



*Partners in*  
**HEALTH**  
*and*  
**WHOLENESS**

AN INITIATIVE OF THE  
NORTH CAROLINA COUNCIL OF CHURCHES

“ Do you not know that you are God’s temple  
and that God’s Spirit dwells in you? ”

– I Corinthians 3:16

*Being healthy. Being faithful.*

## FAITHFULLY FIT & ACTIVE

### 2009 NORTH CAROLINA KEY FACTS

According to researchers, many of us do NOT take good care of God’s temple:

- Only 46.4% of adults are getting the recommended amount of physical activity.
- Only 46% of high school students engage in physical activity for at least 60 minutes five or more days a week... but 36.2% spend 3 or more hours watching TV on an average school day.
- Nearly one out of three children ages 10-17 are either overweight or obese.
- Nearly two-thirds (65%) of adults are either overweight or obese.
- NC has the 10th highest adult obesity rate in the nation, and 11th highest for childhood obesity.

### HOW MUCH PHYSICAL ACTIVITY DO I NEED?

According to US health officials, adults should get at least 150 minutes of moderate physical activity OR 75 minutes of vigorous physical activity each week. Children and teenagers need at least 60 minutes of physical activity every day.

Examples of moderate physical activity include walking briskly, doing water aerobics, riding a bike with few hills, playing doubles tennis, and even pushing a lawn mower! Examples of vigorous physical activity include jogging or running, bicycling fast or on hills, swimming, playing singles tennis, and playing basketball.

### WHAT ARE THE HEALTH BENEFITS?

- Reduces your risk of heart disease and stroke, diabetes, and some cancers
- Helps you maintain a healthy weight
- Helps to lower your blood pressure and cholesterol levels
- Strengthens bones and improves muscle strength and endurance
- Reduces the risk of osteoporosis and fractures
- Improves your thinking, learning, and judgment skills
- Reduces risk of depression and improves ability to sleep
- Increases your chances of living longer

“ David and all the house of Israel were dancing before the LORD with all their might, with songs and lyres and harps and tambourines and castanets and cymbals. ”

– II Samuel 6:5



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"Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity."

~ World Health Organization,  
1948

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### WHAT ARE SOME OF THE BARRIERS?

- Busy schedules
- Sedentary lifestyles
- Unsafe neighborhoods
- No walking trails, parks and/or affordable fitness centers nearby

### DEFINING OVERWEIGHT AND OBESITY

Body mass index (BMI) is a measure of body fat based on height and weight.

Follow these steps to calculate your BMI:

- Multiply your weight in pounds by 703  
**Example, step 1:** A person who is 5'5" tall and weighs 160 lbs. should multiply 160 (weight in pounds) by 703, which equals 112,480.
- Divide that number by height in inches  
**Example, step 2:** Divide 112,480 by 65 (height in inches), which equals 1730.
- Divide that number by height in inches again  
**Example, step 3:** Divide 1730 by 65 (height in inches), which equals 26.6. Therefore, according to the chart below, a person who is 5'5" tall and weighs 160 lbs. is considered overweight.

Adults, Ages 20 and Up BMI =	Weight Category
less than 18.5	Underweight
18.5 – 24.9	Normal weight
25 – 29.9	Overweight
30 or greater	Obese

For children ages 2-19, please see a pediatrician or doctor to determine BMI based upon height and weight growth charts

### WHAT ELSE CAN I DO TO TAKE CARE OF MY BODY, GOD'S TEMPLE?

- Do not smoke or use other tobacco products, which cause heart disease and lung cancer.
- Find ways to incorporate exercise into your everyday routine.
  - o Park near the end or the middle of the parking lot instead of close to the entrance and walk the extra distance.
  - o Pick up the pace! Walk faster to increase your heart beat.
  - o Play your favorite music and dance while cleaning, weeding the garden or cooking.
  - o Take a break during the break: do sit-ups and push-ups, stretch, or walk laps around the room during TV commercial breaks.



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- o Bypass the elevator; take the stairs.
- o See how long you can go without watching TV and then find creative ways to be physically active during your free time.
- o Walk to your co-worker's desk to deliver a message instead of sending an email.
- Alcohol and sugared drinks provide excess calories and few nutritional benefits, therefore:
  - o Moderate your alcohol intake.
  - o Drink water instead of sugared drinks.
- In order to help with weight management and reduce the risk of many diseases:
  - o Eat more fruits and vegetables.
  - o Eliminate trans fats, saturated fats and cholesterol.
  - o Eat more whole grains.

"The only exercise some people get is jumping to conclusions, running down their friends, side-stepping responsibility, and pushing their luck!"

~ Author Unknown

### WHAT CAN MY CHURCH DO?

- Serve healthier foods and beverages at church functions.
- Go tobacco-free.
- Sponsor a community garden and/or farmers' market.
- Host a health fair.
- Advocate for public policies that make it easier for individuals to lead healthy, active lifestyles.
- Show your commitment to health as a practice of your faith by becoming a Partners in Health and Wholeness Certified Congregation and signing the PHW Endorsement Resolution. For more information, please visit: [www.healthandwholeness.org](http://www.healthandwholeness.org).

### IDEAS FOR INCORPORATING SPIRITUALITY AND PHYSICAL ACTIVITY INTO YOUR DAY:

- Help plant and cultivate a church-sponsored community garden.
- Start and/or join a church walking group.
- Join the dance ministry at your church.
- Take a prayer walk – pray while walking outside or on the treadmill.



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### RESOURCES

For more information, please see the following, from which information in this handout was drawn:

- **Centers for Disease Control and Prevention:**  
<http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>  
<http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>  
<http://www.cdc.gov/physicalactivity/everyone/health/index.html>  
[http://www.cdc.gov/healthyweight/assessing/bmi/adult\\_bmi/index.html](http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html)
- **Eat Smart, Move More NC:** <http://www.eatsmartmovemorenc.com/Data/Texts/Quick%20Facts.pdf>
- **U.S. Department of Health and Human Services, U.S. Department of Agriculture:** Dietary Guidelines for Americans, 2010
- **U.S. Department of Health and Human Services, National Institutes of Health, National Cancer Institute:** *Body & Soul: A Celebration of Healthy Eating & Living: A Guide for Your Church*, 2004
- **Zeise, Lauren, et al.** "Health Effects of Exposure to Environmental Tobacco Smoke." *Smoking and Tobacco Control* 10 (1999). <http://cancercontrol.cancer.gov/tcrb/monographs/10/>.