

Vibrant Health Ministries



HAPPY HEALTHY NEW YEAR!

Every Church a Centre of Health & Healing

Inside this issue:

<i>InStep for Life</i>	2
<i>Safe Workouts for the Cold Winter Months</i>	3
<i>Hearty Minestrone Soup</i>	4
<i>Book your Health Week- end</i>	4

Seventh-day Adventist churches answering humanity's need.

Special points of interest:

- Is everybody in your church moving?
- InStep For Life Program
- Winter Exercise?
- Plan a Health Weekend

Is Your Church on the Move?

The Seventh-day Adventist Church recognizes the autonomy of each individual and the God-given power of choice. Rather than mandating standards of behavior, Adventists call upon one another to live as positive examples of God's love and care.

Part of that example includes taking care of our health—we believe God calls us to care for our bodies, treating them with the respect a divine creation deserves. Gluttony and excess, even of something good, can be detrimental to our health.

Adventists believe the key to wellness lies in a life of balance and temperance. Nature creates a wealth of good things that leads to vibrant health. Pure water, fresh air and sunlight, when used appropriately, promote clean, healthy lives. Exercise and abstaining from harmful substances such as tobacco,

alcohol and mind-altering substances lead to clear minds and wise choices.

A well-balanced vegetarian diet (avoiding flesh foods) with intake of legumes, whole grains, nuts, fruits and vegetables, along with a source of vitamin B12, will promote vigorous health, proving meat consumption unnecessary.



Health is a gift from a loving God who wants us to enjoy life in its abundance. When we benefit from such love, we feel a sense of gratitude and apprecia-

tion toward our Creator. Because of the benefits of a health-promoting lifestyle, Adventists choose to praise God with joyful living.

This month I would like to challenge every congregation to make 2016 the year every member "gets up and starts moving!" I am not talking about the youth alone, I am talking about **everybody**. I'm urging the kids—and adults—that are spending far too much time sitting in front of screens, the overworked parents that don't take time to exercise, the elderly whose favorite place is their big chair. Everyone benefits from exercise, no matter our age. We can be so much healthier personally, as a congregation, and as a denomination by right choices in our lifestyle. Let's start moving! **Make In Step for Life part of your congregation's emphasis in 2016!**

Quote of Inspiration

"Proper exercise in the open air and genial sunshine, ranks among God's highest and richest blessings to man. It gives form and strength to the physical organism, and all other habits being equal, is the surest safeguard against disease. It also gives buoyancy and strength to thought, and the mind maintains a healthful balance, free from the extremes resulting from artificial life."

James S. White, Bible Hygiene, pg. 173



www.InStepForLife.com
 Man-Sask Conference
 Goal: 1 million Steps!

"This is our time! As a church we have long talked about the importance of not just healthy minds and hearts, but also healthy bodies. Our culture is coming to grips with its health crisis and we have a message for the times. Adventists InStep For Life is a wonderful means for advancing our emphasis on health. I see this as a program that all 1.1 million Adventists in the North American Division can take part in and encourage their community to embrace."

-Dan Jackson
 President NAD

Adventists InStep for Life

Adventists InStep for Life is a North American Division initiative intended to mobilize every member and institution to get in step for life, and is sponsored by the departments of Adventist Community Services, Children's Ministries, Education, Health Ministries, and Youth Ministries.

Goals

The goals of this program are:

- Increase physical activity by accumulating 1 million miles through walking and other activities.
- Help 60% of Adventist students achieve the NAD award.
- Focus on nutrition and increased fruit and vegetable servings by starting vegetable gardens in school and churches, or becoming involved in farmer's markets.
- Engage kids, youth, parents, schools, and the community in working together to fight obesity.

Forming a Team

- Choose a team coordinator.
- Choose several members to assist the team coordinator.
- Become acquainted with the challenges of childhood and adult obesity in your community, and familiar with statistics for your particular area.
- Brainstorm ways to meet the Adventists InStep for Life goals in your organization or community. Examples of this would be starting a walking club that meets 30 minutes before prayer meeting. A school might integrate the NAD

lifestyle awards into their curriculum. A university, church, or nursing home might sponsor a 5K run/walk in the community. A health care organization might partner with local farmers to bring a farmer's market into your area.

