What God Can Do Through You!

It was 6 months ago, in April, that we launched the Adventists InStep for Life initiative. Let’s Move Day was a dream as we envisioned children, pathfinders, students, and older adults participating of physical activity events sponsored by SDA churches, schools and hospital all on the same day. The days went by and humanly speaking would have been nearly impossible to mobilize a crowd in one purpose with such limited time to prepare. What followed was what did God through people like you who participated. He can do for us and through us more than we can imagine.

One by one, NAD and GC leadership, hospital administrators, educators, community service volunteers, pathfinder directors, children and youth leaders, women and health ministries’ leaders and pastors joined hands to plan events in support of Let’s Move Day. The response from churches, schools and hospitals across the North American Division was amazing, and what a joy to see the enthusiasm of so many, and to watch our amazing God at work uniting us for a worthy purpose. Hundreds of sites participated on Let’s Move Day bringing us to a total of more than 600,000 miles. People are still sending in their reports and we hope that by the end of the month we will reach 800,000 miles. Our goal is to reach 1 million miles by the end of the year.

So far, pathfinders reported 21,044 miles, CHIPPERS over 80,000 miles and we had 1264 community participants who were added to the 8295 participating SDA members. About 55 pastors registered so far and begin to track their own miles.

However, what really brought joy to my heart were not the miles but the enthusiasm of leaders from churches and schools of all ethnicities and sizes, who had 5, 10, or 100s of people participating in their events. All of them had the same burning desire to engage in health outreach with their family, church, and community. Their creativity was amazing and how they took this opportunity to collaborate and partner with others in their communities was even more inspiring. We look forward to January 28, 2012 when we will recognize churches, schools and hospitals for their participation in a special Celebration event during our Health Summit. Our NAD and GC presidents will be there, and we hope you will too. Learn more www.NADHealthSummit.com.

I would like to personally thank each of you who signed up and who embraced Adventists InStep for Life. This initiative continues on for years to come as we continue partnering with other ministries. I also would like to invite you, even if you did not have the chance to participate so far, to register on the website today and start planning for next year’s event. Let’s Move Day is set for September 23, 2012, and we are looking to have at least twice as many people involved. However, you don’t have to wait until next year. Simply register and sign up today at adventistsstepforlife.org and start recording your daily activity miles now. We have 2 months left to reach our 1 million mile goal, but more importantly, to build bridges and engage ourselves in active health outreach in the community. You will be amazed to see what God can do through you!

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Health Ministries Resources

- **Adventists InStep for Life Webinar Series** are opportunities for anyone interested in participating in this Division wide health initiative. You can watch previous webinars that cover a general overview of the initiative, what is *Let's Move Day*, and another webinar only for educators, and for CHIP. The next webinar is scheduled for October 25, 2011 at 8pm EST, and it is open to anyone interested in learning the results of the *Let's Move Day* including the latest reports towards our 1 million mile goal, as well as Awards. To sign up go to www.adventistsinstepforlife.org and register today.

- **Adventists InStep for Life Mobile Apps** are now available for download for android and Iphone users. People must first register at the website listed above, and then they may download the app searching under the name of INSTEP or ADVENTIST INSTEP and start recording physical activity in miles daily, weekly, or monthly, at the palm of their hand. The app also offers news and stories of churches, schools, and hospitals across the North America Division which are participating and involved.

- **Health Calendar Emphasis - October**
  - USA: [http://www.healthfinder.gov/nho/nho.asp#m8](http://www.healthfinder.gov/nho/nho.asp#m8)
  - **October 1 – 31** - National Breast Cancer Awareness Month
  - **October 1 – 31** - Stop America’s Violence Everywhere (SAVE) Today
  - **October 3** - Child Health Day
  - **October 5** - Walk to School Day
  - **October 2 – 8** - Mental Illness Awareness Week
  - **October 6** - National Depression Screening Day
  - **October 10** - World Mental Health Day

- **NEWSTART Global** is an updated version of NEWSTART which aims at better meeting the health needs of people in the US and overseas. It will offer the same natural remedies’ principles specifically for local churches worldwide to conduct health evangelism. For more information please go to www.newstartglobal.com or www.Weimar.org.

- **Adventist Recovery Ministries (ARMin)** is a ministry of the North America Division Health Ministry and aims at providing training and resources for local churches to address issues related to addictions and harmful habits. ARMin first goal is to put in place a 12-step program similar to AA with a Christian focus, providing support for members and community friends to meet weekly and overcome habits that hurt. For more information about ARMin visit www.adventistrecovery.org. The first training session using new resources will take place on February 3-5, 2012 in Orlando, Florida. To attend please register at www.NADhealthsummit.com.

