

## Community Health Coalition, Inc.

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### Health Sunday Topic: Exercise

George Brothers, Jr., MD a Rheumatologist at Chapel Hill Internal Medicine, states,

**“Well, we have done it again. The year 2007 has become 2008 and another year has passed, weight has been gained and fitness lost. It doesn’t need to remain that way, however, resolve to become fit in 2008.”**

Can a lack of physical activity hurt your health? Evidence shows that those who are not physically active are definitely not helping their health, and may be hurting it so energize yourself exercise! Recent studies imply that African Americans more convincing it is that Americans who are not yet regularly physically active should become active

**For more information, read today's Health Sunday flyer; and refer to the following websites:**

#### Exercise

[www.exercise.about.com](http://www.exercise.about.com)

#### Physical Activity & more

[www.cdc.gov](http://www.cdc.gov)

#### Healthy Carolinians

[www.healthycarolinian.org](http://www.healthycarolinian.org)

#### Eat Smart, Move More

[www.eatsmartmovemorenc.com](http://www.eatsmartmovemorenc.com)



### HEALTH SUNDAY IN THE BLACK COMMUNITY

is a program of Health Tips.

It is provided by the

Community Health Coalition

in cooperation with the

Interdenominational

Ministerial Alliance of Durham

and Vicinity for church goes

each 4th Sunday.

Today's Health Tip is:

“Exercise”

in the

African American

Community.

#### REMEMBER:

**A HEALTHY DURHAM**

**INCLUDES YOU!**

**Note:** Please make enough copies of the attached flyer and distribute to each morning service attendee. PLEASE return the enclosed POSTCARD.

## Energize your day...EXERCISE!

Do physical activity for enjoyment and watch the health benefits follow! The evidence is growing and is more convincing than ever! People of all ages who are generally inactive can improve their health and well being by becoming active at a moderate-intensity on a regular basis. Moreover, physical activity need not be strenuous to be beneficial; people of all ages benefit from participating in regular, moderate-intensity physical activity, such as 30 minutes of brisk walking five or more times a week.

Despite the proven benefits of physical activity, more than 50% of American adults do not get enough physical activity to provide health benefits. 25% of adults are not active at all in their leisure time. Activity decreases with age and is less common among women and among those with lower income and less education. Furthermore, there are racial differences in physical activity rates, particularly among women.

More than a third of young people in grades 9–12 do not regularly engage in vigorous-intensity physical activity.

Regular physical activity can bring you many health benefits, improve health and substantially reduce the risk of premature death in the following ways:

- Reduces the risk of developing coronary heart disease (CHD) and the risk of dying from CHD
- Reduces the risk of stroke
- Reduces the risk of having a second heart attack in people who have already had one heart attack
- Lowers both total blood cholesterol and triglycerides and increases high-density lipoproteins (HDL or the “good” cholesterol)
- Lowers the risk of developing high blood pressure
- Helps reduce blood pressure in people who already have hypertension
- Lowers the risk of developing (type 2) diabetes mellitus
- Reduces the risk of developing colon cancer
- Helps people achieve and maintain a healthy body weight
- Reduces feelings of depression and anxiety
- Promotes psychological well-being and reduces feelings of stress
- Helps build and maintain healthy bones, muscles, and joints
- Helps older adults become stronger and better able to move about without falling or becoming excessively fatigued
- Is associated with fewer hospitalizations, physician visits, and medications.



Your Health Sunday Coordinator is: \_\_\_\_\_

**A Message from your Community Health Coalition in association with The Interdenominational Ministerial Alliance of Durham and Vicinity, North Carolina Mutual Insurance Company, Central Carolina Black Nurses' Council Inc., and Durham Regional Hospital.**