

St. Paul Health Ministry



"Faith Rooted in Community"

Providing information requested by parishioners

THE HEALING PLACE

JAN-FEB-MAR 2011

Volume 5, Issue 1

Health Ministry Team

"wholeness of body, mind and spirit"

Spiritual Leaders

Father Vicente Teneza
Father Felipe Paraguya

Chair

Clara Heimericks, RN

Members

Grace Bati, RN
Paz Cajucom, RN
Bernadette Cross, PT
Dana Dinh, RN
Carmela Encina, RN
Romy Encina, RN
Norv Latreille
Patti Morrow, RN
Hank Morrow, RN
Lottie Munsayac, RN
Judy Niedzwiedz
Monica Parker, LVN
Ramona Parks, RN
Bernie Silla, RN
Rhonda Vrchoticky, RN

Regular Meetings

Third Thursday, 7pm
Rectory Office
Conference Room

Membership

You need not be a medical professional. If you are interested in the Health Ministry please call Clara Heimericks at 689-3932 or the rectory at 381-5200.

EXERCISE AND WEIGHT

The Christmas season is over and we're back in Ordinary Time; called to understand more deeply our relationship to Jesus and what that relationship means for us. We usually think of this "call to understanding" in a liturgical sense and we are shepherded through the processes through Father Vic's excellent homilies and spiritual guidance. This year the St. Paul Health Ministry would like you to also think about some small changes you can make in your ordinary daily lives to better care for your God-given temporal bodies. We're not talking BIG changes here, just small, effective steps any of us, at any age, can make to take better care of ourselves. Here are some things we think all of us should do this year:

KNOW YOUR NUMBERS

Weight – Stepping on a scale and finding out your body weight is one of the easiest numbers to find and an excellent indicator of your overall health. One out of 3 Americans are considered obese, which can cause a slew of health problems such as cardiovascular disease, gastroesophageal reflux disease (GERD), gout, hypertension, high blood pressure and cancer. The average American woman stands approximately 5'4" tall. At this height, you should weigh less than 175 pounds, the cut off point for obesity. The average American man is about 5'9" tall and should weigh less than 196, his cut off for obesity. Taller folks can add 5 pounds per inch; if you're shorter, subtract 5 pounds per inch. Write your weight down monthly. Studies show that by tracking this number, you'll do a better job keeping it down. You can keep your weight down by moving more and eating less – *read on.*

Cholesterol – High cholesterol is a major risk factor for cardiovascular disease. To test your cholesterol levels, you need to see a doctor or someone in the health care field who can administer a simple blood test. Don't worry about memorizing your total cholesterol number, which can be misleading. Instead, memorize the 2 forms it's carried in: HDL and LDL. Your HDL, the healthy cholesterol, needs to be 50 or better; your LDL, the unhealthy cholesterol, should be under 100. If your numbers do not fall in this range, discuss strategies for lowering your LDL and increasing your HDL with a health care professional.

Waist Size – If you're sporting a large waistline, your risk of dying prematurely is nearly double. The reason is because belly fat, often fondly referred to as a spare tire or a beer gut – sends out a toxic stream of chemicals impacting the whole body. Take your waist size once each month with a measuring tape. Measure at your natural waistline, which is above your hipbone and below the ribcage – not where your belt lies or around your hips. Be mindful of your posture and suck in your stomach since the fat you're measuring is deep inside the belly. A waist size over 35 inches in women and over 40 inches in men greatly increases the risk of chronic diseases like diabetes, heart disease and more. You can reduce your waist size by moving more and eating less – *read on.*

Blood Pressure – Over 50 million American adults have high blood pressure, also called hypertension; 1 out of every 3 isn't even aware they have this serious medical condition. High blood pressure can cause a host of medical problems including cardiovascular disease, chronic kidney disease and stroke, which can strike suddenly. Get in the habit of testing your blood pressure once a month. A systolic reading above 140 is considered too high and warrants seeing your doctor. Your

blood pressure can be tested the first Sunday of each month by the St. Paul Health Ministry from 8:30 – 12:30 in the Parish Hall for free and you will receive monitoring and counseling from the nurses of your church community.

MOVE MORE

You know exercise is good for you — but do you know how good? From boosting your mood to combating disease, exercise can improve your life. Want to feel better, have more energy and perhaps even live longer? Look no further than old-fashioned exercise. The merits of regular physical activity are hard to ignore. And the benefits are yours for the taking, regardless of age, sex or physical ability. Need more convincing? Check out some ways exercise can improve your life; including attending the St. Paul Health Ministry ZUMBA® Fitness classes held on Wednesday evenings from 6-7 in the parish hall.

Exercise improves your mood.

Need to blow off some steam after a stressful day? A workout or a brisk 30-minute walk can help you calm down. Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed than you were before you worked out. You'll also look better and feel better when you exercise regularly, which can boost your confidence and improve your self-esteem. Regular physical activity can even help prevent depression.

Exercise combats chronic diseases.

Worried about heart disease? Hoping to prevent osteoporosis? Physical activity might be the ticket. Regular physical activity can help you

prevent — or manage — high blood pressure. Your cholesterol will benefit, too. Regular physical activity boosts high-density lipoprotein (HDL), or "good," cholesterol while decreasing triglycerides. This one-two punch keeps your blood flowing smoothly by lowering the buildup of plaques in your arteries. Regular physical activity can help you prevent type 2 diabetes, osteoporosis and certain types of cancer.

Exercise helps you manage your weight.

Want to drop those excess pounds? Trade some couch time for physical activities. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn — and the easier it is to keep your weight under control. You don't even need to set aside major chunks of time for working out. Take the stairs instead of the elevator. Walk during your lunch break. Do jumping jacks during commercials. Better yet, turn off the TV and take a brisk walk. Come to the St. Paul Health Ministry ZUMBA® Fitness class on Wednesday evenings. Dedicated workouts are great, but physical activity accumulated throughout the day helps you burn calories, too.

Exercise boosts your energy level.

Winded by grocery shopping or household chores? Don't throw in the towel. Regular physical activity can leave you breathing easier. Physical activity delivers oxygen and nutrients to your tissues. In fact, regular physical activity helps your entire cardiovascular system work more efficiently.

Exercise promotes better sleep. Struggling to fall asleep? Or stay asleep? It might help to boost your physical activity during the day. A good night's sleep can improve your concentration, productivity and mood. And you guessed it — physical activity is sometimes the key to better sleep. Regular physical activity can help you fall asleep faster and deepen your sleep. There's a caveat, however. If you exercise too close to bedtime, you may be too energized to fall asleep. If you're having trouble sleeping, you might want to exercise earlier in the day, say from 6-7 p.m. on Wednesday evenings at the St. Paul Health Ministry ZUMBA® Fitness class.

Exercise can be — gasp — fun!

Wondering what to do on a Wednesday evening? Join the St. Paul Health Ministry for ZUMBA® Fitness class on Wednesday evenings from 6 – 7 p.m. in the Parish Hall. This class is fun, entertaining, and effective; appropriate for all levels of mobility, taught by Gloria Marie Israel. Only \$5 per person per week. Come and have fun with your church community.

Resources: The Mayo Clinic and Doctor Mehmet Oz

Upcoming Health Ministry Events and Activities:

**Every Wed—6-7 pm
Zumba Parish Hall \$5.00**

**Sun—Feb 6—8:30-12:30
Free Blood Pressure Screening
Clinic
Parish Hall**

**Sun—Mar 6—8:30-12:30
Free Blood Pressure Screening
Clinic
Parish Hall**