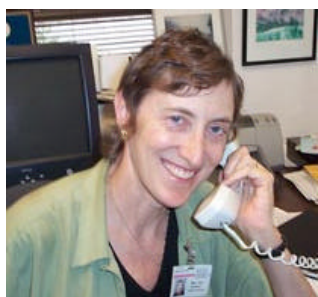


LIGHTEN UP NEWS, June 2003.

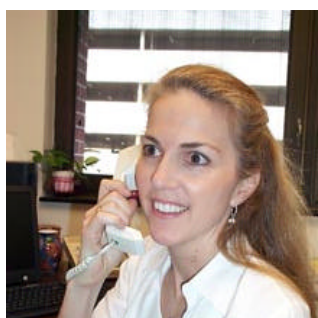
Funding: The Duke Endowment & Your Donations. Make tax-deductible donations payable to **Lighten Up** and send to us at **Lighten Up**, PO Box 250219, 210 Clinical Science Building, MUSC, Charleston, SC 29425. ph(843)792-3047
 Website: www.lightenupforever.org Email: lightenup@musc.edu



Mary Joan Oexmann



Erica Markham



Vicki Marsi



Shane Doll

JUNE 1, SUNDAY AFTERNOON, we will be calling you to ask for your support. This fundraiser will help us to continue the mission to inspire, teach, and encourage all people to improve health through nutrition, exercise, and spiritual growth.

Please call me at 792-3047 if you would like to be part of this important event. We can make a difference, one person at a time.

Tax deductible donations can be made by writing a check to "Lighten Up" and mailing it to:

Lighten Up at MUSC
 Digestive Disease Center - CSB 210
 P.O. Box 250327
 Charleston, SC 29425

Thank You for your generous donation!

We are very grateful to our sponsors who share the vision. Add your name to the list!

<i>Paul Mitchell</i>	<i>The Butterfly Shop</i>	<i>Episcopal Church Women of St. James</i>
<i>Fred & Joyce Wichmann</i>	<i>Carolyn's Skin Care</i>	<i>Men's Breakfast Group of St. James</i>
<i>Bonum & Janet Wilson</i>	<i>Read & Read Realtors</i>	<i>Saint James Episcopal Church</i>

2003 BLOOD PRESSURE GUIDELINES for adults are stricter. The Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure is encouraging all of us to eat less salt, increase exercise, and decrease our weight to reduce the serious consequences of heart disease, stroke, diabetes, and kidney disease. Shifting from

<u>Blood Pressure Levels</u>	<u>Old</u>	<u>New</u>	
Normal	130/85	Below 120/80	120/80 to 130/85 doubles the risk for heart disease! This year the cost of heart disease in America will be \$351 billion. Every man, woman, & child pays \$1200 per year!
Prehypertension	N/A	120-139/80-89	
High Normal	130-139/85-90	N/A	
Stage 1 Hypertension	140-159/90-99	140-159/90-99	
Stage 2 Hypertension	160-179/100-109	Above 159/99	

EXCUSES are not anything new. Read the 12th Chapter in Luke. A man prepared a great supper and invited many. One by one, they all gave their excuses. "I have bought a piece of ground, and I must go and see it." "I have bought five yoke of oxen, and I am going to test them." "I have married a wife, and therefore I can't come." Today, our excuses are stuff, work, and relationships. Are your excuses keeping you away from the banquet of health?

HEALTH CONFERENCES are a powerful means to find a Biblical solution to the very serious health problems of diabetes, obesity, high blood pressure, and high blood cholesterol. Saint James Episcopal Church and Fort Johnson Baptist Church held morning programs for their congregations during the month of May. Call (843) 792-3046 to schedule your church. It is an important way to provide health education to the people of your community. Become God's Ambassador for Health!



St. James Episcopal Church

Folly Beach United Methodist - June 6

The Good Neighbor Center in North Charleston - June 28

The Canterbury House - August 5

Lighten Up Health Conference Topics – Registration Fee \$15

Know Your Risk Optional health check includes measurement of weight, body fat, blood pressure, blood triglycerides, cholesterol, HDL, LDL, VLDL, and glucose. Cost \$20 or bring your health numbers.

Watch Your Diet Take the mystery out of your numbers and design an action plan that works. What you eat does make a difference!

Health Crisis Today, 65% of American adults are either overweight or obese. What does that really mean to you and your loved ones?

