

October's Challenge: Exercise!

Try these Temple Maintenance Tips this month!

for the week of October 2

Our theme for October is exercise. How are you adding steps to your daily routine? Experts tell us to get 30 minutes of exercise each day, but that's almost impossible when we consider our work life, family life, preparing meals, family mealtime and don't forget sleep! What can you do? Take the steps rather than the elevator, park farther away from the door, take a walk this fall and experience God's gift of Fall color. Take any opportunity you have to add exercise to your daily routine.

My steps are set firmly on your paths; my feet haven't slipped.

Psalm 17: 5 CEB

for the week of October 9

Life is about balance isn't it? We try to balance our checkbooks, our time and even our bodies. If you've fallen you know the importance of keeping your balance. Try some simple balance exercises while you hold on to a chair. Stand on one foot, then the other and try standing on your tip-toes. Another way to keep balance in our lives is remember the importance of sleep, but the most important way to keep balance in our lives is to remember to take time in our lives to develop our relationship with our God who loves us very much.

My steps are set firmly on your paths; my feet haven't slipped.

Psalm 17: 5 CEB

2011 North Coast District Walk to Bethlehem



Greetings everyone---

Lots of walking, eating healthier, health screenings, mission outreach....! The update through September 24 2011 is 2514.5 miles added to the previous total is a grand total of **4139.5 miles!!!** We have crossed the Atlantic ocean, have reached Casablanca and are well are on way into Africa! Great job!

There has been some confusion about the Walk to Bethlehem checks and miles. **One check = one mile** It's fun to receive all of the updates and hear the conversations about the walk.

In October we get bonus miles for raking leaves at a neighbor's house or the church. You can also get bonus miles for continuing to walk over 4 weeks. It's charge conference season. If attendance at your charge conference is 20% of your average Sunday worship attendance, your church will obtain bonus miles.

- October's focus is exercise.
- We in Ohio are blessed by Ohio apples. Try the recipe for an apple snack!
- Check out the Temple Maintenance Tips for the first two Sundays in October.

Have fun as you take care of your bodies---body, mind and spirit! and enjoy this fall weather.

Blessings,

Linda

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Apple Snack Paks

Snack on healthy apples and nuts!

Ingredients:

- 3 seconds cooking oil spray
- 2 cups Fuji Apples, peeled and sliced
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ cup sweetened, dried cranberries
- $\frac{1}{4}$ cup sliced almonds, honey roasted

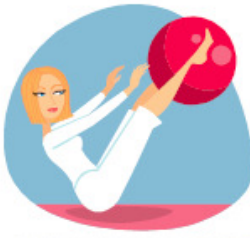
Preparation time:

1 hour and 15 minutes

Serves 4

Directions

- Pre-heat oven to 250 degrees.
- Spray cookie sheet with cooking oil.
- Slice apples into a shallow, flat cooking pan.
- Sprinkle with cinnamon.
- Toss.
- Transfer coated apple slices to the greased cookie sheet and spread into a single layer.
- Place in the oven for 1 hour.
- Remove and cool.
- Combine cooked apples with sweetened, dried cranberries and sliced almonds.
- Place equal amounts in four re-sealable containers and refrigerate.



Back Door Reading From your Health Ministries



Fitness



Definitions:

- Dictionary—Suitability
- Health ministry—Mind, body, spirit wellness
- Physical—above average in general health, endurance, flexibility, and physique.



General Health

- Depends on many factors
- Immune system functioning is a major component.
- Exercise, stress reduction, and diet all are important in immune function.
- Family history may give ideas on where to focus.



Endurance

- Efficiency of respiratory and cardiovascular systems are most involved.
- Practice makes, if not perfect, almost always better.
- Increase activity in small doses to improve endurance.
- Do not exercise to exhaustion.



- Proper rest and sleep are important also.
- Improving physical health often leads to better mental and spiritual health.
- There are 1440 minutes in a day. Use 30 for exercise.



Flexibility

- Important in preventing falls, injuries, and in daily function.
- Stretching before and after exercise is crucial.
- As age increases, stretches need to be held for longer.
- Gradual improvement is the goal.



Healthy Physique

- Body Mass Index is the best guide (but only a guide).
- Adult BMI should be in the range of 18.5-24.9.
- BMI does not take into account the ratio of fat to muscle weight.
- Find BMI chart on the net!