



**HEALTHY BODY**

**HEALTHY SPIRIT**

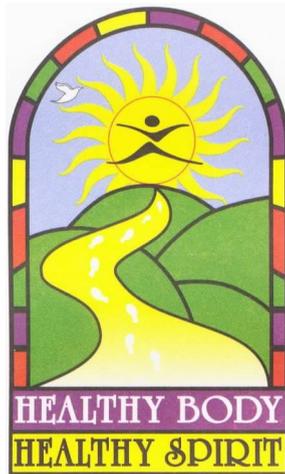
## *A Handbook for Active Living*

A Program Of The Rollins School of Public Health

Emory University

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# Healthy Body, Healthy Spirit

## Handbook for Active Living

Congratulations! You have made the decision to commit—or recommit—to a more active lifestyle and a stronger, healthier body and spirit. Whether you've been active for a while or you're on the verge of making activity a part of your life, this handbook is for you. This handbook will help you answer questions such as:

- Why is physical activity important for my health?
- What are the different types of physical activity?
- How can I build physical activity into my daily routine?
- How can I determine my current level of physical activity?
- What are some activity goals that may be right for me?
- What can I do to avoid common barriers?
- How can I stay motivated?

*"Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?"*

*I Corinthians 6:19*

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Biblical quotes and spiritual references have been included in this handbook in the hopes that they will inspire some individuals to make healthy choices. Though contextual interpretation may vary, we believe that the selected passages convey the mind-body-spirit connection that is the foundation of good health. Careful consultation with our Advisory Board was made in deciding upon the passages to be included.



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## This is Your Handbook...

It is designed so you can use any part that interests you. Like the original disciples, we are called to follow Jesus from different points in our lives, physically as well as spiritually. Whether you're thinking about beginning a physical activity program, you're physically active on an infrequent basis, or you're already active and interested in maintaining your current activity level, this handbook can help you.

### Others Have Done It...So Can You!

Every year, millions of Americans make a commitment to their health by including physical activity in their daily lives...and so can you! Small changes can make a difference, a message echoed throughout this handbook by real people who volunteered to take part in a physical activity program conducted at the Rollins School of Public Health at Emory University. As part of the program, participants wore pedometers to measure the number of steps they took each day and were encouraged to increase their steps over a 6-week period. Throughout this handbook you will meet some of these participants and read, in their own words, how walking and physical activity made a difference in their lives.



"I believe I will see a brand new me."  
Arlecia Battle,  
Healthy Body,  
Healthy Spirit  
Participant



## Moving with Faith

Our bodies were created to move. In Biblical times, people were required to walk long distances, tend gardens, dig wells and do many other physically demanding activities. But times have changed. Most of us depend much less on our bodies to get our work done, relying instead on modern conveniences to do the work for us. As a result, many of us do not get enough physical activity.

Physical activity is good for the heart and soul. Many people experience a sense of well-being after being physically active, not only because endorphins—"feel-good" chemicals—are released by the body during activity, but because they are taking care of themselves and making an effort to maintain the physical body God has given them. Taking care of ourselves through physical activity and good nutrition is a way to honor God, in whose image we were created.

### Did You Know...

Regular physical activity can improve health in the following ways:

- ✓ Reduces the risk of heart disease.
- ✓ Reduces the risk of diabetes.
- ✓ Helps reduce high blood pressure.
- ✓ Reduces the risk of colon cancer.
- ✓ Reduces feelings of depression and anxiety.
- ✓ Helps control weight.
- ✓ Helps build and maintain healthy bones, muscles, and joints.
- ✓ Decreases symptoms associated with menopause.
- ✓ Improves self-image.
- ✓ Boosts energy levels and increases endurance.
- ✓ Decreases natural effects of aging such as loss of balance, muscle mass, strength, and energy.
- ✓ Relieves tension in tight muscles and improves sleep quality.

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength." Mark 12:30

# What's Your Motivation?

While many of us want to be more physically active, the reasons why and the degree of effort that we are willing to invest varies from person to person. Though God loves us as we are, He also supports and inspires us to make changes in our lives that will help us to grow in strength and spirit. By turning to Him we are promised the strength and support we need to succeed.

What motivates us? By identifying how physical activity enhances what we value most in our life, we may be more likely to remain active even when things get tough. Check off the reasons below why you want to be more physically active, adding your own in the blank spaces provided.

- To honor and serve God.
- To lower my risks of heart disease, cancer, and other serious illnesses.
- To set a positive example for my family.
- To have more energy.
- To be able to do more activities with greater ease.
- To lose weight.
- To be there for my family.
- To feel better about myself.

Other reasons why you want to be physically active:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Sticking with it:

Here are some tips for making physical activity a permanent part of your life.

- ✓ Make short-term goals that can be easily achieved, in addition to long-term goals that require more time and effort.
- ✓ Put your plans in writing.
- ✓ Be specific with your plans.
- ✓ Establish check-points so you can assess your progress toward goals.
- ✓ Try new activities.
- ✓ Set deadlines and hold yourself to them.
- ✓ Make the distinction between "I can't" and "I don't want to."
- ✓ Be optimistic. Your chances for success will increase.
- ✓ Reward yourself.

# Setting Goals

You have been blessed with the power to choose a healthy lifestyle. But how will you know when you get there? A good way to determine if you are making progress with your physical activity program is to set goals and periodically check to see if you have met them. Begin your journey down the path to a healthier life by taking a few minutes to think about what you would like to accomplish. It may help you to think about the following questions. (Answers will likely vary from person to person.)

◆ How can being healthy help you achieve what is most important to you (e.g. be a better parent, spouse, community member, messenger for God...)?

◆ What will it take for you to take that leap of faith to a more active, healthy lifestyle?

Short-term goals should be small and relatively easy to achieve, including such things as learning more about physical activity (as you are doing by reading this handbook) or adding a few more minutes of physical activity into your regular routine. Short-term goals help you to achieve your long-term goals which are often less specific but require more time and effort to achieve. An example of a long-term goal might be staying active enough to keep up with children or grandchildren, or to lower cholesterol levels.

## Write it down...

In the space below, write the physical activity goals that are important to you.

### Short-term goals:

(1) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Long-term goals:

(1) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2) \_\_\_\_\_  
\_\_\_\_\_  
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3) \_\_\_\_\_  
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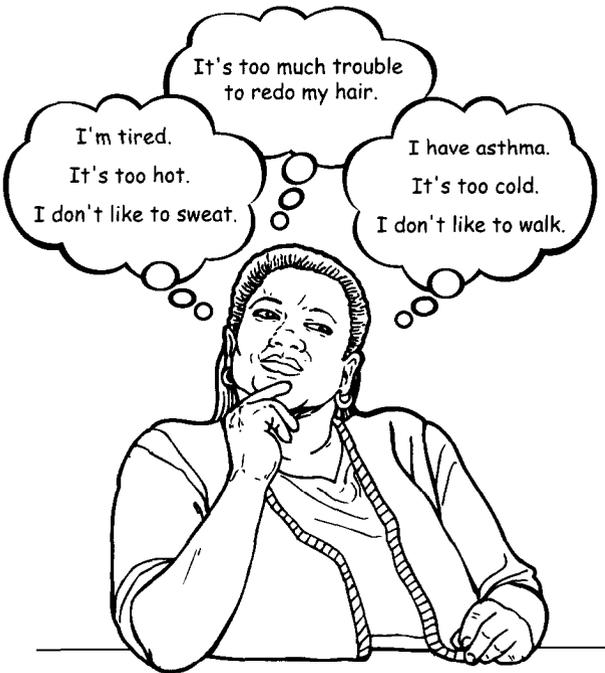
When you reach your goals, rejoice! God delights in your successes and rewards your efforts.

