Choose to say YES to Physical Activity

As we look at the ways to Choose Full Life there is one choice that is critical and if neglected will invite disease and death. That is physical activity. Studies have shown the benefits of physical activity, especially in the fresh air and sunlight. Some of these benefits are reduction of the risk of heart attacks, strokes, diabetes, high blood pressure, cancer, hip fractures, colds and flu, depression and mood changes, as well as helping people to maintain a healthy weight and adding years to life. Yet, according to government estimates, only 3 in 10 U.S. adults get the recommended amount of exercise each week.

These facts have led to the current recommendations for health care providers to prescribe exercise as medicine since besides cutting the risk for disease, physical activity has been shown to be a very effective treatment modality for these many of these diseases.

In 2009 Harvard Medical School’s Institute of Lifestyle Medicine, the American College of Preventive Medicine and the American College of Sports Medicine announced the publication of “Exercise is Medicine: A Clinician’s Guide to Exercise Prescription- (http://www.exerciseismedicine.org ). As a result, a new report from the CDC this month shows that more patients (1 in 3) are getting prescriptions for exercise from their doctors (http://www.webmd.com/fitness-exercise/news/20120209/cdc-doctors-increasingly-prescribe-exercise).

As a church we have a responsibility as well to encourage people to take care of their bodies, as it is the temple of God. Inspiration says “All who can possibly do so ought to walk in the open air every day, summer and winter. A walk, even in winter, would be more beneficial to the health than all the medicine the doctors may prescribe.” (Counsels on Health, 52). Science is now proving this statement written over 100 years ago.

February is heart health month, and as we teach people to make choices to reduce their heart disease risk, let us encourage them to Choose to say YES to physical activity in the sunlight daily and join us in our Adventists InStep for Life initiative by registering at www.adventistsinstepforlife.org. Last month during our NAD Health Summit 25 awards were given to churches, schools, and hospitals who had outstanding participation in this initiative (see news session). Being physically active is a way to take care of God’s temple and worship Him with our bodies. (Romans 12:1).
Health Ministries Resources

• **Adventists InStep for Life** is a Division wide health initiative. The website provides information and resources so exploring ideas on how your church, school, or health care organization can become involved. The Resource section gives “Tips” for Starting an Adventists InStep for Life program in your community. Coordinators have access to health educational materials, incentives, and promotional materials. Plan for LETS MOVE DAY now, order materials, and look out for the next Webinar coming up in March. See the photos in the website of the most recent Adventists InStep for Life Award ceremony held at the NAD Health summit. Visit the website for more information: www.adventistsinstepforlife.org.

• **Adventists InStep for Life Mobile Apps** are available for download for android and iPhone users. You must first register at the website listed above, download the app searching under the name of INSTEP or ADVENTIST INSTEP, and then start recording your physical activity.

• **Heart Month is here!** The American Heart Association reminds us that heart disease can affect men and women of all ages, and remains the number one cause of death in the United States. Determine today to begin a heart-healthy lifestyle. Boost awareness of heart health issues and the lifestyle changes that can prevent heart disease. Gather information and promotional materials at: www.goredforwomen.org and www.heart.org.

• **Fitness for Life™** This 10-week program provides a fitness program for each participant’s comfort zone. It combines physical activity, motivation, nutrition, and behavior change. The 10 PowerPoint® presentations include over 350 graphics. The Coordinator’s Guide includes a fitness testing manual, speaker notes, and sample handouts. Participant handouts are printed from the CD. The CD also has calculators, promotional materials to print, and other resources. For more information: See Lifelong Health at www.wellsource.org.

• **Women’s Heart Health Foundation** WHHF has developed The Heart Health Resource Guide to help raise awareness that heart disease is the #1 killer of women, and to share key lifestyle changes to lower ones risk of heart disease. The Guide provides a listing of organizations, resources and websites. www.sistertosister.org.

• **Community Health Worker’s Source Book** This training manual for preventing heart disease and stroke is a user-friendly curriculum that community health workers can use in their training and also as a resource. For information: www.cdc.gov/dhdsp/programs.

• **Health Calendar Emphasis - December**
  
  
  **USA:** [http://www.healthfinder.gov/nho/nho.asp#m8](http://www.healthfinder.gov/nho/nho.asp#m8)

  **February 2012**
  - February: National Heart Month: [www.heart.org](http://www.heart.org): materials available

  **Looking Forward**
  - March 2012: National Nutrition Month: [www.eatright.org/nnm](http://www.eatright.org/nnm): materials available
  - March 5-11: National Sleep Awareness Week

**Dates to Remember**

<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
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<tr>
<td>2012</td>
<td>February 18: Health Ministries Sabbath</td>
<td>NAD Health Ministries</td>
<td><a href="http://www.adventistsinstepforlife.org">www.adventistsinstepforlife.org</a></td>
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<td>March 17: Disabilities Awareness Sabbath</td>
<td>NAD Health Ministries</td>
<td>Upcoming event</td>
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<td>April 18: 2012 Spring Health &amp; Wellness Symposium</td>
<td>NAD Health Ministries</td>
<td>The Correlation of Lifestyle and Health: <a href="mailto:wellness@khnetwork.org">wellness@khnetwork.org</a></td>
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<td>May 10 - 13: Health &amp; Fitness Symposium 2012</td>
<td>Andrews University</td>
<td><a href="http://www.andrews.edu/cas/nutrition/symposium">http://www.andrews.edu/cas/nutrition/symposium</a></td>
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<td>September 23: Let’s Move Day Division Wide</td>
<td>NAD Health Ministries</td>
<td><a href="http://www.adventistsinstepforlife.org">www.adventistsinstepforlife.org</a></td>
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<td>September 23-29: Let’s Move Week Division Wide</td>
<td>NAD Health Ministries</td>
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**Health Ministries Resources**

