

# Health-e-AME Physical-e-Fit News



**Health-e-AME  
Physical-e-Fit**

## Reaching AME members far and wide!

The Health-e-AME Physical-e-Fit program is heading into the 3rd year of existence and has been offered to churches across the state!



A warm welcome from Poplar Springs AME in Laurens

This past fall we have had mini-trainings in Columbia, Laurens, Prosperity and Lexington. With each training we increase the size of our team, with more than 600 individuals from every region of the state trained in the Physical-e-Fit program.

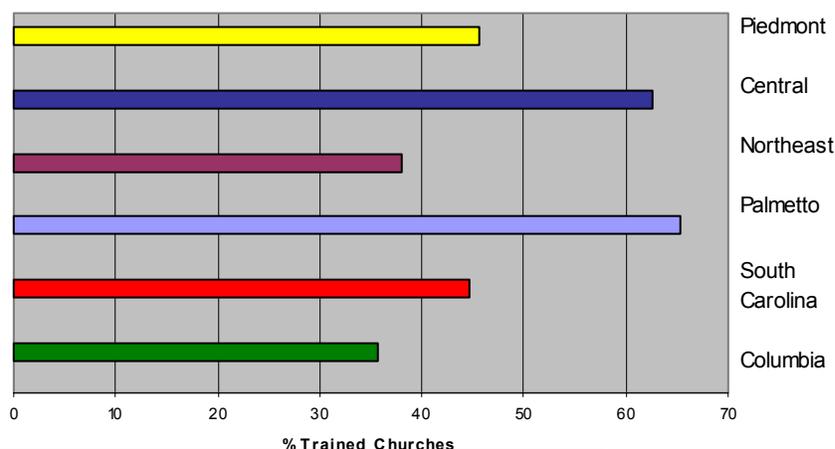
Heading into the new year, the project staff is pleased to announce that we have trained 252 churches. At this point, we have trained 48% of AME churches in the state with plans for more! See the graph below to see where your conference stands. Congratulations to the Palmetto conference for having 65% of churches trained. The Central conference is a close second, with 62% of churches trained. Good work by the folks in the Manning district who have 87% of churches trained! For an overview of trained churches by district, visit the Health-e-AME website. Good luck to all conferences and districts in the new year to keep bringing those numbers up.

The spring will bring more trainings and events. Two large trainings are planned at Allen University in the spring. We will also feature program reports and updates at the Women's Missionary Society, Layperson, Christian Education, and Pastor's retreats in the upcoming months. Visit the Health-e-AME website for upcoming events and training dates.



Health Directors enjoying some praise aerobics with Thaje Anderson

### % Trained Churches by Conference



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#### Special points of interest:

- *The Layperson's Retreat* will be held January 7-8 at the Columbia Conference Center. *The Women's Missionary Society retreat* is being held January 14-15, at the North Charleston Convention Center. Look for the Physical-e-Fit team there!
- *February is Heart Month.* Educate your congregation about how regular physical activity can strengthen your heart and help fight off the onset of heart disease.
- *March is National Nutrition month.* Involve AME members of all ages in church events with healthy food options

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## A Heart Awakens: A Story about Coronary Heart Disease

Erica, 45, has been smoking since she was 16 years old. She thought she could quit at anytime, but she never did. Erica stopped exercising after college due to high demands from her job, family, and religious activities. Her energy level dropped, and she relied heavily on cigarettes just to get through the day and deal with stress. One morning, getting out of bed seemed even harder than usual; her head felt off center and dizzy, and she felt a pressuring pain in her chest. Erica's breath became short, and then she felt her body give out as she fell to the floor.

Erica's symptoms were signals of coronary heart disease. Coronary heart disease (CHD) is the number one cause of death in Americans. It occurs when the coronary arteries that take blood to the heart become hard and narrow,

decreasing the blood flow to the heart muscle. Chest or abdominal discomfort, shortness of breath, palpitations, faster heart rate, dizziness, nausea, and extreme fatigue or weakness are all symptoms of the condition.

