

Community Health Coalition, Inc.

308 Crutchfield Street, Suite E
P.O. Box 15176
Durham, NC 27704
Phone: (919) 470-8680
Fax: (919) 470-8688

Email: Healthcoali@aol.com Website: www.chealthc.org



Date: May 27, 2007

Health Sunday Topic: Exercise

Dr. George Brothers, states,

"We are under-exercised as a nation. We watch instead of play. We ride instead of walk. Our existence deprives us of the minimum of physical activity essential for healthy living".....John F. Kennedy."

A healthy Durham includes you!



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

Healthy Carolinians
www.healthycarolinian.org;

Healthy People 2010
www.healthypeople.gov;

Center for Disease Control & Prevention
www.cdc.gov

Eat Smart, Move More
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 goers
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.

Make health a habit, TODAY!!

Exercise

by GeorgeBrothers, MD

There are 8 benefits to regular exercise:

- The cardiovascular and respiratory systems are strengthened
- Bones are kept strong and muscles remain toned
- Weight is better controlled
- Aids in diabetes management
- Aids in blood pressure control
- Eases depression and helps to manage stress
- Reduces risk of certain cancers (colon, prostate, uterus, breast)
- Aids sleepIf you can't do anything else you can certainly walk. It takes nothing more than a good pair of shoes and a surface to walk on. Pledge to start walking today. The benefits are great. In planning a walking program you should:
 - Choose a safe place. If possible find a partner so that one can encourage the other
 - Wear good flexible, cushioned walking or running style shoes. The effort to find good foot wear will minimize the risk of injury
 - Wear comfortable clothes that wick perspiration away from the body. In summer wear “breathable” fabrics. In the winter a cap and scarf will preserve body heat until you warm up.
 - Stretch lightly before you start as well as when you finish to avoid stiff and sore muscles. Remember some degree of stiffness is natural when first starting to exercise. Significant persistent pain, however, should prompt a visit to a physician
 - Your goal should be to walk 30 minutes at a brisk pace 4-5 days per week. Some people will need to work up to 30 minutes by walking 15 minutes at first then adding 3-5 minutes every week until you get to a full 30 minute brisk walk. Start with a slower pace for the first 5 minutes and end with another slower pace 5 minute cool down period. When you have finished this progression you will be walking a total of 40 minutes.



There are 1,440 minutes in a day; surely you can find 40 minutes a day to exercise. No excuses, just do it!

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.