

LIGHTEN UP NEWS, October 2002

Funding: The Duke Endowment & Your Donations. Make tax-deductible donations payable to **Lighten Up** and send to us at **Lighten Up**, PO Box 250219, 210 Clinical Science Building, MUSC, Charleston, SC 29425. ph (843) 792-3047

Website: www.lightenupforever.org

Email: lightenup@musc.edu

MAKE YOUR PLANS for 2003. The new video, new book, and new release forms are ready if you plan to start *Lighten Up* in January. Do you have a favorite excuse or are you ready to *Lighten Up*? Call to schedule a group or leadership training today!

PUTTING FAITH INTO ACTION. Moncks Corner Baptist Church is a small church of 150 active members led by Rev. Leon G. Brown. Geneva Fleming, Dorothy McCray and Brenda Brown have responded to his vision and through a DHEC grant will bring an exercise program and *Lighten Up* together to improve the health of the congregation and community. Geneva, Rhoda and I met to make plans. Geneva concluded,



“We’re spending a lot of time at church and there’s lots of work to be done! We need to work smarter not harder. We need to maximize the time that God has given us to learn about Him and His way of doing things. It’s about becoming one with Him in mind, body, and spirit. It takes prayer, Bible study, and action. It is faith in action! God has given us a great missionary assignment and we cannot glorify Him in that assignment with broken, unhealthy bodies. He needs for us to be healthy to fulfill His great commission. We can do that by putting the

Word to work, recognizing that our bodies are the temple of His Holy Spirit, and become doers of His Word and not just hearers only!”

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. III John, verse 2.

The Hundredth Monkey. Author Ken Keyes, Jr. tells the story of sweet potatoes dropped on an island beach for the monkeys that live there. They liked the taste but found the dirt unpleasant. One monkey named Imo, discovered that she could solve the problem by washing the sandy sweet potato in a nearby stream. This was her “eureka” moment. The sweet potato was so much better! She taught her mother and playmates who then taught their mothers and playmates. Many of the monkeys continued to eat the dirty sweet potatoes until a critical number of perhaps 100 learned the trick. With the added energy of the “100th monkey” all the monkeys “got it” and the innovation became accepted. My challenge to you is be the next person to take responsibility for your health. *Lighten Up* is approaching a critical mass. You can make a difference.

“Never doubt the power of a small group of committed people to change the world. That’s about the only way it has ever happened in the past.” Margaret Mead

HEALTH CHECKS give you the information you need to know to set priorities and monitor your progress. We measure weight, percent body fat, and blood pressure. Blood tests include triglycerides, total cholesterol, HDL, LDL, VLDL, and glucose. Results are read in just 5 minutes. The cost is very reasonable at \$20. You are welcome to come to any of the following health checks. Bring a friend or a family member that you care about who just won't make the time to see the doctor. Knowledge is power!



Joshua Baptist Health Check
 (Val is holding a model of 5 pound of fat)

Date	Location	Date	Location
Oct 5	Lexington United Methodist Lexington, SC	Nov 9	St. Johns Lutheran Spartanburg, SC
Oct 19	James Island Presbyterian 1632 Ft. Johnson, James Island, SC	Nov 16	Joshua Baptist 2482 Faber Rd., N. Charleston, SC
Nov 2	Redeemer Lutheran 714 Riverdale, West Ashley, SC	Nov 23	Greater St. James AME 1831 Jedburg, Summerville, SC

DID YOU KNOW? There are lots of reasons for the increase in weight in America. We thought you might be interested in some of these facts. (US News & World Report, Aug 19, 2002)

- In the United States, we produce 3,800 Calories per person per day.
- There are 170,000 fast food restaurants in the United States.
- The combined sale of Coca Cola and Pepsi is \$47 billion.
- We consume an average of 22 to 33 teaspoons of sugar each day.
- Food companies spend \$11 billion dollars on advertising.
- On Average, kids see 10 food commercials for every hour of television they watch.

DIET ADS DECEPTIVE. The Federal Trade Commission has found that 55% of weight-loss ads make claims that are false or misleading. Surgeon General Richard Carmona said, "There is no miracle pill that will lead to weight loss. Achieving and maintaining a healthy weight requires a lifelong commitment to healthful eating and adequate physical activity." At *Lighten Up*, we continue to depend on science not fads.

SPINACH SPREAD or DIP. Blend together 1 package of thawed "frozen" spinach with ¼ cup of fat free sour cream. Add garlic powder to taste. Finely chop together 2 boiled eggs, onion, and bell pepper. Combine and either spread on bread for a delightful sandwich or use as a celery stick dip. It tastes so good!

