To Move or Not to Move

As we look at the ways to Choose Full Life one choice is critical and if neglected will invite disease and death. That is to move. Studies have shown the benefits of physical activity, especially in the fresh air and sunlight. Some of the documented benefits are:
- Reduction of heart disease by 50%
- Reduction of stroke by 33%
- Reduction of diabetes by 50%
- Builds strong bones and prevents fractures
- Improves immunity
- Increases energy
- Reduces risk for dementia and cognitive decline
- Assists in maintaining a healthy weight
- Prevents and helps reverse anxiety and depression
- Adds years to one’s life and reduces mortality
- Improves wellbeing and quality of life.

In fact, the benefits are so great that even people who smoke or who are overweight or obese, but are physically active and fit, have similar mortality rates when compared to those who do not smoke or who have a healthy weight but who are not physically active or fit. It is intriguing that some people would even consider the question “to move or not to move”. On average less than 20% of adults and 8% of children get the recommended amount of exercise each week. Current guidelines recommend that adults be active for 30 minutes or more while children and adolescents stay active for 60 minutes or more each day, at least 5 days a week.

Are you meeting that recommendation? No matter what hereditary conditions or current diagnosis you may have, physical activity will help prevent or treat disease, and live a more fulfilling happy life. Now, the reverse is also true. Inactivity has been shown to increase mortality of any cause. The greater the number of hours you spend sitting is equally proportional to the increase on mortality rate. Thus, finding ways to get up for 5 minutes for each hour you spend sitting can make a big difference.

As children of God we have are called to make healthy choices and encourage others to take care of their bodies. Being physically active is a way to take care of God’s temple and worship Him with our bodies. (Romans 12:1). 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).

The world is trying to reverse the trend of chronic disease. You can help make your church a center for health, healing and wholeness by teaching people to “say YES to physical activity”. You may find more information on how to make activity fun and track miles/km/mi at www.adventistsinstepforlife.org. Why this is important? Because our “mental and spiritual vigor are in great degree dependent upon physical strength and activity; and whatever promotes physical health, promotes the development of a strong mind and well-balanced character” (Education 195). Start moving today.

God of Wonders by David Steen
Explore the wonders of God’s creation with biologist David A. Steen, and discover the intricacies of things we usually take for granted: taste, gravity, skin, bacteria, trees, DNA, stars, cellular reproduction, and many more. Creative genius is simply breathtaking.

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• Adventists InStep for Life Mobile Apps are available for download for android and iPhone users. You must first register at the website listed above then download the app (INSTEP or ADVENTIST INSTEP), and start recording your physical activity right on your phone.

• NAD HEALTH SUMMIT 2013 Registration ends March 1, so hurry up! This regional Summit is connected with the NY13 initiative and will take place in New York City March 13-17 for a limited number of registered attendees (300 max) so please register early to save your spot and get equipped for health evangelism. Dr Neil Nedley will present evening outreach on optimizing brain health (see www.ChooseFullLife.org). We will also have hands on health expos, a track for pastors, a track for nurses, a track for community services, the Adventist Recovery Ministries training and the official NAD Health Ministries training. Register today and secure your hotel at www.NADHealthSummit.com.

• February is Heart Health month worldwide Include Blood Pressure screenings as part of your heart outreach and use the new Be*Healthy app below to assist people to choose a healthier lifestyle.

• NAD Health Summit NY13 New York City www.NADHealthSummit.com

• New Be*Healthy App was launched by Lifelong Health. Be*Healthy helps you identify and understand the value of each lifestyle change you need to make to meet your personalized wellness objective. It also provides the information you need to become comfortable taking the steps to improve your health through easy to understand lifestyle changes.

• Teen Dating Violence Awareness and Prevention Initiative was spearheaded by teenagers across the nation who chose to take a stand and put a stop to teen dating violence. Teen Dating Violence Awareness Month (TDVAM) brings national focus to the issue of teen dating violence, highlights the need to educate our youth about healthy relationships, raises awareness among those who care for them and provides communities with a critical opportunity to work together to prevent his devastating cycle of abuse. For a toolkit go to http://healthfinder.gov/nho/Default.aspx. Use the new apps below to help raise awareness and prevent death.

