

## October is dedicated to Breast Cancer Month



Every 3 minutes a woman is diagnosed with breast cancer. That means that at any 3 minutes at any given time, someone that you or know could know will be diagnosed with breast cancer. Breast cancer is also the leading cancer among white and African American women and African American women are more likely to die of this cancer. Throughout the years the incidence of breast cancer has increased. While the evidence of what causes cancer is unknown, there are risk factors that can be controlled to help lower your risk. There are risk factors that we can control and some that we can control. A few risk factors that we cannot control that increase risk of breast cancer are: heredity, early puberty, late child laboring and aging. Risk factors that we can control include: weight management, eating a healthy well-balanced diet, not smoking and not drinking alcohol. Getting a mammography and/or conducting regular self breast exams will help you monitor any changes. Mammography's have saved many women by detecting some cancers before symptoms occur. The most common sign of breast cancer is a lump of mass. A lump that is painless, hard and has uneven edges is a possible sign of cancer. They are also sometimes tender, soft and rounded. Other symptoms include: swelling of part of the breast, skin irritation or dimpling, nipple pain or the nipple turning inward, redness or scaliness of the nipple or breast skin, a nipple discharge (other than breast milk), a lump in the underarm area.

This is a great time to do something for a cause, and get in a little workout at the same time! The Susan B. Komen Race for the Cure is October 20, 2007 in Dallas, Texas!

**Web site:** [www.komen-dallas.org](http://www.komen-dallas.org)

**How to Participate:** For more information or to register, please contact:  
 Hotline: (214) 750-7223  
 Email: [officemanager@komen-dallas.org](mailto:officemanager@komen-dallas.org)

Resources: Breast Cancer.Org

By Angela Davis (Faith Fitness Director and Faith Fusion Instructor)

You have questions? Here are some answers!

*Q: I love pasta! What is a good alternative to pasta!*

**A:** That is such a great question! Pasta has come a long way, especially in the grocery stores! In your local grocery store, you will now find whole wheat pasta! When cooking at home use great herbs such as rosemary to add natural Italian flavor to your pasta! Also cook with home-made tomato sauce or low sodium, low sugar tomato sauce in a can! I love to add vegetables to my pasta, so toss in some roasted vegetables such as broccoli, squash and roasted tomatoes! Having the cream based sauce with pasta will be high in fat and calories. When dining out, try sharing with someone (especially if you just have to have the alfredo sauce) or getting half your order to-go. Most Italian restaurants can be a big trap for ruining your healthy lifestyle. Here are some tips to make your palate and your waistline happy!

1. Share with someone!
2. If you know you will going out to eat later, plan ahead! Make sure you eat healthy throughout the day and make sure you get in your workout so you can splurge a little!
3. Request half your order to go in a to-go box before it comes out or request if the restaurant offers lunch or half sized portions.
4. Remember that it is OK to have 1 splurge day in the week.
5. Nix the bread basket!
6. Eat slowly! We tend to eat too much too fast!
7. And as always focus on the fellowship and not the food!

*Thanks for your question!*

Keep them coming!!

By Angela Davis (Faith Fitness Director and Faith Fusion Instructor)

***Do you have a question? Submit your question to [faith\\_fitness@yahoo.com](mailto:faith_fitness@yahoo.com)  
 Your question may just bless someone else!***

## MOVE OF THE MONTH

A Basic Work out Plan for a Beginner! Many people have asked me, "What do I do to work out and how long do I do it and how often!" I have created a basic guide to get you going and on to reaching your goals!

Use this basic but effective guide to get you on track to a TOTAL TEMPLE HEALTHY LIFESTYLE!

You can do this Monday/Wednesday/ Friday OR Tuesday/Thursday. Try this even at your local track!

1. 15 minutes – Jump Rope in Place or Jog in place
2. **Strength Circuit**
  - 25 slow walking lunges (works quadriceps, glutes and hamstrings)
  - 25 push ups (works chest, triceps, shoulders, back and abdominals)
  - 25 crunches
3. 15 minutes – Jump Rope in place or jog in place

### Check out these links!

Faith and Fitness Magazine  
[www.faithandfitnessmagazine.net](http://www.faithandfitnessmagazine.net)



[www.nubella.com](http://www.nubella.com)

[www.eatright.org](http://www.eatright.org)

## TEMPLE BUILDING RECIPE!

GUESS WHAT! RESEARCH SHOWS THAT THOSE WHO CONSUMED A HIGH FIBER DIET WEIGHED LESS THAN THOSE WHO CONSUME A DIET HIGH IN REFINED SUGARS! TRY THIS GREAT HEALTHY SPAGHETTI RECIPE AND DIG IN GUILTLESSLY!

Whole Wheat Spaghetti and Turkey Meatballs  
SERVES: 4

### Ingredients

1 16 ounce can low sodium tomato sauce  
2 tablespoons extra-virgin olive oil  
3/4 cup finely chopped onion  
4 garlic cloves, minced  
1 small celery rib, very finely chopped  
1 small carrot, grated  
Two 28-ounce cans whole plum tomatoes with juices, crushed  
1/4 cup finely chopped basil  
Kosher salt and freshly ground pepper  
1 tablespoon chopped oregano  
1 pound ground turkey  
1/2 pound whole wheat spaghetti  
Freshly grated Parmesan cheese, for serving

In small skillet, heat 2 tablespoons of the olive oil. Add the onion and three of the minced garlic cloves along with the celery and carrot and cook over moderately high heat, stirring, until softened but not browned, about 5 minutes. Add 1 can of low sodium tomato sauce and all but 1 teaspoon of the basil, season with salt and pepper, and bring to a simmer. Cook over moderately cook to boiling, then simmer; stirring occasionally. Add a dash of oregano and teaspoon of basil.

With the ground turkey and knead until combined. Using lightly moistened hands, roll the mixture into 36 1-inch meatballs and transfer them to a large baking sheet. Refrigerate for 30 minutes. Bake meatballs over high heat, turning, until browned and cooked through, about 15 minutes. Transfer meatballs to sauce once cooked. In a large pot of boiling water, cook the pasta until al dente. Drain well and return to the pot. Transfer the spaghetti to a large serving bowl and pass the remaining sauce. Add meatballs and parmesan if desired. One Serving: 486 cal, 12 gm fat, 3.7 gm saturated fat, 40 gm carb, 12 gm fiber.

## Spiritual Strength

“For God has bought you with a great price. So use every part of your body to give glory back to God because he owns it” 1 Corinthians 6:20 (TLB).

### Today's Word

There is no doubt that being in shape spiritually is the most important kind of fitness. But being in shape physically is very important as well. Some people know the Bible well - they pray often and they know what to do, but they don't have the physical energy to do anything at all. All three parts of your being - physical, emotional and spiritual - should be healthy and in sync for you to function most productively. Your body is the temple of the most high God, and you must honor Him with the care you take of it. Seek a balance, and try to be healthy and God-honoring in every part of life.

### A Prayer for Today

God, thank You for giving me the ability to honor You with my body. Help me to take care of my body and make it a stronger and healthier temple for You. In Jesus' Name. Amen.

Lyndell McFann (Faith Fitness Power, Strength and Tone Instructor)

### The Faith Fitness Group Exercise Schedule

ALL CLASSES HELD AT FRIENDSHIP WEST BAPTIST CHURCH

2020 WEST WHEATLAND ROAD; DALLAS, TEXAS 75232

