

Tea Off!

So many people have boarded the green tea band wagon! As a consumer and for your own health benefits, you need to do your research on what you're consuming. Here is the low-down on green tea; the benefit and the side effects.

Green tea dates back as far as 5000 years, originating in China. Green tea is made from the leaves of *Camellia Sinensis*; an evergreen shrub. Interestingly, green tea, black tea, and oolong tea are all made from the same plant.

Green tea has grown in its popularity for its EGCG properties. It has been used to treat cancers such as breast, stomach and skin cancers, and used for improving mental alertness, weight loss, lowering cholesterol levels, and protecting skin from sun damage.

Green tea is a source of caffeine. So, if you are allergic or hypersensitive to caffeine, you should avoid green tea, or look for a caffeine-free version. It is recommended for diabetics and persons with liver disease to drink green tea with caution. Green tea can also contribute to insomnia, anxiety, irritability, upset stomach, nausea, diarrhea, or frequent urination in some people. Caffeine can also raise blood pressure, and in very high doses, it can cause seizures, delirium, or irregular heart rhythms.

You must also be aware that green tea contains little amounts of vitamin K, which can interfere with anticoagulant drugs, such as warfarin, effectiveness.

Green tea is usually brewed and drunk as a beverage. Green tea extracts can be taken in capsules and are sometimes used in skin products.

Remember that all the information on green tea comes from studies that are not humanly proven. Talk to your health care provider before taking any supplements.

Be Blessed Be Healthy Be Smart!

Resource:
NIH Office of Dietary Supplements
Web site: ods.od.nih.gov

You have questions? Here are some answers!

Q: What can I do to help me stay energized through the day?

A: These days, many of us have schedules filled from the time we roll out of bed to the time we lay down our heads. Most of us don't even have time for a proper meal. From the looks of it, it's obvious to see why we are so tired. It's time for a new game plan to increase your energy during the day!

- Wake up and Thank God for the day. This should be the VERY first thing you do when you open your eyes. Ask God for energy, perseverance and strength for the day ahead.
- 15 minute energizer! Jump rope for 10 minutes, and stretch for 5 minutes. Try it! You will see the difference in how you feel the rest of the day. You will even see a difference in your waist (if you keep it up!).
- Take a semi-cold shower. This WILL wake you and refresh you!
- EAT BREAKFAST! Whatever you do, do NOT miss breakfast! Stick to whole grains, soy milk or skim milk. Or try a veggie omelet with egg whites, and a slice of wheat toast! Make sure you toss in a fruit! Apples are great! They are full of fiber and keep you fuller longer than an orange or grapefruit.
- Eat snacks in between meals. Apples with peanut butter, tuna with wheat crackers, Kashi or South Beach Bar with a fruit are a few wonderful, healthy, energizing choices!
- Remember your mama told you to eat your veggies!
- Eat less white bread, white crackers, white rice, and processed foods.
- Drink less sugary sodas and juices. Stick to water and only 100% fresh fruit juice. Water is best, the actual fruit instead of fruit juice is even better.
- Eat less greasy foods and less fried foods.
- Eat more fish.
- Exercise at least 30 minutes daily.

The key to maintaining energy is to eat wholesome, nutritious foods. These foods created by God, for us are foods that our bodies were created to process and need.

**Do you have a question? Submit your question to faith_fitness@yahoo.com
Your question may just bless someone else!**

MOVE OF THE MONTH

Lunge With Knee Lift (complements of Faith

Fitness Instructor Lyndell McFann)

- A. Stand with left leg forward, right leg back, and hands on hips. Bend left knee and lower until left thigh is parallel to floor. Right heel will rise off floor.
- . As you press into left foot to stand back up, bring right knee forward and lift it to hip level. Hold a moment, then slowly swing right leg back, plant foot on floor, and lower into another lunge. Do 12 to 15 reps, then switch legs.

Quick Tip

Focus on feeling each of these moves in both legs. Your standing leg works by supporting and stabilizing, while you push the hip and buttocks muscles in the moving leg to the max

Keep building a strong temple for Christ!

