

# LIGHTEN UP NEWS, April 2003

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Website: [www.lightenupforever.org](http://www.lightenupforever.org) Email: [lightenup@musc.edu](mailto:lightenup@musc.edu)



*Central United Methodist*

**ASHEVILLE, NC** is the newest site where people are learning how to become Health Ambassadors. Special thanks go to Judy Durham, RN and Jan Jeffery, RN who coordinated this effort at Central United Methodist Church. We began by measuring weight, body fat, blood pressure, blood fats and glucose. The health check always helps you to set priorities. We discussed health in America, our challenges, and what we can do about it. We had a heart healthy lunch of vegetable soup, salad with chicken, and Jello. Anyone can become a Health Ambassador, by becoming a leader and setting the example. **Contact me to schedule a one-day conference at your church** to inspire, teach, and encourage all people to improve health through nutrition, exercise, and spiritual growth!

## Quotes & goals from folks!

*"I'm filling my void with faith."*

*Martha Jackson*

*"Be content with what God has blessed you with."*

*Barbara Sain*

*"Stop stress eating!"*

*Jean Petty*

*"Become a nibbler."*

*Sharon Perry*



*Lighten Up Leaders from Asheville, North Carolina*



*Dr. Cheryl Holder & Betty White*

**MIAMI VISITORS.** Dr. Cheryl Holder and Betty White, RN from North Dade Health Center will be taking *Lighten Up* to Miami. Each member of their Board of Directors will teach one of the Lighten Up Sessions rotating through participating churches. This innovative approach is the perfect example of "teach one, reach one." The workload is shared, ownership is increased, and it will be easier to multiply the health benefits.

Betty White will be coordinating the efforts. Betty brings the skills and compassion from her nursing and ministry backgrounds. Betty's first sermon was "Totally In Need Of An Eye Opener" based on II Samuel 12 when the prophet Nathan tells David the parable of the rich man, poor man, and the ewe lamb. Betty is an inspiration to parish nurses. My prayer is for all of us to make health decisions to glorify God.

**NEW BP GUIDELINES: 130/80!** The International Society on Hypertension in Blacks (ISHIB) recommends lowering the blood pressure target from 140/90 to 130/80 for African Americans (AA). “On average, one AA dies from high blood pressure every hour, yet barely a quarter of hypertensive AA have the disease under control,” said Dr. John Flack, ISHIB president. Nearly 40% of AA suffer from heart disease, 13% have diabetes, and 32% of people on dialysis due to kidney failure are African American.

**FIFTY YEARS AGO.** In the March 1953 issue of the National Geographic, the Metropolitan Life Insurance Co. shared “The story of two fat men... One acted unwisely... he always ate too much; he tried to lose weight quickly through strenuous exercise, self-prescribed drugs, and other short-cuts to weight reduction. One reduced sensibly... he consulted his doctor, and followed a properly balanced diet to bring his weight down gradually, and keep it at a desirable level.” Describing the weight problem in 1953, this article said, “Overweight is our country’s Number One health problem today. In fact, it is estimated that there are about 25 million Americans who are burdened by excess pounds.” Fast forward to 2003, and we see the weight problem has increased. Current estimates are that 120 million Americans are either overweight or obese. However, the advice remains the same: lose weight sensibly by following a balanced diet, eating a variety of foods in moderation, and exercising regularly!

**EXERCISE** includes warming up, aerobics, and cooling down. Make it a habit!

**Warming Up** Stretch and rotate from the top down. Begin with your neck, move to your shoulders, your arms, your waist, your legs, and your ankles. Repeat each rotation 10 times in each direction (to the right, to the left, to the back, to the front). Be smooth and rhythmic in each motion. Be graceful and enjoy. It is always more fun with music and a partner.

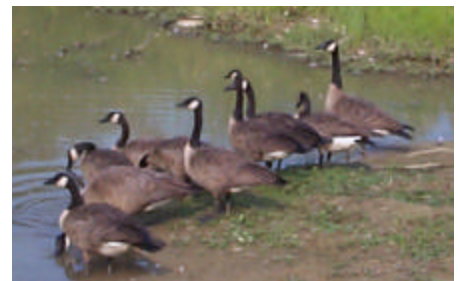
**Aerobics** Wear comfortable and supportive shoes. Begin with marching in place, to the right, and to the left. Stretch out your arms as you take each step. If you have built up to it, run in place. For variety add some jumping jacks between marches and running. Do this for about 10 minutes.

**Cooling Down** Return to the stretches bottom up paying close attention to your breathing (in through your nose and out through your mouth). Touch your toes and hold for a count to 5. Repeat. Move from your ankles, to your legs, your waist, your arms, your shoulders, and finally your neck.

**Have you exercised today?** You can exercise, just about anywhere. Stretching exercises can be a welcome relief to sitting at a computer, driving in a car, talking on the phone, and waiting in line. **Relax, be creative & enjoy!**

**LIGHTER QUOTE.** *The laziest man I ever met put popcorn in his pancakes so they would turn over by themselves.*

W. C. Fields



**Plunge In and Exercise!**



# Lower BLOOD PRESSURE with More Fruits & Fresh Vegetables!



## ***FRUITS***

**From Latin. Frucius.**

*A sweet edible plant structure,  
with the seeds inside a juicy pulp*



## ***VEGETABLES***

**From Latin. Vegere, quicken**

*To grow as in plants.  
Is a tomato a vegetable?*

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*Lighten Up*

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