

# Walk to Bethlehem

**TALLY CARD: Week THREE. Week of September 18.**  
*(Maximum for any category is two checks in the same day.)*



Earn a tally mark each time you:

- Exercise
- Make healthy choices in diet
- Bible study, worship, etc.
- Volunteer

\* **Other:** Write in things like health screenings, flu shots, quit smoking, lost 5 pounds.

	Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Comments
<b>Exercise 30 Minutes</b>								
<b>Healthy Eating</b>								
<b>Spiritual Life</b>								
<b>Mission Outreach</b>								
<b>Other*</b>								

**Your Name:** \_\_\_\_\_  
 Brecksville United Methodist Church

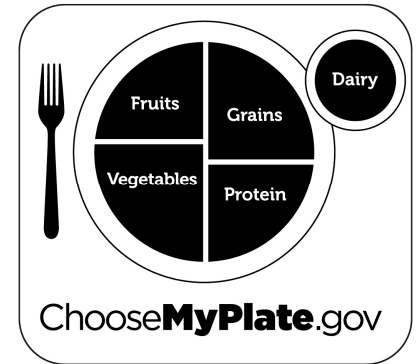


Week of September 18, 2011

## This Week's Temple Maintenance Tips

Make  $\frac{1}{2}$  of your plate protein. Meat, poultry, fish, dry beans and peas, eggs, nuts, and seeds supply many nutrients. These include protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium. Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins. Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates). Most Americans eat enough food from this group, but need to make leaner and more varied selections of these foods. Trim away all of the visible fat from meats and poultry before cooking. Broil, grill, roast, poach, or boil meat, poultry, or fish instead of frying. Drain off any fat that appears during cooking. Skip or limit the breading on meat, poultry, or fish. Breading adds calories. It will also cause the food to soak up more fat during frying. Prepare beans and peas without added fats. Choose and prepare foods without high fat sauces or gravies.

*Lord, you have done so many things. You made them all so wisely  
 The earth is full of your creation.  
 Psalm 104: 24*



**Complete your tally card  
 and return it to the  
 Walk to Bethlehem Box in  
 The Parlor next Sunday!**