Check out these links!

Faith and Fitness Magazine

www.faithandfitnessmagazine.net

Faith & Fitness
M a g a z i n e
FOR BUILDING PHYSICAL & SPIRITUAL STRENGTH

www.nubella.com

www.eatright.org

TEMPLE BUILDING RECIPE!

Recipe: Steamed Cabbage

Servings: 4

Preparation Time: 5 min.

Cooking Time: 10 min.

Ingredients:

1-1/4 Lbs. cabbage\cooked, cut into wedges

1 tsp. unsalted butter, melted

This Recipe is considered:

Low Fat

Low Cholesterol

Low Sodium

Cooking Directions:

Place cabbage in a steamer basket over boiling water. Cover saucepan and steam 8-10 minutes or until cabbage is bright green and tender. Do not overcook. Remove cabbage from steamer. Drizzle with melted butter. Season with salt and pepper to taste.

Per Serving: calories 40, fat 2.4g, calories from fat 54%, protein 1.5g, cholesterol 2.6mg, dietary fiber 3.3g

The Faith and Fitness Connection Center

Spiritual Strength

To grow spiritually, you must open up your heart, soul, mind and body to God. You have to surrender yourself unto Him. That means falling down on your knees and saying, “God, I give you my all, I surrender myself unto you, my Father, my Creator.” It’s waiving the white flag and showing God that you will let Him be the one to guide your life. So many of us have made that first step, which is wonderful. But remember, the journey does not end there, but it starts the beginning. Spiritual maturity is a lifestyle that one chooses to live. Just like any other habit we choose to pick up, smoking, binge eating, drinking alcohol. Spiritual maturity is a lifelong process; a journey. With time, you begin to understand scripture and God. So what do you do to continue to grow spiritually in the faith?

- Stay connected with God at all times.
- Pray at all times.
- Pray for everything.
- Read scripture and devotion daily.
- Place your self among those who can support what you want to do.
- Attend church.
- Attend bible study.
- If you fall, get up.

Start right now, strengthening your spiritual biceps and triceps. Get ready for the race! Its going to be a long race, but remember to keep your eye on the prize. God will give you endurance, power, strength and agility to over come trials, to jump over hurdles and to stomp the enemy.

Be Blessed Be Healthy - AD

The Faith Fitness Group Exercise Schedule

ALL CLASSES HELD AT FRIENDSHIP WEST BAPTIST CHURCH

Tuesdays:

- Strictly Dance...for Christ (RM A209) – 5:45pm-6:30pm
 - Faithful Fusion (RM A209) –6:30pm-7:15pm
 - Mind, Body Soul (RM A209) 7:30pm-8:15pm

Thursdays:

- Butts, Guts and Glory (RM F111-F112) 6:30pm-7:15pm
- Power Boxing (RM F111-F112) 7:30pm-8:15pm

Saturdays:

- Strictly Dance...For Christ (RM D201) 9:00 am-10:00a.m.
- Kick Your "BUT!" (RM D201) 10:00 a.m.-11:00a.m.

Classes END for 2007 – December 8, 2007. We will resume classes for 2008, January 8.

Free Health Screening! Every 3rd Sunday, Faith Fitness teams up with the Friendship West HealthCare Ministry. LOCATION RM B123

- Cholesterol Screening
- Blood Sugar Screening
 - Blood Pressure
 - BMI
 - Body Fat Percentage
- Waist to Hip Ratio - find out if you are at risk for cardiovascular disease or type two diabetes.

Check out our website!

<http://www.friendshipwest.org/faithfitness.html>

**At times we will have to cancel class. We will send you notices on when that will be. I encourage CHECK THE FAITH FITNESS WEBSITE OR RMcontact 972-693-5832 for updates or cancellations! **

Friendship West Baptist Church
Worship & Conference Center
Dr. Frederick D. Haynes, III - Senior Pastor

2020 W. Wheatland Road
Dallas, Texas 75232
972-228-5200
972-228-5201 Fax



