



I read a pamphlet that inspired this article. I hope it will inspire you.

During this time a lot of us are feeling overwhelmed, deprived, frightened, and yes frustrated. Overwhelmed because of so much information or as they say information overload. Don't get me wrong information is good. We need to know what going on around us. Deprived because we can't be about our daily routine(s). In my case deprived from interacting with people. The huggers out there understand what I mean. Right? Frightened because every time the news comes on the death numbers are rising. You are frustration because of the restrictions, the "Stay in place", the wearing of masks and gloves and on and on. Enough!

Here are eight ways I pray will help you cope with the current conditions.

1. PURE AIR Fresh air is important for life. My recommendation is to get outside and walk. No! you don't have to run a marathon; but if you can go for it. Know your body and do the best you can for it. Afterall, you only have one.

2. SUNLIGHT - Sunlight is an excellent source of Vitamin D. Go for it! Again, know your body.

3. ABSTEMIOUSNESS - What the ham sandwich!? It means sparing or moderate in eating and drinking, temperate in diet. But what else is there to do. You tell me I must stay at least 6 feet from people, nothing to watch on TV, no good books in your personal library. You must mask and glove up to go out. What else is there to do? As Sam & Dave recorded, "Hold on I'm coming".

4. REST - for some people this is easier said than done especially with the children, husband and/or significant others at home. You must have some "ME" time". Your very life/existence depends on it. After all, if you are worn out who can you help?

5. EXERCISE - Are you exercising during this period of restrictions? Yes, you need to exercise! Let me say that again you need to exercise! One more time **YOU NEED TO EXERCISE!** Believe it or not sanity can come through exercise. Being in close quarters with family can as Marvin Gaye sang "**OH, MAKE ME WANNA HOLLER AND THROW UP BOTH MY HANDS**". Studies have shown exercise adds in better sleep. It is a stress reliever (along with sex, but that's another book). It may even save someone's life.

6. PROPER DIET - ok, put down the snickerdoodles, that Krispy Kreme doughnut, and bag of chili cheese Fritos! The proper food selections provide the body with the necessary nutrients it needs to function. Nature provides the food we need to eat. In the foods nature provides, are the necessary vitamins and minerals the body needs.

7. THE USE OF WATER - Did you know brain cells are sensitive to dehydration? Have you heard of brain fog? Is it due to dehydration? I've heard people say, "I don't like water". "Drinking water is boring". Did you know you lived in water for 9 months? Water is needed not only inside the body but also outside the body. The skin needs water to rid itself of toxins and toxic waste materials.

8. TRUST IN GOD! TRUST IN THE HIGHER POWER OR TRUST IN DIVINE POWER- I mentioned it before, I feel this is the best place to deal with it. What am I talking about? I'm glad you asked. I'm talking about stress. That 6-letter word can be a problem. Stress is one of the major causes of disease and death. Stress can cause hair loss, weight gain, weight loss, and many other dis-eases. The answer to our current worry, fear, stress and yes, our current living condition is faith. Faith in God, faith in the Higher Power, faith in the Divine Power. There are some who would disagree with this statement. I will close with this question. How is what you believe in working for you?

Part II Fitness and Nutrition Segment by Vera Reed

In today's society is filled with fast food drive thru, minute rice, instant meal, instant messengers, cell phones and overnight express meal, who has time to waste in a gym or much less making a nutritious meal. For a generation that is supposed to be surfing on the social media platforms, we seem to be stalling out before we even merge into life's highway. God has given us a very unique body. We are not all made exactly alike, although we are made in his image and likeness. There are three primary body types, although we can identify with a combination of two types.

Ectomorph

Ectomorph's body type should concentrate on gaining weight in the form of good lean muscle tissue (some women that are too thin may also want to put on a little fat to look more feminine). Your weight should be fairly heavy and workout paces lower (longer rest periods between sets). The diet should be high in calories (good quality food not junk) and you should eat more then you're used to and often. Aerobic and other activities (sports, dancing, etc.) should be kept to a minimum, at least until you are happy with your weight and looks.

Mesomorph

A Mesomorph body type has a naturally fit body but to maintain it or improve it, the individual should exercise and diet correctly. Strength training can be done more often and for longer sessions then for an Ectomorph, but you must be carefully not to over exercise. Individuals should train with moderate to heavy weighs and at a moderate pace, not resting too long between sets. You will find you gain muscle quite easy (some women and even men might not want to get too bulky), but this won't happen suddenly. When you are happy with your muscle size at that point simply train to maintain it). Stick to a good healthy diet to keep you lean, muscular, and watch for any slow creeping fat gains. Engage in and enjoy aerobic activities, sports, etc. Do not overdo it.

Endomorph

An Endomorph body type's biggest concern should be the losing of fat and adopting a lifestyle that keeps it off. Strength training should be done to get a better muscle to fat ratio and there improve metabolism. Individual should use moderate weighs at a fast training pace (very little rest between sets and exercises). You should lower your calorie intake (don't try to starve yourself) eat frequent small meals. Sugars, sweet, and junk food should be eliminated from your diet. Engage daily in some activity like brisk walking, biking, etc., and try to increase the amount of time you spend each week.

Daily Exercise

- Increase your cardiovascular health. It is important to maintain your heart.
- Help maintain your weight and metabolism.
- Help reduce stress, depression, and overall psychological health.
- Reduce the risk of serious illness such as diabetes, reproductive and breast cancers.
- Increase energy, mental alertness, and self-esteem.
- Strengthen family relationships.

How to get started: Consult your doctor before making any changes to your diet and exercise program.

- Identify your body type and what it needs.
- Identify the season you in.
- Write down your goals (make them realistic).
- Maintain a journal.
- Do a variety of activities.
- Start slow and increase levels gradually.
- Be patient and consistent!

Nutrition

So, you're exercising, but do you really have to eat right?

Proper nutrition plays a key role in your physical fitness. There should be a balance between your nutrition plan and your fitness plan.

There are six essential nutrients that your body needs to sustain life properly and not fall into sickness:

- Carbohydrates
- Essential fats
- Protein
- Vitamins (caplets, powder or liquid form)
- Minerals
- Water

Carbohydrates and fats: your body uses these nutrients as fuel for your daily activities, which is known as your Basal Metabolic Rate (BMR)

Proteins: your body needs this nutrient to help build and maintain lean muscles tissue.

Vitamins and Minerals: these are essential in maintaining and supporting all bodily functions.

Water: most important nutrient because it helps hydrate the body and distribute the nutrients where they are needed.

Stay Strong & Stay Safe!

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