and a delicious dessert topping instead of ice cream. For the best of smart and tasty eating, combine low-fat yogurt and fresh berries for a summer smoothie.

Water

Probably the most important "food" of any diet is water. In fact, it's essential. It may have no nutritional value, but it is a catalyst for a majority of bodily functions, including digestion, metabolism, and cell function. Water is also key for helping those trying to lose weight. It curbs hunger pains, especially when it's included in foods such as fresh vegetables and fruits. Research has shown that water-containing foods like fruits and vegetables and soups are encouraged for weight control because of the water. The water increases the volume of the food and lowers the amount of calories. Another reason water helps with weight loss is that if you don't get enough water, your body will try to hold on to what it has so it can continue to operate. This will leave you bloated and the only way to get rid of the excess water is to take in more water. The adult human body is 60% water and on average, loses about one cup or 8 ounces per day from normal activity. On the up side, a typical daily diet includes about four cups of water in the food you digest. Still, nutritionists advise drinking eight glasses of water daily to keep your body functioning like a well-oiled, or hydrated machine.

I'M NOT THE BEST RUNNER BUT WOULD LIKE TO GET BETTER. HOW DO I IMPROVE OR GET STARTED

1. **THINK IN MINUTES NOT MILES. DON'T FOCUS ON HOW MANY MILES YOU CAN RUN BUT YOUR TIME WITHOUT STOPPING.**
2. **DON'T WATCH THE WATCH. FOCUS ON OTHER THINGS INSTEAD OF HOW MUCH MORE TIME YOU HAVE TO GO.**
3. **TAKE CARE OF YOUR SHOES. FIND WELL FITTING RUNNING SHOES AND BE SURE TO DOUBLE-KNOT YOUR LACES.**
4. **WARM UP, DON'T WEAR DOWN. AT MOST, JOG EASILY FOR 15 MINUTES BEFORE A RACE TO WARM UP. THEN STRETCH.**
5. **GO FOR THE GOAL. HAVE A TIME OR DISTANCE YOU ARE WORKING TOWARDS. MAYBE FIND A PARTNER TO HELP YOU!**

The Sun, Skin Cancer, and You: What You Need to Know

What To Look For In a Sunscreen

First scan the label for the words "broad spectrum" and check the ingredient list for sun blockers zinc oxide and titanium dioxide -- all indications that your formula shields you from UVA and UVB, the two types of skin cancer-causing rays. The SPF level (shoot for at least 30) measures a product's ability to protect only against UVB, which leads to burns. But you need a sunscreen that also filters UVA rays, which penetrate deeper into skin, resulting in wrinkles and age spots.

How To Know if a Spot is Suspicious

A = asymmetrical shape
B = border; jagged or blurry edges are suspect
C = color; two or more shades within a mole is bad news
D = diameter; moles greater than one-quarter inch (about the size of a pencil eraser) may indicate a problem
E = evolving; any mole that changes size, shape, or color is suspicious.

Protect These Key Spots

Nose

It's the leading area for facial skin cancers.

Scalp/Hairline

Melanomas found here are deadlier than anywhere else on the body. Docs think it's because they're detected later, since hair can hide them.

Ears

These are a hot spot for actinic keratoses, precancers that often turn into squamous cell carcinoma.

Lower Lip

Unlike the upper, it's not shaded from UV rays by the nose.

Tip: Use an SPF-rich balm or lipstick on your entire mouth. Avoid glosses; their shine may attract UV rays.

Feet

Summer sandals and flip-flops leave them more exposed.

Upcoming CLC Events

June 20-27 CLC Closed

Thank you for your cooperation and we apologize for any inconvenience

July 15-16 Double Elimination Basketball Tournament

Men's open division and Men's 35 teams will compete for bragging rights and trophy. Cost is \$100 per team. Sign up in the CLC today!

July 1 Body By God Seminar

Come be apart of this amazing wellness course at 6:00 on Wednesday nights. For more information call 601-949-1947.

August 1 Men's Basketball Registration Begins

Men's A and B league teams may sign up for \$250 per team. Cost includes 6 regular season games and a season ending tournament. Play will be on Monday and Tuesday nights beginning September 1st. Sign up online at www.fbcj.org or in the clc.

August 8 Run For the Son

One of the oldest 5K races in the state of Mississippi tests the best runners around as the course goes through Historic Belhaven and back to FBCJ with numerous challenging hills. 5K, 1 mile fun run, and the Tot trot give all ages an opportunity to enjoy this great event with proceeds going towards the ministry of Mission First. To sign up or for more information go to www.fbcj.org

SAVE CALORIES

STICK A FORK IN IT

Stick your fork into your salad dressing before stabbing your greens in your salad.

This can cut as much as 500 calories by limiting the amount of dressing you eat.



LIGHTEN YOUR COFFEE

The extra syrup and whole milk can cost you extra calories. A 16 ounce Starbucks Cafe Mocha boasts 400 calories or the same amount as a Grilled chicken sandwich. Slim it down with 2 percent milk, no whipped topping or by choosing the light syrup.

WALK AND TALK

The next time you're on your cell phone use this as an opportunity to stroll the halls or walk outside. If you do this for 10 minutes every work day at a moderate 3mph pace, you will burn over 1,000 calories a month and lose 3 pounds a year.

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A BEACH READY YOU

The first wealth is health.."

-Ralph Waldon Emerson

"Take care of your body. It's the only place you have to live."

A. Adjust your eating habits. Do your best to give up fried fast foods, white processed foods and snacks found in bags and wrappers. Watch your portion size and avoid reaching for foods in times of stress, loneliness, depressions, or boredom. Drink lots of water when you are eating and even when you are not.

B. Begin an exercise routine. The more you move and the more you break a sweat, the more calories and fat will burn away. You don't have to be a professional athlete, just pick up the pace and try to improve your stamina each day. Weight straining and cardio exercise can be fun when taking it one step at a time and setting small goals to build on.

C. Change Your Mindset. Getting the look you want isn't always easy. From getting started to maintaining the course, healthy living is a journey and not a destination. Changing our mindset from past failures and present fears is often needed. This statement was said to me and really resonated: "There are no victims, just volunteers." At a certain point we all have to decide, are we going to let the past keep us from our future regardless of how painful or difficult it has been? This is not to be insensitive but saying you can get beyond the past that is not serving you now. Changing our mindset towards exercise and eating right can also be helped if we have a partner. Don't let your past hold you back. A beach ready you starts with a commitment and will continue with it!

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WAYS TO GET RID OF STRESS

Feel Overwhelmed by work, the economy, to-do list? Take these small steps towards feeling better.

1. Get a Massage
2. Take a bath
3. Play with your Pet
4. Go for a walk
5. Plan a vacation or something you are looking forward to.