**Published monthly by the Health Ministries Department of the North American Division of Seventh-day Adventists for the purpose of communicating news, resources, and training opportunities for health ministries.**

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The US Surgeon General, Dr Regina Benjamin, and Dr Albert Reece, Dean of School of Medicine at the University of Maryland, were keynote speakers during the NAD Adventist InStep for Life Celebration at the Health Summit in Orlando. Along with Donna Richardson Joyner and Heidi Christensen from White House offices, many others joined to celebrate the participation of churches, schools and hospitals across the Division. 25 awards were given by NAD HM to organizations (see some listed below). Nearly 2 million miles of physical activity were reported in 2011 (the US total was 3.8 million), plus 101 gardens, 34 PALA awards, and 14 Feeding Sites. Please go to www.adventistsinnstepforlife.org for more pictures and the new 2012 goals.

**Hospitals**

Dr Angela Falls and Dr Mack Rucker for Florida Hospital and Chris VanDenburgh for Kettering Health Network

**Atlantic Union**

Dr. Leonard Gibbons for Bermuda Conference for highest participation rates and Bill Warchock for Southern New England Conference for largest number of miles in the Union

**SDA Church in Canada**

Dr Pekka Maattanen for Manitoba-Saskatchewan Conference for highest participation, miles and CHIP miles in Canada

**Columbia Union**

Leah Scott for Allegheny East Conference for highest number of miles and gardens in the Columbia Union and Pine Forge Academy for highest number of miles in

**Lake Union**

Vicki Griffin for Michigan Conference (Gobles Junior Academy – participation, PALA awards and miles)

**Pacific Union**

Arnold Trujillo for Union and highest participation from schools and Gordon Botting for Northern California Conference (gardens)

**North Pacific Union**

John Loor for Union Award and Dr Palmero for Alaska Conference (highest participation rates in the Union)

**Mid-America Union**

GaiL Coridan for Iowa-Missouri Conference (Participation, miles)

**Southern Union**

EW Dempsey for Southern Union for highest miles, participation and CHIP miles among all other Unions, and for Georgia-Cumberland for highest participation and miles), Joe Halloway for Florida Conference/Apopka SDA Church, and Larissa Brass and team for Lenoir City SDA Church (participation, partnership and innovation).

**Southwestern Union**

Richard Dye for Arkansas-Louisiana Conference (participation rates, miles, gardens)
Say YES to PHYSICAL ACTIVITY in the SUNLIGHT daily, and drink plenty of WATER

FACT Today, more than half of the world’s population lives in cities, and many people barely ever get a glimpse of green. Other than walking to and from their cars, some people find that they spend less than 15 to 30 minutes a day outside.

HOPE A 2007 study at the University of Essex in England found that a daily dose of walking outside could be as effective as taking antidepressant drugs for treating mild to moderate depression. After an outdoor walk, 90% reported an increase in self-esteem, 71% experienced decreased levels of depression, and 71% stated they felt less tense. Interestingly, a similar regimen of walking in a crowded shopping mall did not have the same impact. Spending time outdoors also connects us more closely with nature and our Creator.

FACT Telomeres, the protective caps on the ends of our DNA strands, shorten as we age. Scientists refer to this sign of aging in cells as a sort of “biological clock.”

HOPE A study published in Circulation suggested that vigorous exercise may partially reverse aging inside the cells at the genetic level. In middle-aged long-time runners, there was less shortening of the telomeres, compared to their sedentary counterparts. In fact, the telomeres of these runners appeared nearly as “young” as those of runners in their twenties. Scientists speculate that any vigorous—maybe even moderate—exercise done over the long term may help keep genes young.

FACT Physical activity is a key to successful management of type 2 diabetes. However, “lack of time” is often cited as a barrier to being physically active.

HOPE In a study published in the European Journal of Applied Physiology, sedentary participants performed the following 10-minute workout three times a week: 1) a five-minute warm-up on a stationary bicycle, 2) two 20-second “all-out” cycling sprints, followed by 3) a five-minute cool down of slow pedaling on the stationary bicycle. After six weeks, there was a decrease in blood sugar and insulin levels in male participants. Although more is better when it comes to exercise and its metabolic, cardiovascular, muscular and psychological benefits, even small amounts have positive effects on our health.

FACT The 2008 Physical Activity Guidelines for Americans state recommend that adults do 2.5 hours of moderate-intensity or 75 minutes vigorous-intensity aerobic physical activity (or an equivalent combination) weekly.

HOPE In a Canadian study focusing on abdominally obese, inactive adults, researchers found that even random, short-duration (less than 10 minutes), moderate-intensity (such as walking up stairs) physical activity was significantly associated with cardiorespiratory fitness. This may be more feasible and enjoyable for inactive individuals who are looking to start an exercise program but feel that 30 minutes of physical activity at one time is overwhelming.

References:

“... 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

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