"Beloved, I wish above all things that thou mayest prosper and be in good health, even as your soul prospereth." III John 1:2

# Overcoming Your Obstacles

Nobody's perfect. Just as it may be hard to start being more physically active, there will be times when it may be hard to stay physically active - this is normal. We all face obstacles to being physically active. But we can find ways around our personal barriers if we have faith to overcome them.

God does not present us with challenges that we are incapable of handling. He wants you to turn to Him, to pray for guidance and strength at those times when you feel most overwhelmed. Don't hesitate to share with God those obstacles that make it difficult for you to become the strong, healthy person He wants you to be.



## What Are Some of Your Obstacles?

Identifying personal obstacles that make it difficult to be physically active is one of the first steps toward making changes. Check the obstacles below that YOU face, writing in your own if needed. Try to come up with your own ideas on how to overcome them.

- I'm too tired
- I already get enough exercise at work
- It's too much effort to redo my hair
- I don't like to sweat
- I don't like physical activity
- I don't have anywhere to be active
- I have asthma or another health condition that makes it hard
- I don't enjoy it
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Some Common Obstacles

### I DON'T HAVE ENOUGH TIME...

For many people there never seems to be enough hours in the day to get everything done, but it is often possible to find time for those things identified as priorities.

**TIP:** See the Daily Life Activities suggestions on the next several pages and Taking the Time on page 9 on how and why to make physical activity a priority.

### I'M TOO TIRED...

There are days when you may think "I am just too tired..." Often it is those times when you are most busy, stressed, or tired, that physical activity can give you the lift you need.

**TIP:** By building a few simple activities into your daily life, such as a 10-minute walk or a mid-morning stretch break, you may find that you not only feel more energized but are better able to relax after a hard day at work.

### I ALREADY GET ENOUGH EXERCISE AT WORK...

Some people are active at work, but not active enough to gain maximum health benefits.

**TIP:** Use a pedometer to see just how active you are - you may be surprised. All activity is good, but only when you feel warmer and breathe more heavily than usual are you exerting yourself at a level that can improve your health the most.

### I DON'T LIKE TO SWEAT...

Sweating is your body's natural response to being physically active. It cools you off.

**TIP:** You can minimize discomfort by walking in the early morning or evening when it is cooler outside, or by dressing in loose-fitting cotton clothing or other fabrics that help sweat to evaporate.

**TIP:** Walk in an air-conditioned environment such as a mall.

**TIP:** Keep a towel handy to wipe away perspiration.

## Daily Life Activities

Staying active isn't just about regimented exercise-it's about moving your body! Some activities serve a two-fold purpose, improving your health while getting things done. These may include climbing stairs, walking to deliver a message, or carrying your own groceries. You can gain significant health benefits by incorporating more of these physical activities into your daily routine. Following are some ways you can do this.

### Activities you can do at home:

- ✓ Cut the grass with a push mower.
- ✓ Dig, rake, and weed in the garden.
- ✓ Dance to your favorite music for 10 minutes a day.
- ✓ Walk around while talking on the telephone rather than sitting.

### I DON'T LIKE PHYSICAL ACTIVITY...

If physical activity is something you have never really enjoyed, ask yourself "why". Has it ever been a part of your life? Are you embarrassed about your weight, your ability, or the way you look when you exercise?

**TIP:** Begin slowly, be open to new experiences, and maintain a positive attitude. Try different activities until you find ones that you enjoy. There is something for everybody.

### I DON'T HAVE ANYWHERE TO BE ACTIVE...

Some neighborhoods aren't activity-friendly because of traffic, inadequate sidewalks and crosswalks, poor lighting, unchained dogs, or crime.

**TIP:** If you have access to transportation, go to a park or a quiet neighborhood nearby.

**TIP:** Start a walking club in your church or neighborhood so that no one has to walk alone.

**TIP:** Stay inside and walk on a treadmill or follow along with a workout video.

### I AM TOO BIG TO BE PHYSICALLY ACTIVE...

It may be harder at first for bigger people to do certain activities, but with time and confidence your physical abilities will likely improve.

**TIP:** Begin with low-intensity activities such as comfortable walking, and gradually increase duration and/or intensity. Have faith in God and the personal strength and endurance He has blessed you with, to become a healthier person.

### I HAVE NO ONE TO BE PHYSICALLY ACTIVE WITH...

Don't put off physical activity even if no one among your family, friends, neighbors, coworkers, or church members can join you. Make it a solo pursuit.

**TIP:** Take the time to talk with God, listen to music on a headset, or reflect on the day before or behind you. Make physical activity something you do for you.

### Activities you can do at home cont.:

- ✓ Sweep the floor, wash windows, or vacuum the carpet.
- ✓ Wash your car by hand instead of taking it to the car wash.
- ✓ Get up to turn the TV channel rather than using a remote control.
- ✓ Walk to your mail-box to get your mail rather than picking it up from the car.

### Activities you can do when you're out and about:

- ✓ Walk or bike to run errands, see friends, or pick up a few groceries.
- ✓ Get off the bus two stops early and walk to work or home.
- ✓ Leave your car in a parking lot 10 minutes from your destination and walk the rest of the way.

## IT'S TOO MUCH EFFORT TO REDO MY HAIR...

Some African-American women prefer not to “sweat” out their hairdo in an exercise class or undoing it in the pool.

**TIP:** Keep your hair and your health in perspective. High-maintenance hair may look good, but imagine how much better you will look (and feel) with regular physical activity. Get tips from books, magazines, and active Black women to see what they do.

**TIP:** Ask your stylist for a flattering, low-maintenance hairstyle that works for you, such as braids, locs, twists, or a natural style.

**TIP:** Wear a headband or pull your hair back on top of your head.

## I HAVE ASTHMA OR ANOTHER HEALTH CONDITION THAT MAKES IT HARD...

Health conditions such as asthma or bad knees may make physical activity a bit harder when you first begin. As you adapt, these health conditions can actually improve. Obtain approval from your doctor before beginning your program.

**TIP:** Start slowly and each day it should become easier.



“In order to do work for God, first you've got to do work in yourself.” Pastor Thomas Smith, Healthy Body, Healthy Spirit Participant

## Activities you can do at work or school:

- ✓ Take quick “stretch breaks” during long meetings.
- ✓ Hold a “moving meeting”-discuss business while taking a walk with your colleagues.
- ✓ Take the stairs instead of the elevator or escalator.
- ✓ Replace your coffee break with a walking break.
- ✓ Take a brisk walk before or after lunch.
- ✓ Stretch your shoulders and neck when sitting at your desk.

## Activities you can do at play:

- ✓ Find different 10-minute walking routes in your neighborhood.
- ✓ Join clubs or organizations such as a mall walkers club or the YMCA.
- ✓ Play with children or grandchildren.
- ✓ Join friends to play recreational sports.

## Taking the Time



Most people know that physical activity is essential for good health, yet fewer than 1 in 5 Americans engage in the amount of regular physical activity recommended for optimal health. Why? The number one reason is TIME.