- Introduce the goals you have set for your church, school or other organization. It is important to keep the initiative before them through announcements, posters, newsletters etc.
- Carry out your plan to motivate and activate your group.
- Measurement and evaluation are essential components of this program.
- Recognize the accomplishments of your members in physical activity. This can be done once a quarter or once a month in your church. Hats, T-shirts, pedometers and other items to give out as rewards are available on the InStep For Life website.
- Report your activities and stories to **AdventistsInStepForLife.org**
- Organize a "Let's Move Day" in your community. This can be an awesome way to reach out to the community with a 5K walk/run or other activities that promote health for the whole family. This is also a beautiful way to partner with other organizations in your community. Consider a Health Fair, vegetarian brunch after the race, give away door prizes, mingle, give

away literature, etc. This can be an annual event in your church or school.

- At the InStep For Life website, you will be able to find many resources such as a very useful tool kit full of ideas, commitment pledge, recording forms for keeping track of individual/group physical activity, and stories of how others are getting involved.
- Current guidelines on physical activity recommend that children and adolescents participate in 60 minutes of physical activity per day. Less than half of six to eleven year-old children and only 8 percent of adolescents meet the recommendation. For adults the guideline is for 30 minutes of moderate-intensity physical activity five days a week. More than 80 percent of adults don't meet these guidelines.
- Consider InStep for Life for your church or school. Are you ready to move as an individual, as a church? The truth is, unless we commit to make time to include physical activity in our daily lives, our schedules will swallow us alive.
- Your CHIP or Depression Recovery Class can also keep track of their activities on InStep for Life.
- If your church is a small one, InStep for Life can also be done on an individual basis. Just register and start keeping track of your activity online.
- **Start planning InStep for life today!**

Safe Workouts for the Cold Winter Months

With the temperatures plummeting this time of year, many of us tend to hibernate inside our homes. But hibernating is for bears. As humans it's important to stay active through all four seasons. Yet, a poll of 5,000 people found that 30 percent get no exercise at all during the winter months.

Just because it is cold outside doesn't make it open season for an excuse not to exercise. There are multiple exercise options one can choose to participate in regardless of what the outdoor thermometer reads. **"A walk, even in winter, would be more beneficial to the health than all the medicine the doctors may prescribe."** EG White, 2T 529.

All that is required for winter-time workouts is some planning, and employing all safety precautions. Exercising outside even in the winter is still the best exercise, but keep these tips in mind:

- Get warm first. A proper warm-up is critical. Cold temperatures can make your muscles tight and therefore they are more prone to injuries. So, it's important to get them warmed-up prior to engaging in intense physical activity.
- Insulate your body. The best approach to dressing for outdoor exercise is with layers. Layering provides the most effective heating method, plus it allows you to remove the top layer if you get too hot. The layer closest to your skin should allow moisture to be wicked away. The top layer should be both wind and water resistant. Costco sells some great Merino wool underwear for the next-to-your-skin layer that is lightweight, has good stretch and is warm.
- Invest in proper footwear. Look for a warm boot with lots of grip, that fits snugly around the ankles for better and safer winter walking. Canadian Tire sells Cougar boots that fit this description very nicely, and they are not overly expensive.
- No sweat. Don't assume that you have to sweat in order to get a good workout. You should avoid sweating that causes the clothing layer closest to your skin to get wet and cause you to be chilled. Instead, monitor your intensity through a heart-rate monitor. You can actually work up a sweat when it's 40 below outside!
- Don't remove clothing too quickly when you get inside. While you may be tempted to immediately remove your layers when returning inside, give your body time to adjust. Post-exercise hypothermia is possible. This happens when your body rapidly loses its heating stores.
- Drink up. It's just as important to stay hydrated when exercising in winter as it is in summer, even though you might not feel as thirsty.
- Lighten up. If possible, it's best to exercise outdoors during daylight areas. But, with shorter days that can be difficult to do. If you exercise outdoors when it is dark, wear reflective materials to ensure that you can be seen, and invest in a good head lamp.

If the thought of getting outside to exercise makes you dive under the covers, instead choose one of the many indoor workout options. Indoor exercise is still better than no exercise at all. Below are just a few of the many choices.