• Circle of Six app and R3 app was launched by the Institutes of Medicine. Circle of Six help victims of violence created a supporting network to avoid injury and seek help as needed and R3 was sponsored by Florida Hospital to assist health professionals and health enthusiasts to screen for violence and provide needed referrals. Look for Circle of 6 and R3 at the app store or android market.

• Health Calendar Emphasis -FEBRUARY

February 2013

• Heart Health Month (worldwide)
• Congenital Heart Heart Month (worldwide)
• Teen Dating Violence Awareness Month (US)
• 1: National Wear Red Day (US)
• 7: National Black HIV/AIDS Awareness Day (US)
• 3-9: Eating Disorders Awareness Week (Canada and US)
• 14: Sexual and Reproductive Health Day (Canada)

Looking Forward (March 2013)

• National Colorectal Cancer Awareness Month
• National Nutrition Month
• 3 - 10 National Sleep Awareness Week®
• 10 National Women and Girls HIV/AIDS Awareness Day
• 18 -22 National Youth Violence Prevention Week
• 20 National Native American HIV/AIDS Awareness Day
• 24 World Tuberculosis Day
• 26 American Diabetes Alert Day

2013

February 16

Health Sabbath
Theme: Recovery (ARMin)
www.AdventistRecovery.org

February 24-26

6th International Congress on Vegetarian Nutrition
Loma Linda, CA
www.vegetariannutrition.org

March 13-17

NAD Health Summit NY13
New York City
www.NADHealthSummit.com

March 15

ARMin Board Meeting
New York City – Health Summit
NADHM@nad.adventist.org

March 17

NAD HM Board Meeting
New York City – Health Summit
NADHM@nad.adventist.org

April 13-15

North Pacific Union HM Training
Gladstone, Oregon
Kristina.Lopez@nw.npuc.org

September 22

Let’s Move Day
www.adventistsinstepforlife.org

September 22-28

Let’s Move Week
www.adventistsinstepforlife.org

September 25-27, 2013

Aging Conference
Loma Linda, CA

2014

January 24-Feb 2, 2014

NAD Health Summit
Orlando, FL
www.NADHealthSummit.com
The garden at Brinklow

Allegeny East Conference

Emmanuel Brinklow SDA Church

“It all started with soil sampling at the Emmanuel Brinklow Seventh-day Adventist Church in Ashton Maryland”, writes Betsy Johnson-Faith Community Nurse for the church. That was soon followed by two educational gardening classes, one in the classroom and the other in the field. In no time, 37 plots were outlined and divided among 24 people. “The enthusiasm was high and stamina with creativity stood side by side.” Fourteen of these 37 plots are maintained church community friends. “What a blessing to share in our original home, the garden, our original vocation, gardening, just as God intended it to be. Being there, to be questioned and to dialogue about why we rest from our labors on the Sabbath by our friends who genuinely wanted to understand this for themselves.” After a bountiful harvest the produce was enjoyed by all and the spirit of giving was multiplied. Some chose to harvest on Friday to leave produce for giving to those in need on Sabbath. The regular Cooking School class participants are invited to the fields during their morning break because a gardener wanted to institute the ancient practice of gleaning. What a privilege to witness the Cooking School getting their produce right from the garden, some of them will never forget that experience, and are planning to garden with us next year.

The bountiful harvest

Southern California Conference

Plant-Based Cooking Events Draw 400 Area Residents

Since 2009, the South Bay Church, in Redondo Beach, CA, has been involved in a nutrition outreach that has been drawing exponentially larger numbers of people. “We started in 2009 with 50 people attending free vegan cooking classes which my wife Susan, a Registered Dietician, conducted; most attendees were from the community,” said Pastor John Jenson. “In the 2012 class, 409 people attended—reflecting an 818% growth. We give all glory to our Father for any success these events have had,” Jenson added. Susan Jenson reflected, “I am very quiet and was not expecting anything like this. I had no idea what God had in mind for me with this outreach!”