Sometimes the world seems to depend on you for loving care. Your life is so full with work, family, and other commitments such as church and community service, it may already seem as if there are too few hours in the day. It often ends up that the more time you spend taking care of others, the less time you spend taking care of your own needs. But if you don't take care of yourself it won't take long for you to bum out. It's important to remember that you can't do it all. Like prayer, physical activity requires dedication and commitment, but once you have made it a part of your life, you may find that your day won't seem complete without it.

You may find that you're more productive at work, better able to concentrate and finish projects in less time and with greater ease. Perhaps you will find yourself sleeping better at night. Maybe you will even discover that you have more energy to spend with your family doing things you enjoy. Look at physical activity as an indulgence, not a chore. In the end, remember that time spent in physical activity is time not only invested in you, but your family and community

Learn to make your health a priority. It's not selfish. If you don't do it, who will? If you want to give others your very best, you have to function at your very best. Take the time for you. Investing in your health and well being affects your family, friends, church involvement, career, volunteering, and your relationship with God.



"My attitude is 'Yes, I love my family, but if I'm not healthy I can't take care of them.' So I got to protect me. And protecting me means getting sleep, it means exercising, it means eating well, it means time alone, it means meditating, it means praying, it means taking care of all of me."

Monica Kaufman,  
ABC WSB-TV Anchor  
Woman, Healthy  
Body, Healthy Spirit  
Participant



## Plan Ahead...

The key to becoming more physically active is to plan ahead. Think about the day ahead of you and when you might be able to set aside some time to go for a walk or engage in another form of activity. If possible, make it a consistent time every day so it becomes a part of your regular routine. When is the best time for you to be active?

## ...And Get Support

Developing new habits and making lifestyle changes are often easier with the support of others. Encouragement and praise can be great motivators, especially on days when you wonder if all of your hard work is really paying off. The Bible confirms our need to rely on one another for strength and comfort, reminding us that "a cord of three strands is not quickly broken." Seek support not only from God, but also from those He has graciously brought into your life. Develop a support network of family, friends, and colleagues to accompany you along the path to a more active lifestyle. Together you may grow stronger in strength and spirit.



"Now I have a little bit more energy to do other things instead of just sitting there and being tired." Terry Flanagan, Healthy Body, Healthy Spirit Participant (left), with daughter Ashley

## Reward Yourself

Physical activity can be very rewarding, but it is also important to reward yourself with other things that you care about or like when you make progress and/or maintain your physical activity program. Rewards don't have to be big or cost much (if anything) as long as they are something that you enjoy.

### Some possible rewards:

- ✓ Buy a new compact disc, tape, or magazine
- ✓ Stay in bed late
- ✓ Get a new hairstyle
- ✓ Buy new walking shoes or exercise equipment
- ✓ Get tickets to a sporting event or concert
- ✓ Spend extra time on a hobby
- ✓ Go to a movie or rent an old favorite
- ✓ Plan a special trip with family and/or friends

### Rewards I would like...

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

## **Should I consult a doctor before becoming physically active?\***

If you are between the ages of 15 and 69, use the following checklist to find out if you should consult a doctor before you become more physically active. If you are over 69 years of age and are not very active, consult your doctor before you begin.

### **Check those items that apply to you:**

- Your doctor said you have heart trouble, a heart murmur, or you have had a heart attack.
- You frequently have pains or pressure - in the left or mid-chest area, left neck, shoulder or arm - during or right after you are active.
- In the past month, you have had chest pains.
- You often feel faint or have spells of severe dizziness.
- Your doctor said you have bone or joint problems such as arthritis.
- Your doctor is currently prescribing drugs (for example, water pills) for your blood pressure or heart condition.
- You have a medical condition not mentioned here which might need special attention. (e.g. Type II diabetes.)

If you've checked one or more items, talk to your doctor before becoming physically active. If you've checked no items, you should be ready to begin. But still start slowly and progress gradually - this is the safest and easiest way to go.

\*This checklist was developed using several sources, particularly the Physical Activity Readiness Questionnaire & the American Heart Association.

### **FYI:**

Millions of Americans suffer from illnesses that can be prevented or improved through regular physical activity. African-Americans are at especially high risk for many of these illnesses.

**FYI: High blood pressure is a major risk factor for heart disease and stroke. Black women are 77% more likely to get hypertension than White women; Black men are 43% more likely to get hypertension than White men.**

**FYI: More than one out of ten adults suffer from depression in any given year. Physical activity may decrease the effects of mild to moderate depression by enhancing mood, increasing self-esteem, and improving mental functioning.**

## Warm-up and Cool-down

Your body needs time to prepare for longer sessions of physical activity and time to recover when you are done. If you plan to do an aerobic activity that will be sustained for over 20 minutes, be sure to include a warm-up and cool-down as part of your physical activity session. This will help to prevent strained muscles and reduce soreness.

The warm-up improves the transition from rest to exercise. It involves activity that slowly elevates your heart rate and circulation, leading to increased body temperature, blood flow, and range of motion of muscles. A warm-up decreases muscle tension and reduces the risk of injury due to pulls and strains.

A warm-up should last about five minutes. It can be as simple as going for a walk, climbing up and down stairs, or a slower version of your aerobic activity. It can also include light stretching (see page 15 for examples).

The cool-down should last at least 5 minutes. Like the warm-up, it should involve less demanding or intense forms of physical activity, such as walking or jogging at a slower pace. One of the best times to stretch is after a cool down because your muscles are warmer and your body is more flexible.



### What to Wear...

A few things to consider:

- ✓ Shoes should have adequate cushioning, low heels, and be wide enough to allow for foot expansion.
- ✓ Shoes should feel comfortable in the toe, arch, and heel.
- ✓ Dress for temperatures warmer than the outside air - physical activity will warm you up.
- ✓ Wear layers that can be taken off easily in cooler weather and lightweight, "breathable" fabrics in warmer weather.
- ✓ Wear light colored clothing and reflective strips if you will be out when it is dark.

## Physical Activity: Do it Religiously

Some people believe that, in order for physical activity to be worthwhile, it has to lead to exhaustion and painful soreness. But that's not true; health benefits are possible even at less intense levels. Doing moderate-level activities like brisk walking or bicycling can improve your health. Slowly increase the intensity and duration as you get stronger. Mix up longer, moderately intense activities such as low-impact aerobics and brisk walking, with shorter, more intense moves, like running or skipping rope.

For total physical fitness you'll need to incorporate three basic types of movement into your life. They are aerobic, flexibility, and strength activities. For optimal health benefits, gradually work up to being active at least 5 days a week for at least 30 minutes at moderate intensity (see page 20 for information on assessing intensity). If one of your goals is to burn calories and decrease body fat, a combination of aerobic activity and strength training is the most efficient way to go.

## The Three Types of Activity

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### 1. Aerobic Activities

Aerobic activities are those that use the largest muscles of your body to get you moving and increase your heart rate. They get oxygen moving through your blood to your muscles, helping your heart, lungs, and circulatory system stay healthy. Aerobic activities can include brisk walking, heavy housework, organized workout programs, and recreational sports. Aerobic activities should be performed at least 5 days a week for the maximum physical benefit.

### Some Aerobic Activities...

Here are some examples to get you thinking about how to increase your aerobic activity.

