

# Messiah on the Move!

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## Benefits of an Active Lifestyle

RECENT ACTIVITY RECOMMENDATIONS FOR THE GENERAL POPULATION ARE TO ACCUMULATE AT LEAST 30 MINUTES OF MODERATE ACTIVITY 5 DAYS/WEEK, OR TO ACCUMULATE AT LEAST 20 MINUTES OF VIGOROUS ACTIVITY 3 DAYS/WEEK. A STUDY RECENTLY PUBLISHED IN MEDICINE AND SCIENCE IN SPORTS AND EXERCISE FOUND THAT PARTICIPANTS WHO MET THESE GUIDELINES HAD LOWER RISK FACTORS FOR CARDIOVASCULAR EVENTS THAN THOSE WHO FELL BELOW THE ACTIVITY GUIDELINES. THE GREATEST PROTECTION, HOWEVER, WAS SEEN IN THOSE WHO EXERCISED VIGOROUSLY DURING THE WEEK. THEY HAD SIGNIFICANTLY HIGHER HDL CHOLESTEROL LEVELS, AND SIGNIFICANTLY LOWER INCIDENCE OF HIGH BLOOD PRESSURE THAN THE OTHER GROUPS- TWO IMPORTANT BIOLOGICAL RISK FACTORS FOR CARDIOVASCULAR DISEASE. BUT IF YOU DON'T REALLY ENJOY SWEATING, AND YOU CAN INCORPORATE SOME MOVEMENT INTO YOUR DAY, THERE IS STILL SOME GOOD NEWS. THE STUDY REPORTED THAT EVEN ACTIVITY LEVELS BELOW THE GUIDELINES OFFERED SOME PROTECTION AGAINST CVD. SO START MOVING, AND WATCH YOUR HEALTH IMPROVE!

## Increase Your Daily Activity

RESEARCH SHOWS THAT ENJOYING A MORE ACTIVE LIFESTYLE THROUGH REGULAR, MODERATE ACTIVITY CAN HELP YOU IMPROVE YOUR HEALTH AND QUALITY OF LIFE NO MATTER YOUR AGE, OR HOW LONG YOU MAY HAVE BEEN INACTIVE. PHYSICAL ACTIVITY BOOSTS THE CALORIE BURNING PROCESS. SO THE MORE WE MOVE, THE MORE WE BURN. NO MATTER HOW ACTIVE YOU ARE NOW, SMALL CHANGES WILL GET YOU WHERE YOU WANT TO GO. INCREASING YOUR DAILY ACTIVITY AT A FASTER OR SLOWER RATE ISN'T AS IMPORTANT AS SIMPLY MOVING MORE TODAY THAN YOU DID YESTERDAY.

### Just adding a little movement to your life can:

- REDUCE THE RISK OF HEART DISEASE, STROKE AND DIABETES
- IMPROVE JOINT STABILITY
- INCREASE AND IMPROVE RANGE OF MOVEMENT
- HELP MAINTAIN FLEXIBILITY AS YOU AGE
- MAINTAIN BONE MASS
- PREVENT OSTEOPOROSIS AND FRACTURES
- IMPROVE MOOD AND REDUCE SYMPTOMS OF ANXIETY AND DEPRESSION
- ENHANCE SELF ESTEEM
- IMPROVE MEMORY IN ELDERLY PEOPLE
- REDUCE STRESS

## Top 5 everyday foods for active people

### 5. APPLES

APPLES PROVIDE A NUTRIENT DENSE SNACK WHICH IS FULL OF VITAMINS, MINERALS, FIBER, ANTIOXIDANTS AND WATER

### 4. SPINACH

IN ADDITION TO BEING VERY LOW IN CALORIES, THE LIST OF THE BENEFITS OF SPINACH IS LONG. DIETARY FIBER HEADLINES THE LIST WHICH INCLUDES THE ANTIOXIDANTS BETA AND ALPHA CAROTENE, LUTEIN AND ZEAXANTHIN AS WELL AS CALCIUM, POTASSIUM, MAGNESIUM, VITAMIN C, VITAMIN E, VITAMIN K AND FOLIC ACID.

### 3. COTTAGE CHEESE

THE PROTEIN IN COTTAGE CHEESE IS CASEIN. CASEIN HAS THE ADVANTAGE OF BEING THE SLOWEST DIGESTED PROTEIN. DIGESTING SLOWLY CARRIES ADVANTAGES FOR ALL FITNESS GOALS.

### 2. OATS

THE BENEFITS OF OATS STEM FROM THE SOLUBLE FIBER WHICH HAS BEEN SHOWN IN STUDIES TO LOWER CHOLESTEROL LEVELS THUS REDUCING THE RISK OF CARDIOVASCULAR DISEASE. OATS ALSO CONTAIN A UNIQUE ANTIOXIDANT CALLED AVENANTHRAMIDES WHICH HELPS PREVENT FREE RADICALS FROM DAMAGING OUR GOOD CHOLESTEROL. IN ADDITION TO THESE LONG-TERM BENEFITS, OATS ARE A GREAT SOURCE OF COMPLEX CARBOHYDRATES WHICH PROVIDE LONG LASTING ENERGY FOR ACTIVE INDIVIDUALS. OATS ALSO CONTAIN A HIGH AMOUNT OF THE ANTIOXIDANT SELENIUM.

### 1. SWEET POTATOES/ YAMS

YAMS AND SWEET POTATOES ARE USED SYNONYMOUSLY SOMETIMES BUT ARE ACTUALLY 2 DIFFERENT FOODS. THEY COME IN COLORS RANGING FROM WHITE TO ORANGE. THE COMPLEX CARBOHYDRATES AND B VITAMINS IN SWEET POTATOES MAKE THEM EVERY ACTIVE PERSON'S BEST DIETARY CARBOHYDRATE SOURCE. SWEET POTATOES HAVE LONG BEEN A GOOD SOURCE OF CARBS FOR ATHLETES AND BODYBUILDERS FOR STRENGTH, SPEED, POWER AND BODY COMPOSITION BENEFITS.

## Simple ways to become more active

- USE A PUSH MOWER TO MOW THE LAWN
- GO FOR A WALK IN A NEARBY PARK
- TAKE THE STAIRS INSTEAD OF AN ELEVATOR
- BIKE TO WORK, TO RUN ERRANDS, OR VISIT FRIENDS
- CLEAN OUT THE GARAGE OR THE ATTIC
- WALK WITH A FRIEND OVER THE LUNCH HOUR
- VOLUNTEER TO BECOME A COACH OR REFEREE
- SIGN UP FOR A GROUP EXERCISE CLASS
- JOIN A SOFTBALL LEAGUE
- PARK AT THE FARTHEST END OF THE LOT

## Messiah's 2009-2010 Wellness Programs

KEEP WATCHING FOR NEWS ABOUT THE WELLNESS PROGRAMS THAT WILL BE OFFERED DURING THE YEAR. THE ANNOUNCEMENT WILL BE COMING SOON!

Sources: <http://aom3.americaonthemove.org/Tools.aspx> ,  
<http://exercise.about.com/od/healthinjuries/a/healthylifestyle1.htm>