“I CAN BE SATISFIED.” Louise Cannon, a leader from Harbor Light Baptist Church on James Island is making dramatic changes in the way she thinks. She has lost 40 pounds since we first met on January 17th, 2002 for leadership training. She tells me I’ m an inspiration to her without even realizing that she truly is an inspiration to me! Louise has a long history of fighting incredible battles with weight. She went to bed hungry many times



Louise Cannon from Harbor Light Baptist

accepting that suffering was just part of the plan. She is an expert in “dieting, recording what she eats, and knowing how to behave.” Today, through God’ s grace, she has been set free from dieting. Louise has learned how to be a “normal person”. She listens to her body, knows when to stop, and enjoys her comfort foods of oatmeal and whole bran cereal. She has reduced her meat portions to about 4 ounces per day and her intake of sweetened ice tea. She weighs herself maybe once every 2 weeks. “I realized I can be satisfied with small amounts of all foods.” Special thanks to Louise for sharing her story.

Inspire others by calling to share your story!

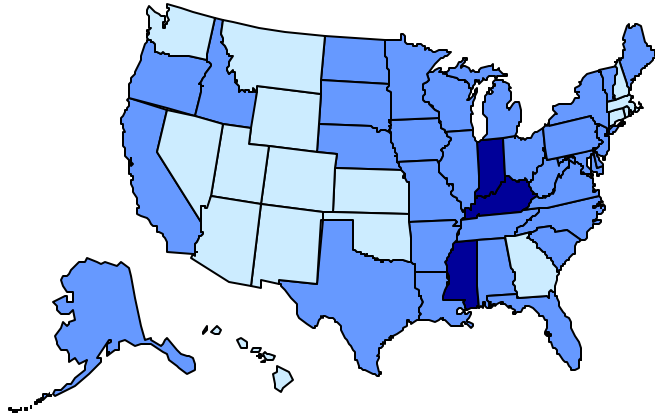
FRANCIS BLAKE is 61 years old and has lived in Charleston all her life. She has been a member of Mount Oliver Reform Episcopal Church since 1954. She sings in the senior choir and works with the youth group. She has blessed the *Wallingford – Habitat Lighten Up* group with her love, wisdom, and kindness. Francis moved into her Habitat home on August 8th, 2002. She used to say that diets could always be started tomorrow; but has now learned that it is a choice today. Her parents always taught her to pray and she now shares this prayer with you.

“Heavenly Father, thank you for this day. Thank you for my life. Help me to learn everything I can to take care of my body. Teach me about love, patience, and the unity we have with each other. Must Jesus bear this cross alone? There is a cross for everyone, and I know there is one for me. Lord, I want you to touch each one of us in the Lighten Up program. God bless everyone. Amen”

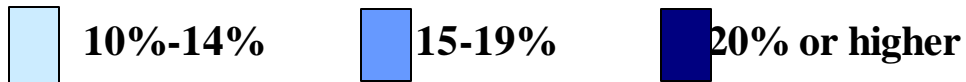
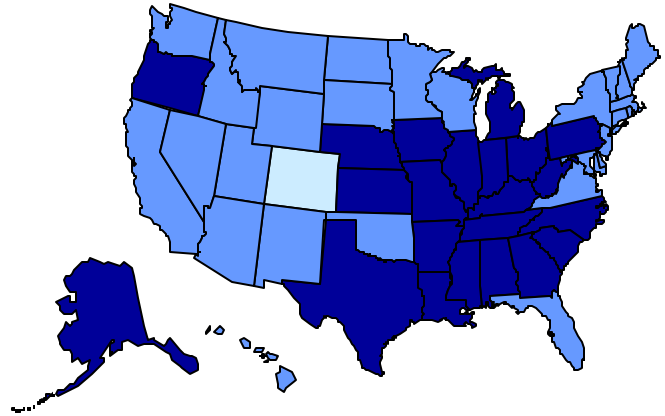
LEADERS CORNER. Frances Stockley, Parish Nurse is leading the way in Spartanburg, SC and helping to kick off a “Leaders Corner” for *Lighten Up Leaders* to share their ideas. “At the beginning of each meeting I have a table with ice water and a bowl of simple fruit - apples or grapes. Our Fruit Prayer Request basket is also placed on the table. Everyone is handed a slip of paper where they write: Name ... Phone... Prayer Request... Each person completes a request and folds it and places back in the basket. Before the closing prayer we pass around the basket and each one takes a “fruit” request. This is the person they call as well as pray for throughout the week. Many of them will tell one another, I have your name, I will be praying for you! That’s it - simple but good at binding a group together.”

OBESITY TRENDS. In 1997, only 3 states had obesity rates of greater than 20%. By 2000, 22 states had shifted into that category. This year, 6 out of 10 people are either obese or overweight, while 2 billion people in the world will go hungry. Often, we feel powerless to do anything. Change begins at home. Take responsibility for your own health. The world will be a better place!

Obesity Trends U.S. Adults 1997



Obesity Trends U.S. Adults 2000



Mokdad A H, et al. *J Am Med Assoc* 1999; 282:16, 2001; 286:10

MUSC
 MEDICAL UNIVERSITY
 OF SOUTH CAROLINA

Lighten Up

Digestive Disease Center

96 Jonathan Lucas Street, Suite 210

P.O. Box 250327

Charleston, SC 29425