- ✓ walking fast enough to speed up your heart
- ✓ swimming
- ✓ bicycling
- ✓ tennis (singles)
- ✓ jumping rope
- ✓ dancing
- ✓ workout videos (e.g. Tae Bo, step aerobics)

### Aerobic activities I like to do...

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## 2. Flexibility Activities

Flexibility activities are those that keep your muscles relaxed and flexible, and your joints limber. This helps you move, reach, and bend. As we get older our bodies get stiffer. Lack of flexibility can be a cause of lower back pain, stiffness, and poor posture.

### The Safe Way to Stretch

Before you begin flexibility activities always warm up your muscles to prevent strains. Either start with five minutes of light activity (easy walking, etc.), or stretch after you have finished aerobic or strength activities.

- Stretch slowly and smoothly without bouncing or jerking. Use gentle, continuous movements or stretch and hold for 10 to 30 seconds.
- Repeat stretches 3-5 times each.
- Pain is not a good thing - only stretch to the point of comfortable tension in your muscles.
- Breathe deeply and naturally (many people tend to hold their breath).

### Some Flexibility Activities...

Here are some activities that will increase your flexibility.

- ✓ gardening
- ✓ mopping the floor
- ✓ yard work
- ✓ vacuuming
- ✓ stretching exercises
- ✓ golf
- ✓ yoga
- ✓ dance

### Flexibility activities I like to do...

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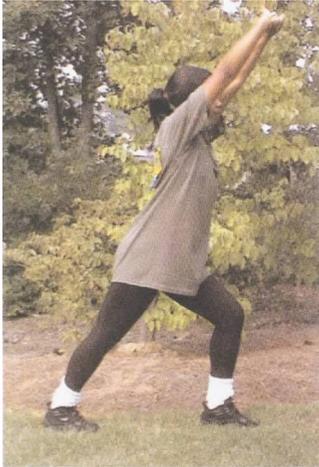
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# Flexibility Activities



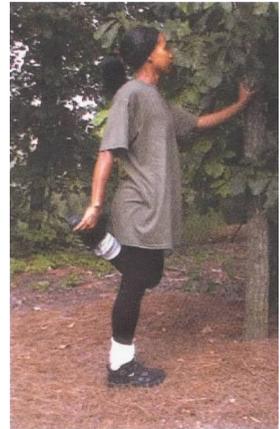
## Hamstring:

Sit with one leg in front fully extended, toes pointing to ceiling. Bend the other leg with foot against inner thigh of extended leg. Start with back straight and upright. Extend arms overhead, bring hands down to the side of the extended leg. Keep the back straight and bend from the hip. Extend far enough to feel slight tension on underside of leg. Hold stretch. Switch legs and repeat.



## Calf:

Stand with left leg at a ninety degree angle, right leg extended straight behind you with foot flat. Using the wall, lean forward until you reach the point of slight tension in your right calf. Hold stretch. Switch legs and repeat.

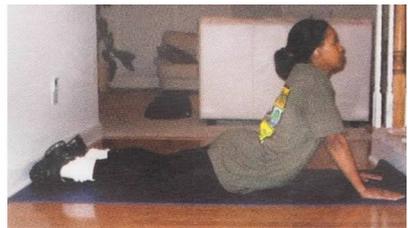
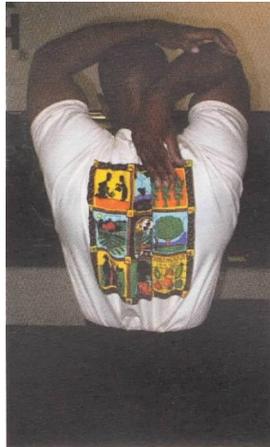


## Quadricep:

Curl the left leg until you can grasp the foot by the ankle with your right hand. Hold until you feel a slight tension. Switch legs and repeat.

## Tricep:

Bend the right arm behind the head. Rest arm on upper back. Press down lightly on the right elbow with left hand until you feel a light tension in your right tricep. Hold stretch. Switch arms and repeat.



## Lower Back:

Lie on abdomen with elbows in line with shoulders. Top of feet are flat on floor. Pull abdominals in. Lift chest off floor, stretching lower back.

### 3. Strength Activities

Strength activities help you work your muscles against some kind of resistance, like when you push open a heavy door. Strength activities help you build stronger muscles, maintain bone strength, and improve posture. Picking up a child, opening a jar, and carrying groceries are just a few activities that may be noticeably easier when your muscles are better prepared to perform them.

If you're a woman concerned about getting too muscular or "looking like a man," don't worry. Very few women can build large muscles without very intense strength training. In fact, strong, toned muscles often make women appear more fit.

Try to do a combination of activities that exercise your major muscle groups. Your "major muscles" are the large muscles that are involved in almost all your movements. They include your abdominal muscles, back, chest, arms, and legs. Strive for balance. Train your upper and lower body, right and left sides, and opposing muscle groups (e.g., both the front and back of the upper arm) with equal intensity. If you're one of the many people who suffer from occasional back pain, you may be surprised to find strengthening your abdominal muscles may help. As with all activity, remember to listen to your body-if you feel pain, then you may have pushed yourself too far.

#### Getting Strong the Safe Way

- Start with 5 minutes of light activity to warm up your muscles.
- Choose 8-10 movements.
- Do one set of 8-10 slow repetitions for each movement.
- Avoid working your muscles too hard. Slow progression is key in strength training-it is better to gradually add weight and intensity.
- Alternate muscle groups and rest for one or two days between strength training sessions. (i.e. if you work your legs one day, work your arms the next).

#### Some Strength Activities...

Here are some activities that will increase your muscular strength. To prevent injury, remember to keep your abdomen tight and breathe. Contact an exercise therapist, athletic trainer, or certified personal trainer for more advanced training.

- ✓ heavy yard work
- ✓ raking and carrying leaves
- ✓ lifting and carrying groceries (not to mention infants and toddlers!)
- ✓ climbing stairs
- ✓ abdominal crunches (a.k.a. sit-ups)
- ✓ push-ups
- ✓ lifting dumbbells or free-weights (cans of food or bottles of water also work)

#### Strength activities I like to do...

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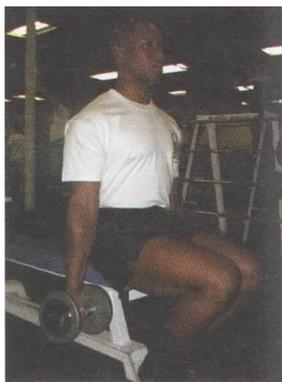
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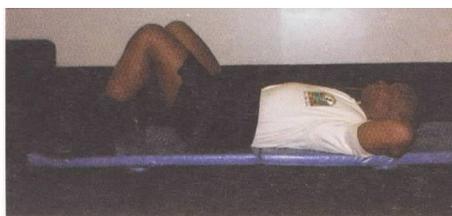
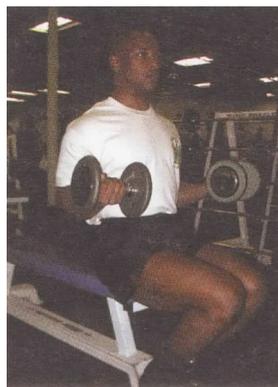
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# Strength Activities

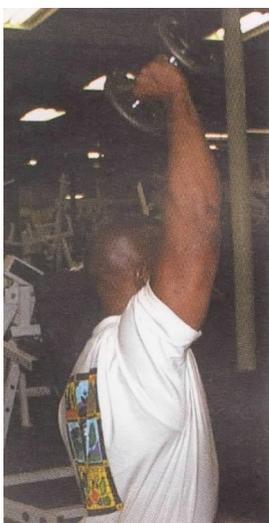
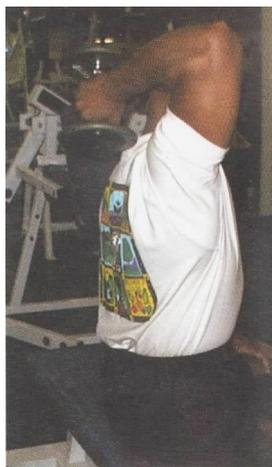


## Bicep Curl:

With arms at side of body, hold dumbbells in each hand, palms facing up. Keep elbows aligned under the shoulders. Bend elbows until fists face ceiling. Lower to starting position and repeat.