There are several risk factors for CHD; although some risks can not be changed: a family history of disease, being African American, older age, and male, many risks can be modified: smoking, high blood cholesterol level, high blood pressure, physical inactivity, and obesity. Physical activity can help to control many of these factors. You can lower the risk of developing coronary heart disease being active for at least 30 minutes each day.

Erica increased her activity by doing more chores around the house instead of hiring someone to do yard work. She

sold her riding lawnmower and bought a push mower to add exercise. She also planted a garden. Erica also encouraged her children to participate in her life changing activities. Every day, they go outside for 20 minutes to play catch with a football or baseball. On rainy days, she still gets her activity in by using a stationary bike while watching her favorite TV shows.

February is Heart month- visit [www.americanheart.org](http://www.americanheart.org) or call 1-800-AHA-USA-1 for more information.

February 4, 2005, is National Wear Red Day! National Wear Red Day is a day when Americans nationwide will wear red to show their support for women's heart disease awareness.



## Staying Active in the Winter Months

Cold weather is one of the most common barriers that people face when trying to become or remain physically active. Although exercising outdoors may seem impossible, walking and other outside activities are still possible during the winter months when the proper precautions are made.

Insulation is a vital factor when exercising in freezing weather conditions.

Layering clothing is a technique that is great for regulating body temperature. The head releases most of the heat from the body; so wearing a hat is a great way to keep the body warm.

Alternatively, there are many activities that can be done indoors to avoid the cold weather. Some of those activities are mall walking, exercise

videos, or joining a health club. Local libraries often have exercise videos that are available for borrowing. Mall walking has become a popular activity among many older adults because the mall provides interesting sites and layering clothing is not necessary. Whichever activity you prefer, keep in mind that staying active in the winter months is possible.

## Fads, Crazes, Trends and More: Sorting through diet information

It seems like every day we turn on the TV or open a newspaper there is a story about the newest diet or weight loss approach. All of these gimmicks promise amazing results, but involve a high-protein/low-fat/low-carb/ no-fat/only certain fats/no-sugar/ or some other crazy spin. It's hard to sort out which, if any, are best for you and your loved ones.

One thing all of these diets have in common is the focus on moderation and portion sizes. In our society, we aim to get more value for our dollar, but that often leads to more inches on our waistline.

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*"In our society, we aim to get more value for our dollar, but that often leads to more inches on our waistline."*

With so many different types of food available today, there are options to make healthy choices from all the food groups and enjoy a wide variety of grains, fruits, vegetables, dairy and meat products to get all the vitamins and minerals we need for a strong Temple.

Learn about proper portion sizes and eating a variety of foods by visiting the Healthier US website at [www.healthierus.gov](http://www.healthierus.gov). Be sure to watch for new dietary guidelines to be released in 2005.

By becoming an educated consumer, you can understand your nutritional needs better, and make choices that are right for you, rather than following the latest fad or craze that promises unrealistic weight loss on a specialized menu. Take charge and enjoy the foods that He has created for us!

## Overcoming Obstacles: New Mt. Zion AMEC

New Mt. Zion A.M.E. Church, located in Jamestown, is working hard towards a healthier community. Their Health Ministry is gearing up for the New Year with great ideas and new strategies.

In the beginning, they struggled with getting their Physical-e-Fit program up and running. However, with some hard work and perseverance, they turned things around. Pastor Kinlaw, along with several church members were presented with pedometers in the spring of 2004 which they are still wearing. They like to compare how many steps they are taking during their work days versus their days around the house.

The team has now learned how to motivate and make their members more health conscious. The 2005 calendar year is filled with community health

fairs to include free health screenings, Physical-E-Fit programs, monthly meetings, weekly bulletins, National Month Awareness Notices, Community Cookbooks, and much more. Healthy meals will be offered from their cookbook at least once a month after worship service and monthly meetings.

Currently every fourth Sunday is set aside for health ministry. Healthy information and tips are provided to members during the morning worship service. Also, blood pressure, blood sugar, and weight checks are offered after service. Their health ministry is growing, along with Rev. W. Kinlaw, Pastor of New Mt. Zion who has been blessed with 5 Parish Nurses, Kimberly Fordham, Mae Dean James, Sylvia Hurell, Carla Snyder, and Beverly Nelson.

