



Fitness and African Americans



Ten Best Fitness Tips for the Spring

1. Pray Everyday for what it is you want.
2. Get it in your mind that it's time to get started again and just do it.
3. Change Your Workout- When the weather changes, change your workout. Seasonally changing your workouts can help better shape your body. Without variation you could forever be stuck with a body that you are never quite satisfied with.
4. Stretch Before and After Your Workout - A 5 to 7 minute warm-up before any type of workout gets the body ready for the work it is preparing to do; a 5 to 7 minute cool down stretch after your

workouts helps to prevent soreness and cramping that may occur after your workout.

5. Move For Fitness- Do moves you actually make in life, like walking, running, lunging, squatting, to work more muscles, and build balance and coordination.
6. Work in the Fat Burning Zone- Find your fat burning zone by subtracting your age from 220 and then multiply that number by 70 percent. It takes a minimum of 20 minutes to burn fat in the fat burning zone.
7. Raise your heart rate to lower your body weight- For weight loss you need to get at least 30 minutes of moderate-intense exercise, such as walking, jogging, Aerobics, swimming, stair climbing, at least 5 days a week.
8. Support Yourself- To lift saggy breast, arms, stomach muscles, and increase lower back strength, do push-ups, use dumbbells, swim, take a muscle conditioning class, work with a trainer, just do something to keep your upper torso lifted to support your weight. Always keep proper posture.

9. Eat Carbohydrates before and after your workout - To keep your body fueled before and after your workout, carbohydrates are essential. Start the day with oatmeal, and berries, these fibers have slow burning carbs that will fill you up, eat a banana after an intense cardio workout; as potassium can help prevent cramping. Drink plenty of water.

10. Just Chill Out and Relax!

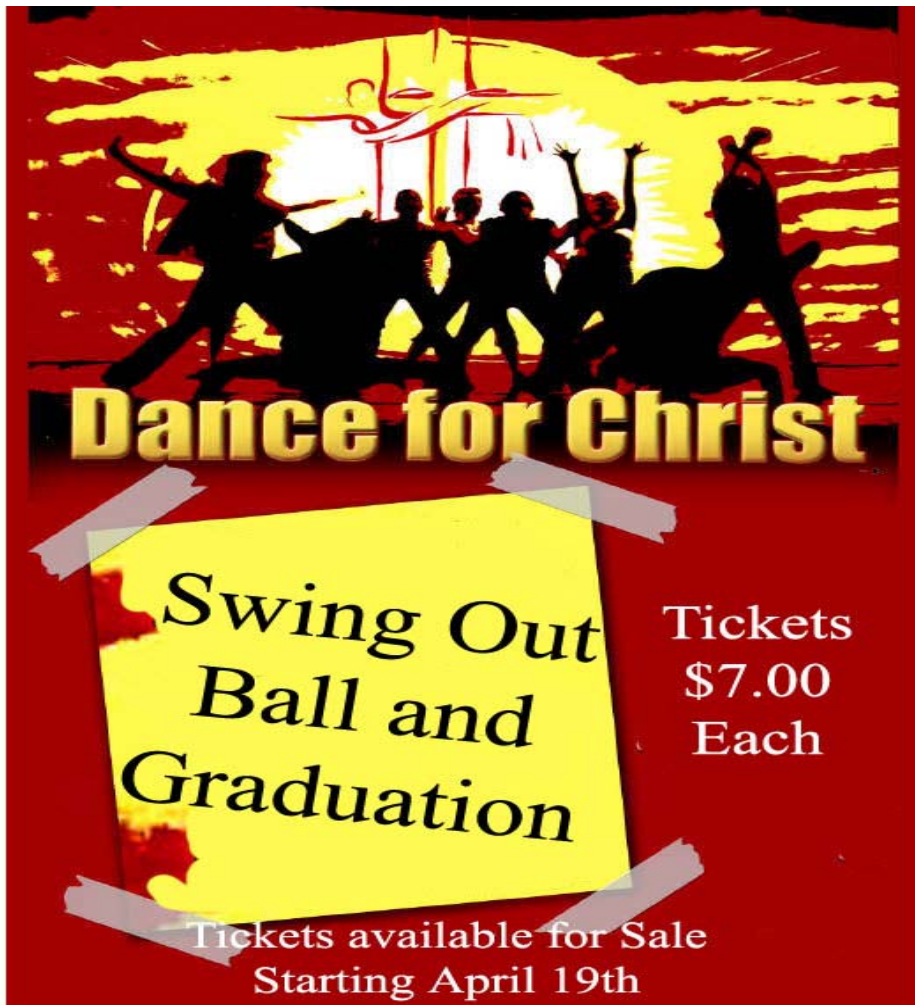


**Faith Fitness
March 2009
Member of the
Month**

PHILLIPA EVANS

Phillipa has been a member of the Faith fitness program for the past six months and has never missed a class. She has also improved her overall health and fitness. Congratulations and Thanks for your Support and Commitment.

Upcoming Activities



Dance for Christ

Swing Out Ball and Graduation

Tickets available for Sale Starting April 19th

Tickets \$7.00 Each

When: MAY 15, 2009
Where: FWBC – NARTEX
Time: 7:00 p.m. – 10:00 p.m.

**CORPORATE TABLES AVAILABLE
BALLROOM ATTIRE REQUIRED**

For more details:
email faith_fitness@yahoo.com
or call Andrea 972-693-6758, or
Wendell at 214-861-0457



Healthy Recipe of the Month



Pepperoni Bread

Pepperoni and Muenster are baked together in this yummy appetizer recipe that may be cut into bite-sized pieces, or used as a side dish. It tastes best when served warm.

Serves: 32
Prep Time: 5 Minutes
Cook Time: 30 Minutes
Ready In: 35 Minutes

Ingredients

1 egg
1/2 (8 ounce) package pepperoni sausage, diced
1 cup LACTAID® Reduced Fat Milk
3/4 cup all-purpose flour
1 (6 ounce) package shredded Muenster cheese
salt and pepper to taste

Preparation

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease an 8x8 inch square baking dish.
2. Beat the egg in a medium bowl. Mix in the pepperoni, milk, flour, Muenster cheese, salt and pepper. Pour into the baking dish.
3. Bake in the preheated oven 30 minutes, or until lightly browned.

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