**Sit-Up:** Lie on back with knees bent and feet flat on floor. Keep abdominal muscles tight. Keep head and neck in line with spine. Pick a spot on the ceiling to focus on, lifting straight up. Elevate shoulders and upper back towards knees. Keep lower and middle back in touch with floor. Lower to starting position and repeat.



## Tricep Curl:

Sit at the end of a bench (preferably with a back). Hold dumbbell in hand, keeping elbow pointed toward the ceiling. Raise dumbbell overhead. Slowly lower to starting position and repeat.



## Lunge:

With band under arch of right foot, hold in each hand palms facing up, bend arm at elbow. Step back with left leg and land on ball of foot. From a ninety degree angle with upper and lower portion of right leg, keep foot flat with weight evenly distributed. Keep heel of rear foot off the floor, ball of foot in contact with the floor. Rise upward on the ball of the foot and lower, maintain ninety degree angle of front leg. Repeat repetitions. Switch legs. \*Exercise can be done with dumbbells in each hand.

## ***Take a Walk With God For Your Body...***

Of all the ways to be physically active, walking is one of the easiest and most enjoyable. It requires little special equipment or athletic ability, and can be done almost anywhere at any time. Research has shown that moderate walking—even a couple of 15-20 minute miles—provides health benefits similar to those obtained during faster paced “race walking”. Walking at a pace of 3.5 mph, an average 150-pound person burns 5 calories per minute—4 more calories per minute than sitting on the couch. Walking for three or more hours per week appears to reduce the risk of heart problems in women by 30 to 40 percent. Increasing your walking time or combining walking with vigorous exercise appears to increase these health benefits even more.

You may be thinking, “A couple of miles? I can’t do that!” Yet, you walk all the time—to the water cooler, to the mailbox, from the parking lot—and this adds up. Making the extra effort to walk a little farther, taking “the scenic route” rather than choosing the quickest possible path, helps to accumulate activity throughout the day. This isn’t to say you shouldn’t lace up your sneakers and head outside for a deliberate walk around the block, but keep in mind that even small increases in the amount you walk throughout the day can improve your health.

What if you’re a person who never really enjoyed walking? What can you do instead? Try adding a twist. If you’d like more intensity, try speed walking, jogging, or walking hills. Walking bores you? Walk with friends, listen to music, or alternate walks with other aerobic activities. If these suggestions don’t work, find another activity you like, and do it. Perhaps the most important aspect of living a physically active lifestyle is to enjoy what you do.



*“It gives you a sense of fulfillment that you’ve done something for your body, for yourself.”*

*Robyn Douglas,  
Healthy Body,  
Healthy Spirit  
Participant*

**FYI: 8 million people have Type II (adult-onset) diabetes. In 1995, diabetes was the 7th leading cause of death in the U.S. Blacks are almost three times as likely to die of Type II diabetes-related problems as whites. Obesity places you at risk for Type II diabetes.**

## ...And Your Soul

For some people, engaging in physical activity provides an opportunity to not only improve physical health but to grow in spiritual faith as well. Movement in the body often brings a clearer perspective in the mind and provides a time for reflection and prayer. Time spent walking is time that may be invested in your relationship with God.

Walking can provide us an opportunity to get away from the stresses and strains of our daily life and help shift our focus to the eternal paradise that awaits those who believe. It can serve as a mini-retreat. We can use our time to commune with God and get in touch with our spiritual needs. We need to remember that health is more than a general physical condition-it is the coming together of our emotional, mental, intellectual, spiritual, and physical selves to be the whole people that God created us to be.

"The steps of good men are directed by the Lord. He delights in each good step we take."  
Psalms 37:23

### Some Walking Tips...

- ✓ Keep your abdominal muscles gently tightened.
- ✓ Breathe deeply from your diaphragm while maintaining a steady in-out breathing pattern.
- ✓ Bend your arms at a 90-degree angle and pump them gently as you walk.
- ✓ Don't make a fist - pretend to hold a quarter between your thumb and index finger.
- ✓ Step forward with your heel and roll off your toes.



# Assessing Your Physical Activity Level

Assessing your activity level is important for determining what goals and activities are best for you. This handbook uses three different physical activity levels (Level I, Level II, and Level III), and provides some suggested goals and techniques for each.

We have provided two methods to help you find your own physical activity level. Once you know your level you can decide which types of activity are most appropriate for you. Choose the method that appeals to you. It is not necessary to use both methods.

## ***Method I: Estimating Your Average Weekly Physical Activity***

One way to find your physical activity level is to use the flowchart on page 21. Start at the beginning with the number of days you currently participate in physical activity. Next consider the number of minutes you participate in physical activity. Remember that this physical activity can be one continuous session of activity or several sessions throughout the day (e.g. three sessions lasting 10 minutes). Aerobic activity such as brisk walking, jogging, dancing, or mowing the lawn are examples of activity that cause your breathing and heart rate to increase, leading you to sweat more.

**FYI:** More than 60 million people (a third of the U.S. population) are overweight. More than half of all Black women (53.3%) and one third of all Black men (34%) are overweight.

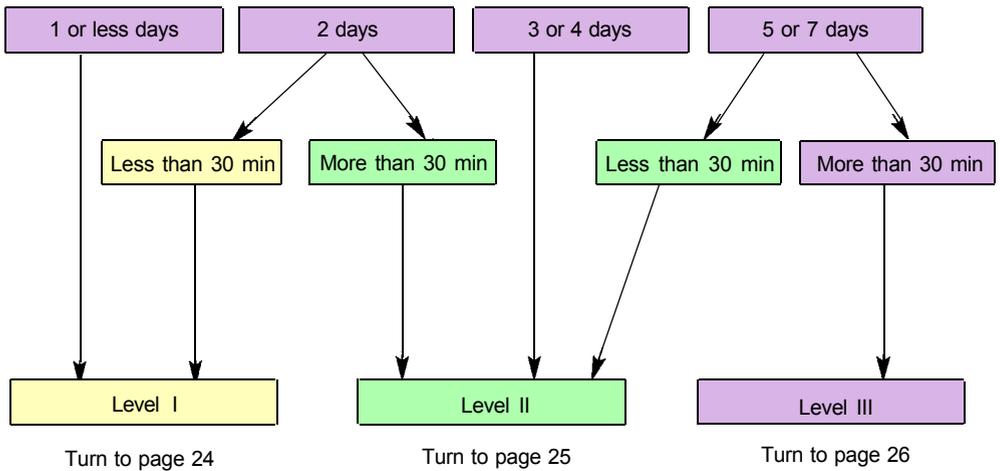
**FYI:** Inactivity and poor diet lead to at least 300,000 deaths a year in the U.S. Only tobacco use causes more preventable deaths.