New Mt. Zion AMEC has the tools and is now ready to work towards not only a

healthier church but a healthier community. Congratulations to Rev. Kinlaw, the health ministry and Physical-e-Fit team!



New Mt. Zion A.M.E. Health Ministry held their first community health fair on Oct. 30th. Mrs. Wamy Hutto, Kennedy Drug Abuse Center Representative, Parish Nurse Kimberly Fordham, Parish Nurse Beverly Nelson, Pastor Wilford Kinlaw, Parish Nurse Carla Snider, Dr. Ken Jones, St. James-Santee Family Health Center, and Parish Nurse Sylvia Hurell

## Keeping the Spirit Alive: St. Stephen AMEC

St. Stephen AMEC in Hardeville jumped on the Health-e-AME Physical-e-Fit wagon and never looked back. After receiving the training in June of 2003, the health director, Martha Davis, and her Physical-e-Fit team had their program up and running by August.

The Pastor for St. Stephen, Rev. Thomas E. McClary and first lady,



St. Stephen AME members getting Physical-e-Fit with chair aerobics

Beatrice McClary are very supportive of the program. They enthusiastically joined in the first demonstration of chair and praise aerobics for the congregation and encouraged everyone to participate. Ms. Davis says, "It's amazing how a little activity empowers the people to loosen up and laugh."

To date they have offered 8 Steps to Fitness twice, have an active walking program and have been offering chair and praise aerobics once a week for the past year. Ms. Davis says that although it has been somewhat difficult to keep the program going, it is worth it in the end. She credits part of her success to her fellow AME members for their faithful participation in the program.

In March, their walking club led a walk-a-thon for 30 people during the Black Church Week of Prayer for the Healing of AIDS. During Vacation Bible School in June, physical activity



Adding some excitement to chair aerobics class with exercise balls

was included as a segment for each class.

Congratulations to St. Stephen AMEC for keeping the spirit alive and continuing to offer physical activity programs for their members. The Physical-e-Fit program staff wishes you luck and hopes you continue to promote the health and well-being of your congregation.



## Health-e-AME Physical-e-Fit



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**Find the latest Physical-e-Fit  
program events and resources  
online at [www.health-e-am.com](http://www.health-e-am.com)**



*Take action and take care of your temple!  
Get 30+ minutes of physical activity a day.  
Eat 5+ fruits and vegetables a day.*

This project was funded by the Centers for Disease Control and Prevention. The project is a collaboration between the AME Church, the Medical University of South Carolina and The University of South Carolina. © 2003 Health-e-AME Physical-e-Fit.

## Meet Our Nutrition Consultant: Jeannette Jordan

Jeannette F. Jordan is the Nutritional Consultant for the Health-e-AME Physical-e-Fit program. Jeannette has been with the Health-e-AME program since its inception as the program coordinator at the Medical University of South Carolina.

Ms. Jordan is a Registered Dietitian, Certified Diabetes Educator, and the American Dietetic Association's Spokesperson for African American Nutrition issues. She received a Bachelor of Science Degree in 1980 and a Master's in Nutritional Science Degree in 1990 from South Carolina State University. She has several areas of expertise and interest including: African American nutrition, weight management, cancer prevention, and nutrition for cardiovascular and renal disease patients.

Jeannette serves as the Director on Diabetes Education for Value Medical Incorporated. Currently, she is the host of the television show "Controlling Diabetes with Jeannette" which airs in Charleston. Jeannette keeps herself busy consulting for Head Start Centers, Hospitals, Boarding Homes, Black Entertainment Television, and other health agencies. She also serves as a nutrition consultant for several local and state newspapers and magazines. Jeannette has also contributed to several books, including the "Good Health Cookbook," available on the Health-e-AME website.

Born and raised in Walterboro, South Carolina, she grew up eating a high fat southern diet. She realizes that through proper education, training, and willingness to change, that we all can make healthier food choices, prepare

foods differently, increase our physical activity and manage our weight. Jeannette's heartfelt interest is to educate the public to take charge of their health by developing a healthy lifestyle.



Jeannette Jordan, RD  
Physical-e-Fit team member