- Walk at an indoor location, like a mall. If you need extra motivation to get yourself to the mall, join a walking group. This will help you stay accountable to someone other than yourself.
- Join a health club. This will allow you a large variety of physical activities to choose from every week.
- Create a home gym. This doesn't have to be expensive. You can easily set-up a great workout routine with just a set of dumbbells, an exercise ball and a jump rope. Get all of this for around \$50.
- If you have stairs where you live or close by, spend as little as 20 minutes at a time climbing up and down the stairs for a very intense and efficient workout.
- Get wet. Find a local indoor pool you can use. Try swimming, water aerobics, or even just walking or running laps in the water. This is a great form of exercise for those suffering from arthritis.
- Visit a library. Usually local libraries offer exercise videos you can check out for free. Pick up a new one to try out every time you return the previous video.

A healthy, fit body equals a healthy mind—one that can better discern spiritual things! We all need more of that. Plan your exercise each and every day, and if possible get out in the refreshing FRESH winter air!



Visiting Your Church in 2016

Glenda's calendar is booking up fast, and she would like to come to your church and help you promote health ministry. She is available to come and speak on Sabbath, or do a Sabbath afternoon workshop, or even a weekend workshop, including Sunday afternoon. Doing a free health workshop before a health event like the Depression Recovery program is a great way to advertise and promote your program or promote health in your community or church.

The following are some of the topics she has available to share with your churches or groups:

- ◇ Stress Without Distress Workshop—2 hours
- ◇ Natural Home Remedies Workshop—2.5 hours
- ◇ Weight Loss Workshop—2 hours
- ◇ Rest of the “Rest” Story— talk on sleep and Sabbath —45 min
- ◇ Temperance— The Forgotten “T” Word— 45 min
- ◇ Immune Boosters & Busters—1 hour
- ◇ Food For Life— suitable for women's retreat or Mother's Day Brunch- 45 minutes—explores the nutritional needs from utero to old age, as well as the spiritual needs at different ages.
- ◇ Habits of Unhappy People— 30 minutes—can be used for Depression Recovery Banquet
- ◇ 5 Secrets for Feeling Fantastic—45 minutes
- ◇ 5 Secrets For Feeling Fantastic For Seniors
- ◇ 8 Secrets to Ancient Health Movie- 1.5 hours— nice to show Sabbath afternoon

Please contact Glenda at betterliving2@sasktel.net or call her at 306-621-3039 to book your spot on her calendar in 2016.

*This newsletter has been compiled by Glenda Nischuk
Manitoba-Saskatchewan Conference of Seventh-day Adventists
Assistant Health Ministries Coordinator*

To contact Glenda:
306-621-3039
betterliving2@sasktel.net



She would like to hear from you!

“For the grace of God that brings salvation has appeared to all men, teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age, looking for the blessed hope and glorious appearing of our great God and Savior Jesus Christ, who gave Himself for us, that He might redeem us from every lawless deed and purify for Himself His own special people, zealous for good works” Titus 2:11-14 (NKJV)

Hearty Minestrone Soup

4 tablespoons olive or coconut oil
1 ½ cup chopped onion
1 ½ cup finely sliced carrots
Sauté until carrots are tender.

ADD:

9 cups of vegetarian chicken broth (Use McCormick's vegetarian chicken seasoning or bouillon cubes)
3 – 16oz. cans of tomatoes, chopped
1½ cups cabbage, shredded
3 teaspoons basil
3 teaspoons parsley
1-3 teaspoons salt (depending on saltiness of chicken seasoning)
Cook, covered until cabbage is tender.

Cook separately 1 cup Tinkyada brown rice spaghetti noodles (break into 2” pieces before cooking) or whole grain small shell pasta

Add cooked noodles and

3- 16oz cans of kidney beans that have been rinsed and drained.

Add 1 ½ cups of thinly sliced zucchini .

Bring to boil and turn off heat, covering soup pot.

Zucchini will cook from the heat of the pot and not be overcooked. Enjoy.

This makes a large pot and the extras freeze well.

There is nothing like a bowl of warm, hearty soup in the winter. Add a nice slice of whole wheat bread and you have a nutritious meal for supper.