**FYI:** Forty percent of adults report that they don't engage in ANY leisure time physical activity; the rate among Black women is 50%.



**"I've got 16,582 steps today, so I am at my goal." Nina Goody, Healthy Body, Healthy Spirit Participant**

How many days per week are you physically active?



### Assessing Intensity

In addition to duration and number of days, another important consideration when assessing physical activity is intensity of the activity. Intensity refers to the amount of effort required to perform specific activities.

Listen to your body. If you have trouble catching your breath during physical activity or you feel overly tired afterwards, it may be a sign that you have pushed yourself too hard. Assessing your intensity level during activity might help you to avoid overextending yourself.



"On my lunch break instead of sitting at my desk which is usually what I do; I try to make it a point to walk to the mall."

Theresa Butler,  
Healthy Body,  
Healthy Spirit  
Participant

### How to assess intensity:

A good way to measure intensity is the "talk test". When engaged in physical activity you should be able to speak three to five words before needing to catch a breath. If you find yourself gasping between every word, decrease your level of exertion. If you find you are able to sing a song while pausing for only a breath or two, increase your level of exertion.

## Assessing Your Physical Activity Level Method II: Using A Pedometer

Another way to assess your physical activity level is by using an electronic pedometer to record the average number of steps you take. A pedometer will measure steps taken throughout the day and convert them into miles, based on the length of your stride. This will give you a sense of just how active you are. The pedometer is primarily used to measure walking or jogging, and does NOT measure other types of physical activity such as strength training or swimming. See the sidebar on the next page to estimate how many “steps” several other activities add up to.

A pedometer is small and light, and can be worn on a belt or the waistband of your pants, skirt, or warm ups approximately in line with the side seam or the center of your kneecap and perpendicular to the ground. Make sure it is straight-it will not give you accurate readings if it is tilted. At the end of the day, record your total number of steps in the activity log below and press the reset button to return step counts back to “0”. Wear your pedometer and record your total steps for three days. Add these totals and divide by three to determine your general activity level over time.

DAYS	NUMBER OF STEPS
DAY 1	
DAY 2	
DAY 3	
3-DAY AVERAGE	

## Monitoring Your Heart Rate

By monitoring your heart rate you can determine whether the pace of your activity is too fast, too slow, or in your ideal range. You can calculate your training heart rate zone using the heart rate worksheet on page 33 of this handbook, or by using a heart rate monitor. Both methods provide safe and effective ways to monitor the intensity of your activity

### FYI: Heart Rate Monitors

Heart rate monitors provide the most accurate heart rate (i.e. the number of beats per minute) of all heart rate assessment methods. They don't get in the way and are easy to use, often resembling sports watches.

Depending on the model you choose, you may also be able to determine the number of calories you are burning, the speed at which you are moving, and your previous activity expenditure. Heart rate monitors can be purchased at most sporting goods stores at prices beginning at around \$50.

Your average step count over the three-day period will help you to find your physical activity level and help you determine what your step goals should be.

**Average step counts:**

**Level I:** Fewer than 4,000 steps per day (turn to page 24)

**Level II:** Between 4,000 and 8,000 steps per day (turn to page 25)

**Level III:** More than 8,000 steps per day (turn to page 26)



"This pedometer really motivates you to walk more. You know, because everyday you really want to see those numbers move up higher than the day before." Bonnie Shaw, Healthy Body, Healthy Spirit Participant

**Step Equivalents:**  
Your pedometer will not count steps for all activities. Certain kinds of movement do not register with the unit.

Use this chart to estimate "clicks" (i.e. approximate steps) per minute for various activities. Each activity listed is followed by a number of "clicks" which estimate how many steps per minute that activity is equivalent to. Multiply the number of minutes you performed the activity by the clicks per minute to get total "steps".

	Clicks per minute
Swimming, treading water	49
Cycling at 5.5 MPH	51
Weightlifting	64
Gardening, weeding	73
Swimming (breaststroke, 1 MPH)	89
Climbing 26 stairs per minute	90
Aerobic dancing (low impact)	118

## Level I: Leap of Faith

### *Get up and move!*

Step forward with faith if you are one of the many people who are intimidated by the thought of physical activity. Although taking that initial step towards a healthy lifestyle is not always easy, it is what God wants for us.

### **Activity Goal #1:**

#### ***Increase the number of days and amount of time you participate in physical activity.***

Accumulate activity by being physically active for periods of at least 10 minutes during the day - three 10-minute sessions may benefit you just as much as one 30-minute session. "A little today and a little tomorrow" is a good principle to follow when beginning your physical activity program. Your goal should be to participate in aerobic physical activity for at least 3 days a week for a total of 30 minutes or more.

### **Activity Goal #2:**

#### ***Avoid becoming discouraged.***

Try not to get discouraged if you don't see immediate health benefits. You should not expect results in a matter of hours or even days. However, after a couple of weeks of regular physical activity you should notice some improvement, if only in the way that you feel.

## Level I

### **Pedometer Goal**

You are averaging fewer than 4,000 steps daily. Your pedometer goal should be to increase your daily step average by at least 1,000 over the next couple of weeks. You can do this by adding a brisk 10-minute walk or by incorporating more activity into your daily life.

After about 4 weeks try to increase your step count even more! Your 6-month goal should be to work up to 8,000 or more daily steps.

"It seems the more one walks, the more one wants to walk." Nelle Jones, Healthy Body, Healthy Spirit Participant



## Level II: Growing in Faith

***More time, more effort, more often.***

Congratulate yourself for having come this far. You have moved beyond the initial phase of establishing a physical activity routine. Now is the time to keep your enthusiasm high - don't let physical activity be just another fad, It's not something to do for a few days, weeks, or months, and then forget.

### ***Activity Goal #1:***

***Increase the number of days you are physically active.***

Try to add one or two more days of activity so you are active "most" days of the week. Your ultimate goal is to be physically active 5 days per week or more.

### ***Activity Goal #2:***

***Increase the amount of time you are physically active.***

Continue to increase the length of time you are physically active until you reach the goal of being active 30 minutes or more 5 days per week. The important thing is to set aside some time for activity and make it part of your daily routine.

### ***Activity Goal #3:***

***Increase the intensity of your physical activity.***

Your physical activity program should gradually become more intense so you can obtain optimal health benefits. Refer to "Determining Your Target Heart Rate" on page 33 for further information.

## Level II

### **Pedometer Goal**

Your step average falls between the range of 4,000-8,000 steps per day.

Continuous aerobic activity will significantly increase your steps. A 30-minute brisk walk can add an additional 4,000 steps while a moderate 30-minute jog can add an additional 6,000 steps. Your pedometer goal should be to increase your daily average steps by 500-1000 steps every 2-3 weeks. Don't forget to include the step estimate from page 23 for those activities that don't automatically register on your pedometer.

Choose moderate to vigorous intensity activities so that you can accumulate steps throughout the day.

"...for the joy of the Lord is your strength."

Nehemiah 8:10

## Level III: Living in Faith

### *Reaping the rewards.*

Well done! The amount of physical activity you are doing really benefits your health! The key here is to maintain your current activity level so you can continue to reap the benefits!

### **Activity goal:** **MAINTENANCE**

Sometimes things happen in your life that may cause dedication to your physical activity program to waver. You may stop being active because of time, injury, life changes, or other physical constraints — this is natural.

