

BODY AND SOUL:

MEADE COUNTY CATHOLIC HEALTH MINISTRY

Why Do I Need to Exercise?

For some people, “exercise” is a dirty word. The fact remains, however, that almost everyone can improve their health through physical activity. Regular physical activity can substantially reduce the risk of developing or dying from heart disease, diabetes, colon cancer, and high blood pressure. Research has also linked regular physical activity to the prevention of breast cancer, stroke, and osteoporosis. It strengthens bones, builds muscles, improves circulation, and helps maintain a healthy weight. Physical activity can also improve mental health by relieving stress and reducing the symptoms of depression and anxiety. Despite these benefits, however, approximately 60% of the world’s population fails to achieve the minimum recommended amount of physical activity each day.

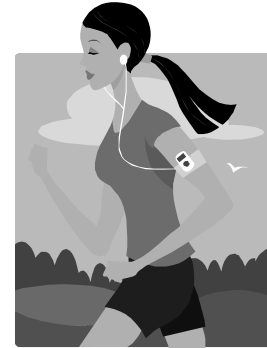
To maximize health benefits, it is recommended that all ages get at least 30 minutes of moderate physical activity most days of the week. However, if 30 minutes

of continuous exercise seems like too much at once, you can break it down into two 15 minute segments or three 10 minute segments. The important thing is to include physical activity as a part of your regular routine. Starting a routine that fits into your lifestyle and is enjoyable for you will greatly increase your chances of success.

Physical activity is also a great way to spend time with friends and family. By including family members in regular physical activity, you are sharing with them a healthy habit and creating new family traditions. Regular physical activity can help you live a longer, healthier life for both yourself and those you love. The best part is that physical activity does not have to be difficult or take up much of your day to improve your health. Starting slowly and building gradually will put you on the path to better health. So turn off the TV, grab your sneakers, and move it!

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REMINDERS:

Don't forget to stay hydrated while exercising!

Wear proper clothing and don't forget your safety gear!



Before You Begin...

Some people should consult their physician before starting a new physical activity program. Please see your doctor first if any of the following apply to you:

- You have a heart condition or have had a stroke
- You are a woman over 50 or a man over 40
- You have not been physically active in over a year
- You experience chest pain, extreme breathlessness, or dizzy spells
- You are on medication for high blood pressure
- You have bone, joint or muscle problems that could be made worse by vigorous exercise

St. John's Health & Wellness Activities

Zumba

Tuesday's at 6:30pm
in the cafeteria

Open & Free to Parishioners
13 years & older

Certified Instructor

Contact Maria Williams at
270-945-3953/ 422-4894

Silent Walkers

Tuesday's at 6:30pm
in the gym

Isaiah 40:31

They that hope in the Lord will renew their strength, they will soar as with eagles' wings;
They will run and not grow weary, walk and not grow faint.

BMI (or Body Mass Index) is a reliable indicator of body fat, which is related to a person’s risk for disease and death. For adults, BMI is calculated using standard height and weight categories; for children and teens, the calculations are age and sex specific.

BMI calculations fall into one of four categories:

- Under 18.5 – underweight
- 18.5–24.9 – normal weight
- 25–29.9 – overweight
- 30 or greater – obese

While BMI is a good indicator of body fat, it does have a few limitations. It may overestimate body fat in athletes or others who have muscular builds, and conversely may underestimate body fat in older persons or those who have lost muscle mass. Talk to your physician about charting your BMI—they can help you plan some lifestyle changes if you do not fall into the normal weight range.

Burn Those Calories!

Ever wondered how many calories you were burning while doing your favorite activities?

A 150-pound person would burn this many calories while doing the following activities for one hour:

Keep in mind that those who weigh more will use more calories and those who weigh less will use fewer.

- Aerobics (light) – 210
- Basketball – 667
- Bicycling (10 mph) – 386
- Gardening –224
- Housework – 281
- Jogging (10 min/mile) – 702
- Roller skating – 358
- Running (6 min/mile) – 1089
- Skiing – 562
- Swimming (slow) – 541
- Tennis (singles) – 456
- Walking (20 min/mile) –246
- Weightlifting (heavy) – 632

Next month’s feature - Summer Safety.
Have a great idea for a future newsletter? Let us know!



Kid’s Corner



Ans: swim, bicycle, jump rope, baseball, Frisbee, basketball, climbing, swing

Warmer weather is finally here!
Let’s go play outside!
Unscramble the following ways to play!
Ready, set, GO!

- MWIS = _____
 CEBYICL = _____
 PMUJ OEPR = _____
 SALBLABE = _____
 ERIFBSE = _____
 LABTAKBESL = _____
 BNIMGILC = _____
 NWIGS = _____

From the Catechism of the Catholic Church

“Christian, recognize your dignity and, now that you share in God’s own nature, do not return to your former base condition of sinning.

Remember who is your head and of whose body you are a member.

Never forget that you have been rescued from the power of darkness and brought into the light of the Kingdom of God.”