Become a Leader Find a buddy for encouragement and accountability. Together you can become agents of change. Don't lose hope, gain health!

FIND A BUDDY! Do chocolate chip cookies, doughnuts, and pizza tempt you? Perhaps you think, "It doesn't really matter." At any one time, 29% of men and 44% of women are struggling to stick to a diet. A *Lighten Up* solution is to ask God to be with you every step of the way. After the death of Moses, Joshua found comfort and assurance that God would be there. *"I will be with you. I will not leave you nor forsake you...Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go."* Joshua 1:5,9. Another is to find a buddy, who will encourage you through prayer, listening, and sharing activities, which support health.



Rev. Arthur Jenkins & George Barnette

"Combining faith, the Holy Spirit, & knowledge leads to health." Rev. Arthur Jenkins

"One thing is for sure, I do not know how much of what we do is God's will or just stupid choices but I do know God doesn't make us fat. We do that ourselves!!!!"

Barbara Leary, Ft. Johnson Baptist Church

CHANGE FROM THE INSIDE OUT. How many times have you begun an exercise program only to have it fizzle out with frustration and few results? Why do so many people quit their exercise programs, not just once, but over and over again? The underlying problem is most people focus too much on changing their body shape through diet and exercise without changing their mental and emotional framework as well. If you want to change your body you must first change your mind. A positive mindset produces positive changes. Begin to see yourself as a strong and healthy individual. If you see yourself as being “out of shape” you’ll continue to remain “out of shape.” Instead of trying to do everything on your own, ask God to be your training partner. He will help you change from the inside out instead of the outside in. Try it...the results will amaze you!



First Baptist Folks Exercising

How many times have you begun an exercise program only to have it fizzle out with frustration and few results? Why do so many people quit their exercise programs, not just once, but over and over again? The underlying problem is most people focus too much on changing their body shape through diet and exercise without changing their mental and emotional framework as well. If you want to change your body you must first change your mind. A positive mindset produces positive changes. Begin to see yourself as a strong and healthy individual. If you see yourself as being “out of shape” you’ll continue to remain “out of shape.” Instead of trying to do everything on your own, ask God to be your training partner. He will help you change from the inside out instead of the outside in. Try it...the results will amaze you!

Thanks to Shane Doll for his contribution to *Lighten Up*. He is a personal trainer for women and the founder of *Shaping Concepts*, phone (843)-693-1140.

Lighten Up Potato Salad contains only 280 Calories per pound compared to 670 Calories for commercially prepared. The key is to add plenty of low Calorie vegetables and replace mayonnaise with a combination of Light Miracle Whip and vinegar. This recipe contains 1410 Calories and makes 10 cups! Enjoy this summertime treat!

<i>6 large potatoes</i>	Peel and chop potatoes into small cubes. Bring to rapid boil in a large pot. Add chopped onions. Cover, reduce heat, & simmer while you chop the celery, cucumber, and bell pepper into small pieces. Drain the potatoes and onions and add remaining vegetables. Combine Light Miracle Whip, white vinegar, garlic powder, and Mrs. Dash and pour over the vegetables. Chop and add the boiled eggs to the mixture. Store in a food container and keep refrigerated.
<i>2 large onions</i>	
<i>5 stalks celery</i>	
<i>1 red bell pepper</i>	
<i>1 cucumber</i>	
<i>1/3 c fat free mayo</i>	
<i>1/3 c white vinegar</i>	
<i>garlic powder</i>	
<i>Mrs. Dash to taste</i>	
<i>2 boiled eggs</i>	



DIETITIANS help you identify the small lifestyle changes with the greatest health benefit. According to the American Dietetic Association, dietitians are the “most valued source of food and nutrition information”. The field of nutrition is an interesting combination of art and science. The “science” side of things begins with food and ends with how nutrients are converted to energy for every cell in your body. The “art” is understanding how you decide what to eat, when to eat, and how much to eat. It can be overwhelming and you may be discouraged. Health is a choice. Get the facts from an expert and call 792-3047 for a private consultation. **Health is within your reach!**

“Age is an issue of mind over matter. If you don’t mind, it doesn’t matter.” Mark Twain

WHAT YOU PUT ON YOUR PLATE DOES MAKE A DIFFERENCE!



25 Calories of Lettuce



Plate of carrots, tomatoes, & bell pepper equals 75 Calories



This plate of apricots, raisins, and various cookies equals 500 Calories