### ***If you go off course:***

- ➔ Remember how great it felt to get regular exercise: how strong your body felt, how clear your mind was, how free your spirit seemed to be.
- ➔ Be gentle with yourself. You may not be able to start off again at your previous level of activity. Start slowly, stay dedicated, and before long you can work your way back.
- ➔ Recapture the childlike joy of being active. Make being active fun: join a sports team; come up with a new running or walking route; take a special trip with family and friends to a state park or area beach where “playing” comes easily.

### **Level III:** **Pedometer Goal**

Your step average is greater than 8,000 steps a day! Now that you are meeting the recommended number of steps, your goal is to make the steps that you take a little more challenging. Include more hills or inclines in your walks and take the stairs whenever possible. You might want to diversify your routine by speed walking or alternating walking with jogging. Challenge yourself to continue to increase your step average—you've come along way, now see how much further you can go!

# Nutrition for Health

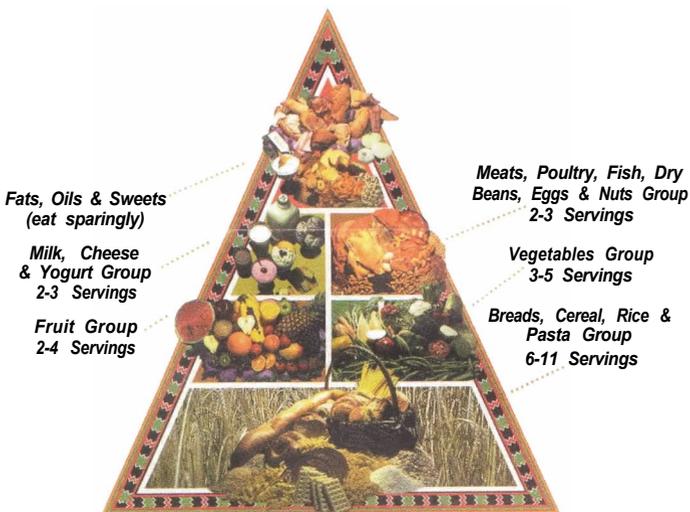
## General Nutrition

You've got to eat to live. And to live well, you have to eat well. That does not mean gorging on rich meats and desserts, nor does it mean you should graze through a garden of vegetables. It's all about balance.

The Food Guide Pyramid is a guideline for what most people should eat every day. It calls for eating a variety of foods to get the right nutrients and the appropriate number of calories that you need to maintain a healthy body and weight. The Food Guide Pyramid does not lay out a specific dietary regimen but rather serves as a general guide, emphasizing foods from the five major food groups: breads/cereals/grains, fruits, vegetables, proteins/meats, and dairy. The foods in all five groups are equally important for good health.

Looking at the Soul Food Pyramid (created by Hebni Nutrition Consultants to reflect traditional African-American food preferences), you can see that diets, which emphasize consumption of whole grains and vegetables, have the potential to be very healthy. Unfortunately though, sometimes we sabotage our healthy diets by using lots of fats and sugars to season our foods. Sure, preparing our foods with added fats and sugars improves the taste of our food, but rich foods are not always what our bodies need. In fact, it is those things that we add to our foods along with physical inactivity which put us at risk for obesity and other conditions that are killing us at alarming rates.

Use the Soul Food Pyramid below to help you consume a healthy diet. For more information on cooking soulfully without compromising taste or health, refer to the Eat for Life cookbook.



## Nutrition for Physical Activity

What you eat and drink before, during and after activity has a direct impact on energy levels and how you feel during your activity. Most nutrition experts advise consuming carbohydrates at least 1-4 hours before and after activity to ensure an adequate supply of energy. If you consume a diet rich in carbohydrates; three solid meals and two to three snacks daily you should have an adequate supply of energy.

## The Importance of Water

Drink to your health...water that is. Drinking water before, during and after physical activity helps to ensure that the natural cooling system of our bodies operate efficiently. After all, more than half of our body is made up of water. To ensure adequate hydration drink water throughout the day. Refer to the following guidelines for tips on how to keep your body properly hydrated during activity.

### Hydration Guidelines:

- ✓ Be sure that you have had plenty to drink before your activity
- ✓ Drink 8 oz of cool water for every 30 minutes of activity, during activity
- ✓ Drink immediately after the activity to replace sweat losses
- ✓ Drink as much as possible, especially in hot weather
- ✓ Remember, thirst is a sign of dehydration

## What are carbohydrates?

Carbohydrates, categorized as simple or complex, are extremely important nutrients that help us to produce energy. Simple carbohydrates are found in fruits, vegetables, and sweets such as candy. Complex carbohydrates include starches such as pasta, bread, cereal, and starchy vegetables such as potatoes.

"And at the end of 10 days their countenance appeared better [and more fit] than all the young men who ate the portion of the king's delicacies."  
Daniel 1:15

## Frequently Asked Questions

Here are answers to some commonly asked questions about being physically active.

### **How can I get rid of my flabby arms/belly/thighs?**

Contrary to popular belief, sit-ups and leg lifts do NOT get rid of flab-they tone muscle. The best way to lose weight and get rid of the excess fat that can accumulate in the upper arms, belly, and thighs is by engaging in regular aerobic activity and eating a sensible diet.

### **Should I use hand or ankle weights for even more health benefits while walking?**

Most experts agree that this isn't necessary or even helpful for most people. Adding hand and ankle weights when you walk alters your natural body mechanics and makes you more susceptible to muscle strains, joint problems, knee injuries, and even increased blood pressure. Swinging your arms naturally at a 90-degree angle and walking up and down hills will help to build your muscles.

### **When can I expect to see and feel the results?**

Every person is different. Your progress depends on several factors, including your body type, level of physical activity, and how often you choose to be active. It won't happen overnight, but many people find that they have more energy and sleep better within the first several weeks. Base your progress on how you feel rather than a number on the scale.



"So do not throw away your confidence: it will be richly rewarded. You need to persevere so that when you have done the will of God, you will receive what He has promised."  
Hebrews 10:35-36

### **When I am not feeling well should I still be physically active?**

If you're feeling just a bit under the weather or if you're a woman experiencing menstrual cramps, then physical activity may make you feel better. Chemicals known as endorphins are released into your bloodstream when you're engaged in moderate to intense physical activity, leaving you with a heightened sense of well being. Start out slowly and take it easy if you're not feeling up to par. If you have a fever or are very ill, however, and the very idea of moving is painful to you, consult your doctor and take some time off so your body can recover.

### **Can you be "big and healthy"?**

God creates wonderful works. He makes us in all shapes and sizes; some of us are simply meant to be bigger than others. Glorifying God with our bodies requires us to be healthy and active without comparing ourselves to others. Some people, no matter what they do or how hard they try, will never be thin. Just because someone is thin doesn't mean that they are healthy. Some studies show that people who were overweight yet physically active were more likely to outlive thin people who were sedentary. People can be quite large and still be "metabolically fit", regardless of whether or not it is consistent with what the fashion industry would lead us to believe. Being thin is not the same as being fit.

**FYI: 13.5 million people have coronary heart disease.**

Heart disease is the leading cause of death in the United States. Black women are almost twice as likely to die from heart disease as White women.

