

Community Health Coalition, Inc.

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Health Sunday Topic: Exercise & Physical Activity

EXERCISE and HEALTH

Dr. George Brothers, Jr. a Rheumatologist at Chapel Hill Internal Medicine, states, "We all live a sedentary life, and unless we make a conscious effort to exercise we don't. So get up, get with it and exercise. NO EXCUSES."

Remember to consult your physician, before beginning any exercise program, especially if you have pre-existing health problems.

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

Exercise
www.exercise.about.com

Physical Activity & more
www.cdc.gov



**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 & Physical Activity"
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.

Exercise for 30 minutes at least three days a week.

Exercise and Health

by George Brothers, MD

One of the best ways to prevent development of heart disease and diabetes is regular physical activity. In people with diabetes exercise actually lowers blood sugar. Exercise along with diet is the crucial ingredient to maintaining the proper weight. Studies have shown that hypertension is more easily controlled in those who exercise. Exercise alone can control pre-hypertension. The stresses, strains, and anxieties of everyday life can improve with a regular dose of exercise.

We are accustomed to thinking of every treatment as coming in the form of a pill. If your doctor asks you to exercise think of it as another prescription. When you don't fill or take your prescription you don't get the benefit of the medicine. Similarly, if you don't engage in some form of physical exercise you don't get the health benefits of the exercise prescription. We were born and were designed to move. Exercise is God's prescription for preserving the body and the health you were given.



TIPS

- ◆ Park your car further from the entrance of the store and walk.
- ◆ Set a definite time to exercise.
- ◆ Take the stairs when possible instead of the elevator.
- ◆ If you can't exercise for 30-40 minutes at one time, then take 2 to 3 ten to fifteen minute walks per day.
- ◆ Get some light weights (2-5 lbs) and exercise your upper body.
- ◆ Walk in place and use the hand weights while watching television.
- ◆ Find an exercise buddy and encourage and support each other.
- ◆ Remember to consult your doctor before beginning an exercise program.

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.