In recent years the church has followed up with Healthy Taste of L. A. weekends, featuring vegan chefs from California restaurants and a well-known author. In 2012, 108 people attended a dinner with Caldwell B. Esselstyn, Jr., MD, author, Prevent and Reverse Heart Disease. The following day, 248 people participated in a Healthy Taste of L. A. event. Nearly 1,000 watched online. Attendance at all lifestyle events includes Christians and non-Christians, many of them fans of the chefs. Some attendees have begun attending Sabbath services. At least four responded to a recent invitation to a Sabbath International Day. Others email positive responses about what they have learned.

Medical Center has taken a different approach: rooftop farming. Fat fiber tubes, filled with soil and compost, rest atop the hospital roof. Seeds are planted through holes in the tubes, and pipes infuse water. Patients, employees and visitors enjoy ‘super greens,’ herbs and vegetables within hours of harvest. A five-acre garden at Howard Memorial Hospital in Willits, CA, also provides food for patients, staff and visitors, while a “healing knoll” and gazebo offer rest and reflection. Extra produce is donated to the local senior center and food bank. “It’s an incredible thing to grow food for the hospital,” said garden founder Ananda Johnson. “It can’t get any fresher than this!”
Say YES to PHYSICAL ACTIVITY in the SUNLIGHT daily, and drink plenty of WATER

**FACT** Regular exercise can’t make up for the risk of an otherwise sedentary lifestyle. A study of 91 healthy women between 40 and 75 years old found that although participants spent an average of 146 minutes in moderate or vigorous activity a week, they still spent as many waking hours sitting down (63%) as those who don’t get much exercise. This largely sedentary lifestyle increases risk of diabetes, cardiovascular disease, obesity and premature death.1

**HOPE** Think about how you spend your entire day—even your non-exercise time. Get creative and see where can you stand up, walk, and move more. Set a timer so that once an hour you’ll get up (or drink more water for a built-in timer). By grabbing every opportunity to move more during your non-exercise time, you’ll further decrease your risk for chronic health problems.

**FACT** Research confirms that the sun provides many health benefits beyond that of vitamin D production, including better mood and energy through the release of endorphins, and regulation of the sleep-wake cycle through serotonin production. Exposure to the sun also induces nitric oxide, which helps protect skin against UV damage, reduces blood pressure, promotes wound healing, and has some anti-cancer activity.2

**HOPE** From a health perspective, it makes sense to expose our skin to the sun in appropriate and measured timeframes. Just 15 minutes of sunlight each day will provide health benefits without the harmful effects of burning. Enjoy God’s gift of sunshine—and health benefits.

**FACT** There’s a direct relationship between how much you exercise and how long you will live. A recent study in the American Journal of Preventive Medicine found that adults who include at least 150 minutes of physical activity in their routines each week live longer than those who don’t. Researchers determined that we can potentially gain 2.3–5.6 hours of life for every hour of moderate physical activity, and 5.2–11.3 hours of life for every hour of vigorous physical activity we accumulate during adulthood.3

**HOPE** Feel like you don’t have enough time to exercise? This research shows that we actually gain time by becoming more physically active. Pull out your schedule and plan when you can take some brisk walks this week. The investment you make now will be more than compensated for by the years of life gained later!

**FACT** The American Heart Association has identified sugar-sweetened beverages (SSB) as the primary source of added sugars in the American diet, contributing to the pandemic of obesity in our country. SSBs are also linked to insulin resistance, impaired B-cell function, and belly fat—precursors to metabolic syndrome and type 2 diabetes mellitus. In addition, recent studies have found that these beverages increase inflammation, which contributes to atherosclerosis, plaque stability, thrombosis, and risk for heart attack and stroke.4

**HOPE** God gave us a perfect beverage that does not promote weight gain or chronic disease. Water has no calories or additives and is widely available, inexpensive, and generally safe. The average person needs at least 1 mL of water for every calorie burned (about 8 glasses a day for a 2000-calorie diet). Feeling thirsty? Go pour yourself a tall glass of God’s perfect beverage!

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

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**EVERY CHURCH A CENTER FOR HEALTH, HEALING AND WHOLENESS IN THE COMMUNITY**