



Make Fitness a Lifestyle—Not a Regime



(Black doctor.org) -- For many, exercise can be overwhelming. To think of week after week of

dieting and exercising just seems too demanding. So instead of thinking of a healthy lifestyle as a program, regimen, or challenging routine, simply think of exercise as a part of your life! To do this, add these basics for health and wellness to your lifestyle and you're certain to reap the rewards.

Add at least ten or more minutes of cardiovascular exercise to your day. EVERY DAY! Take a ten minute walk. Walk the stairs at your job. Dance at home for ten minutes. Get on the treadmill. Take an aerobics class at your gym. Put in one of your exercise videos. Remember, it's only 10 MINUTES.

Keep track of what you eat and limit your cheat meal to one per week. Eat small meals consistently throughout the day. No more skipped breakfasts, oversized lunches, and late dinners. Then cut off

your eating at least two hours before bedtime.

Add water to your day. Keep a bottle on your desk and one in your car. Sip water throughout the day for energy, hydration and to rid your body of toxins.

Remember, a healthy lifestyle doesn't have to feel like bad. You can make fitness a lifestyle and not an dreaded regimen by adding these simple things to your day!



Did you Know that July is Mental Health Month?



mental health problems affect one in five young people.

Mental health problems are painful—emotionally, spiritually and socially—especially for children and adolescents. Words that make fun of mental health create a sense of shame, feelings of guilt and loss of self-esteem. Children and adolescents exposed to such a negative view of themselves feel rejected, lonely

and isolated. For a child with a mental health problem, this "stigma" is often the greatest barrier to a complete and satisfying life.

But you can help. There are many things that parents and caregivers can do to support children's emotional health and well-being. Make a commitment to help the children and adolescents in your life. May—officially recognized as "Mental Health Month" by Congress since 1949—is the perfect time for parents and caregivers to focus on children's and adolescents' mental health. You can demonstrate your support for Mental Health Month by:

- Learning more about mental well-being in children.
- Celebrating the accomplishments and strengths of children.
- Fostering self-worth and independence in children.
- Helping children express their feelings.
- Promoting mutual respect and trust.
- Recognizing the strengths in all children.
- Appreciating each child's uniqueness.
- Encouraging individual talents.
- Helping children set goals based on their abilities and interests.
- Showing confidence in their ability to handle problems and tackle new experiences.



Upcoming Activities

All Faith Fitness classes will continue throughout the summer. Visit www.friendshipwest.org/faithfitness.html for a monthly updated schedule.

Faith Fitness Contributions:

Don't forget. We are asking every Faith Fitness member for a \$5.00 monthly contribution to our ministry so that we can continue to grow the ministry, provide more quality and fun Health and Wellness Events and support the vision. You may make your contributions online at www.friendshipwest.org, at the media desk, in class, or in an envelope. Make sure you mark "other" and write Faith Fitness Contribution. **This is not a requirement for participation!!** Thanks to all of you for your wonderful support.



MEMBER OF THE MONTH

AUDRA HAYES has been a faithful Faith Fitness member for the past 6 months and has changed her life and lifestyle to reflect her Christian walk. She participates in the faith fitness exercise classes but most of all she loves to Dance For Christ in FWBC Swing Out Class on Tuesday and Thursday. Audra has 3 very active and energetic sons who are always with her and they participate in the Karate and the Fit Kids classes at FWBC as well. Congratulations Audra Hayes, we appreciate your sweet spirit and the prayers that you bring to our program.



Join us Thursday July 30, 2009 in the Banquet Hall at FWBC from 6:45 p.m. until 8:30 p.m. for a **"Taste of Health"** with Healthy Vegetarian Chef and Cook:

LaShante' Williams Nutritional Counselor

A Fresh Approach Health & Wellness Consulting Services

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"Empowering you to experience living at the next level"

Faith Fitness "Hawaiian Luau"
Saturday September 26, 2009
On the North Island of the Wild Wild West
6pm-10pm

Water Slides, Lots of Food, Fun, and Entertainment by our very own Swing Out Class, Fit Kids, and Our Very Own Youth Entertainment Group.

Get Your Hawaiian Gear Ready!
This is a very Casual Event