**FYI: 95,000 people are newly diagnosed with colon cancer each year.** More

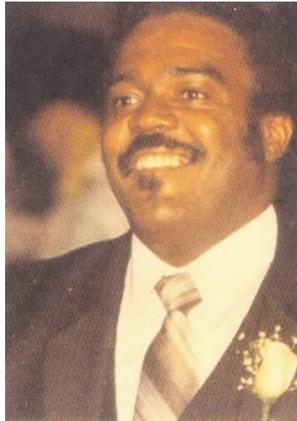
Black men and women develop colon cancer than White men and women. Five-year survival rates are lower among Blacks than Whites.

# Healthy Body, Healthy Spirit...For Life

Now that you've read this active living handbook, make it work for you. Knowledge is of little value until it is put into action. By choosing to become more active, you've chosen to honor and respect God by making yourself a more effective instrument of His will.

Health involves all of you—your emotions, your thoughts, your relationship with your family and others, your relationship with God, and your physical condition. Strengthening and maintaining these require time and effort, but you have been blessed with the power to choose a healthy lifestyle.

Through dedication and commitment you can continue to grow in faith and health, joining the millions of people who already benefit from a commitment to regular physical activity. You have taken the first step by reading this guide. Now continue along your journey to a healthier, more active way of life!



"I thank God that I've been a part of this  
Healthy Body, Healthy Spirit Program"

Pastor Joseph Williams, Healthy Body, Healthy Spirit Participant

## Appendix 1:

# Weekly Physical Activity Log

Keeping track of how you're doing on your physical activity program can help you stay focused on your goals. Make copies of this activity log and use it to keep track of activities you participate in each day. If you're using a pedometer, record the number of steps your pedometer reads at the end of each day. Also write down how you felt when you finished. Be sure to include all activity completed throughout the day.

**Week beginning:** \_\_\_\_\_

DAY	ACTIVITIES COMPLETED	INTENSITY (low, med, high)	TIME (daily total)	STEPS (daily total)	HOW DID YOU FEEL?
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

## Appendix 2:

# Determining your Target Heart Rate Range

Your heart rate is dependent on the intensity of your physical activity and your level of physical fitness. It's a good gauge of whether you are working too hard or not hard enough. To obtain optimal health benefits you should be active within your target heart rate range. The target heart rate range is the range of heartbeats per minute that indicate that you are working at the most efficient aerobic level.

To determine your target heart rate range, you must first know how to take your pulse rate accurately. The most convenient and easiest place to count your pulse is at the wrist (radial pulse). Using your fingers (not your thumb), find your pulse and count the number of beats (the first beat counted as zero) for one full minute.



To calculate your target heart rate range you will need to find your resting heart rate. The ideal time to find your true resting heart rate is in the morning before you get out of bed. If you used an alarm clock to wake you, lie still for a few minutes before you take your heart rate.

**Resting Heart Rate (RHR)** = \_\_\_\_\_ beats per minute

Next you will need to calculate your maximum heart rate (i.e. the highest heart rate that you can elicit during exercise). This can be easily done by subtracting your age in years from 220 beats per minute.

**Maximum Heart Rate (MHR)** = 220 beats/min - \_\_\_\_\_ = \_\_\_\_\_ beats per minute  
(age in years)

Subtract your resting heart rate (RHR) from your maximum heart rate (MHR) to determine your heart rate reserve (HRR).

**Heart Rate Reserve (HRR)** = \_\_\_\_\_ - \_\_\_\_\_ = \_\_\_\_\_ beats per minute  
(MHR) (RHR)

From this HRR you can calculate your training heart rate zone (THRZ) for different levels of physical activity intensity. For instance, individuals in the Level I physical activity level should aim for a target heart rate at the lower end of their training heart rate zone. Over time, this target heart rate should be gradually increased up to the higher end of that zone.

$$\text{Lower} = \left( \frac{\quad}{\text{HRR}} \times 0.5 \right) + \frac{\quad}{\text{RHR}} = \quad \text{beats}$$

$$\text{Upper} = \left( \frac{\quad}{\text{HRR}} \times 0.85 \right) + \frac{\quad}{\text{RHR}} = \quad \text{beats}$$

Training Heart Rate Zone (THRZ) =  $\quad$  to  $\quad$  beats

**Example: 35 yr. old with resting heart rate of 72 beats per minute**

$$\text{MHR} = 220 \text{ beats/min} - 35 \text{ yrs.} = 185 \text{ beats per minute}$$

(age in years)

$$\text{HHR} = 185 - 72 = 113 \text{ beats per minute}$$

(MHR)      (RHR)

$$\text{Lower limit} = (0.55 \times 113) + 72 = 134 \text{ beats per minute}$$

(HRR)      (RHR)

$$\text{Upper limit} = (0.85 \times 113) + 72 = 168 \text{ beats per minute}$$

(HRR)      (RHR)

**10 second pulse range during physical activity = 22 to 28 beats**  
**Training Heart Rate Zone = 134 to 168 beats per minute**

To measure the intensity of your current physical activity, you should check your heart rate about five minutes into the aerobic part of your exercise. Your heart rate should gradually increase during your warm-up, reach maximum level during your aerobic exercise, and gradually decrease during your cool-down.

## Appendix 3:

# For More Information

The following Web sites have been selected to provide you with a number of extra resources where you may find information on physical activity, nutrition, and health.

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Agency/Organization	Web Address
•Centers for Disease Control and Prevention	<a href="http://www.cdc.gov/nccdphp/dnpa">http://www.cdc.gov/nccdphp/dnpa</a>
•Centers for Disease Control and Prevention- National Cancer Institute: <i>What does it take to be healthy?</i>	<a href="http://www.5aday.gov">http://www.5aday.gov</a>
•American Heart Association	<a href="http://www.americanheart.org">http://www.americanheart.org</a>
•American Diabetes Association	<a href="http://www.diabetes.org">http://www.diabetes.org</a>
•American Dietetic Association	<a href="http://www.eatright.org">http://www.eatright.org</a>
•USDA Food and Nutrition Information Center	<a href="http://www.nal.usda.gov/fnic">www.nal.usda.gov/fnic</a>
•American Alliance for Health, Physical Education, Recreation & Dance	<a href="http://www.aahperd.org">http://www.aahperd.org</a>
•National Association for Health & Fitness	<a href="http://www.physicalfitness.org">http://www.physicalfitness.org</a>
•American College of Sports Medicine	<a href="http://www.acsm.org">http://www.acsm.org</a>
•Shape Up America!	<a href="http://www.shapeup.org">http://www.shapeup.org</a>

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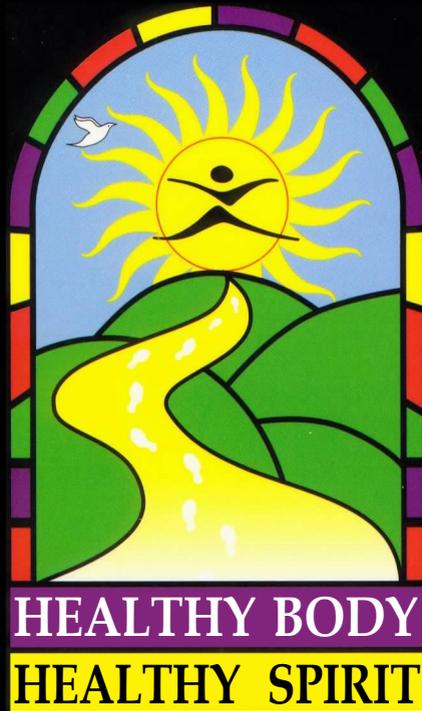
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