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**Dates to Remember**

**2011**
- **October 19-23**
  - Annual Wildwood Medical Seminar
    - Wildwood, GA
    - www.wildwoodhealth.org
    - *(Includes 18 CME)*

- **October 25**
  - Health Ministries Webinar
    - Let’s Move Day Report and Awards
    - www.adventistsinstepforlife.org

- **October 27-30**
  - Annual AMEN Conference
    - Hilton Head, SC
    - www.amensda.org

- **November 10**
  - Health Ministries Webinar *(Free)*
    - Community Transformation Grants
    - www.adventistsinstepforlife.org

- **November 16-20**
  - Annual CHIP Summit
    - Loma Linda, CA
    - www.sdachip.org

**2012**
- **January 15-18**
  - Adventist Ministries Convention
    - Innisbrook, FL
    - www.adventistministriesconvention.com

- **January 25-27**
  - NAD Health Ministry Advisory
    - Orlando, FL
    - *(Held every 5 years. If you are a HM Director of a Union or Conference, please plan to attend.)*

- **January 27-February 5**
  - NAD Health Summit 2012
    - Orlando, FL
    - www.NADhealthsummit.com

- **September 23**
  - Let’s Move Day
    - Division Wide
    - www.adventistsinstepforlife.org
Total Miles 636,260 - Pathfinder Miles 20,764 - CHIP Miles 38,517 - Community Participants 1264 - Participating SDA Members 8,104 – Pastors 51-PALA Awards 34 -Feeding sites 12 -Gardens 77.

Delegates from all over Canada during the Quinquennial Session managed to find some time on September 25 to participate in the Let’s Move! Newly elected SDACC president Mark Johnson and NAD president Dan Jackson led 147 delegates on a walk from College Park Church to the King Fitness Complex on the campus of Kingsway College.
Healthy Body, Healthy Mind!

**FACT** Combining aerobic exercise with a healthy diet improves brain function. In *Hypertension*, researchers at Duke and Emory Universities reported that exercise and healthy eating made a measurable difference in brain function in overweight individuals with high blood pressure. Those people following the health diet (DASH diet) showed some improvement, but those who exercised and ate better showed the most improvement in memory, learning, and psychomotor speed.

**HOPE** The good news is that you don’t have to be in perfect health to keep your brain functioning at top-notch. Start with small steps to improve your diet (less meat and saturated fat, more fruits and vegetables) and get more regular exercise. You’ll think clearer, make better decisions, and improve your memory. And you’ll probably benefit from improved blood pressure, heart health, and weight loss, too.

**FACT** Exercise and relaxation may offer drug-free migraine prevention. Researchers from the Institute of Neuroscience and Physiology at the University of Gothenburg, Sweden, randomly assigned migraine sufferers to one of three trails for three months: 1) aerobic exercise on a stationary bike for 40 minutes 3x/week; 2) relaxation therapy; 3) or daily topiramate, a medication prescribed for migraines. All three treatments reduced the frequency of migraine attacks, with little differences between treatments.

**HOPE** The World Health Organization suggests that 18 percent of women and 7 percent of men in the U.S. suffer from migraines. If you are one of them, but do not want daily medication, incorporate more exercise and rest in your routine. Engage in physical activity that makes you breathe a little harder, working up to 40 minutes 3x/week. Take five minute breaks throughout the day to breathe deeply, relax your mind, and pray. These therapies have no side effects and a lot of additional positive benefits!

**FACT** Smoking, diabetes, and obesity may shrink your brain. As if there weren’t already enough good reasons to avoid smoking and keep your weight, blood sugar levels and blood pressure all under control, a new study from the University of California published in the journal Neurology found that these risk factors in middle age were linked to potentially dangerous vascular changes in your brain, leading to faster drop in brain volume and declines in tests of executive function up to a decade later.

**HOPE** This study adds to the evidence that good living preserves mental abilities—and that there are things we can do in middle age that can have effects 10, 20 and 30 years down the road to improve cognitive health. What’s one thing you can do this week to improve the health of your body and mind?

**FACT** Routine chores might help keep dementia at bay. Ever wish you didn’t have to fold laundry, mow the lawn, or take out the trash? A study published recently in the *Archives of Internal Medicine* found that seniors who expended the most energy on daily duties were less likely to have mental declines as they aged. Participants in the most active group were 91 percent less likely to experience declines in memory, concentration and language abilities after five years than those in the least active group.

**HOPE** While a regular exercise program is an important part of a healthy lifestyle, don’t overlook physical activity throughout the day. The seniors in the most active group burned most of their calories in activities of daily living, reporting doing more walking, climbing more stairs, engaging in more caregiving and volunteering, and just moving more overall. Although not typically thought of as exercise, these activities get our heart rate up and improve circulation—and benefit the brain.

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"... I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live." Deuteronomy 30:19, NIV

This free newsletter is published by Health Ministries, North American Division of Seventh-day Adventists. To learn more or subscribe, visit our website www.nadhealthministries.org, email Katia.Reinert@nad.adventist.org or call (301) 680-6733