

FITNESSATIONAL

Fitness is "N" in 2010
Fitness is "N" in 2010

The Lifelong Benefits of Exercise

Stop procrastinating and start exercising! The benefits of physical fitness are too great to ignore.

Feel younger, live longer. It's no slogan — these are actual benefits of regular exercise. People with high levels of physical fitness are at lower risk of dying from a variety of causes, according to a recent study published in the Journal of the American Medical Association.



Physical Fitness: What the Benefits of Exercise Mean for You

There's more good news. Research also shows that exercise enhances sleep, prevents weight gain, and reduces the risk of high blood pressure, stroke, type 2 diabetes, and even depression.

"One study found that when breast cancer survivors engaged in exercise, there were marked improvements in physical activity, strength, maintaining weight, and social well-being," explains Rachel Permut-Levine, PhD, deputy director for the Office of Strategic and Innovative Programs at the National Heart, Lung, and Blood Institute of the National Institutes of Health.

"Another study looked at patients with stable heart failure and determined that exercise relieves symptoms, improves quality of life, reduces hospitalization, and in some cases, reduces the risk of death." Exercise isn't just important for people who are already living with health

Family Fitness Challenge
Saturday January 16th
9am-11:00am
FWBC-A-209

Are you and your family ready for a six week challenge? Sign your family up for the 2010 Family Fitness Challenge as we challenge other families to become healthier and more fit in 2010.

Winning family receives \$500.00 Cash Prize



HEALTHY RECIPE TWICE BAKED SALMON POTATOES

Ingredients

- * 4 large baking potatoes
- * 1/2 cup sliced green onions
- * 1/2 cup reduced-fat sour cream
- * 1/3 cup fat-free milk
- * 3 1/2 tablespoons butter, softened
- * 3 tablespoons prepared horseradish
- * 1/2 teaspoon salt
- * 1/2 teaspoon freshly ground black pepper
- * 1 (4.5-ounce) package hot-smoked salmon
- * 1/4 cup (1 ounce) grated fresh Parmesan cheese

Preparation

Preheat oven to 450°. Bake potatoes at 450° for 50 minutes or until done; cool slightly. Reduce oven temperature to 400°.

Cut each potato in half lengthwise, and scoop out pulp, leaving a 1/4-inch-thick shell. Combine potato pulp, onions, and next 7 ingredients (through salmon) in a large bowl, stirring until blended. Spoon potato mixture into shells. Sprinkle cheese evenly over potatoes. Bake at 400° for 15 minutes or until thoroughly heated.



Andrea George
Faith Fitness Director
972-693-6758

Friendship West Baptist Church
Dr. Frederick D. Haynes, III
2020 W. Wheatland Rd.
Dallas, Texas 75232
972-228-5200