

Hello Everyone,

This is the Health and Wellness correspondent checking in again. **My thanks to those who read last issue's info and musings and took time to comment or question.**

First up is our **Healthy Pizza Family Fun Night**. Despite predictions of impossibility from the pulpit, many truly HEALTHY pizzas will be enjoyed by all. From multi whole-grain crusts, **some even gluten free**, to lower fat but full flavor cheeses, and variety toppings that include fresh vegetables, leaner meats, interesting sauce tricks, including none at all, and who-knows-what-items you never thought of before, or never tried in that particular combination, they were all quite delicious...and a whole lot healthier than bleached white flour, full-fat cheese grease-staining the box, and that most unhealthy, questionably edible substance ever invented by mankind--pepperoni. (Though rumor has it at this writing that our new youth pastor is contemplating a way to include the maligned greasy red stick of spices and pork that had no other usable purpose because he simply thinks those little round slices of ill-health are what defines the word "pizza." Good luck Matt. We're praying for you... and your health(y pizza.) Fresh fruit, drinks with less or no sugar, Wii (sp?) games, and good fellowship will be enjoyed by all--possibly including folks new to this church as the H&W ministry has launched its stated mission of Community outreach and invitation to all to explore better health with this effort as well.

The **blood pressure screening** service is ongoing, available after services on the **second Sunday of every month**. A couple individuals have had the blessing of this early detection program allowing them catch a potential health risk and take steps to correct it before harm to their body occurred. Yours truly and others are able to monitor a trend toward numbers that are not as low as they once were, take lifestyle steps to try to modify this undesirable change, and have the assurance of being able to check again next month to know whether intervention with medication is warranted. Still more folks, including several of our youth, are using the service to monitor and know their good numbers and be thankful for this blessing of good health. **Our ongoing thanks are extended to Lisa Hardic, Shirley Brito (coordinator), Judy Boone, Lana Hess, Diane Rider, and Linda Harris (I hope I haven't missed anyone) our heroines with stethoscopes for providing this valuable screening process for our congregation.**

The **ride share service** is in place with **coordinators Brian Crawford (441-8405) and Sue Kindt (784-1766)** ready to help if you need transportation to appointments or need a hand (or at least some wheels) to get some errands done. **The ride provider list is 13 strong**. If you might be able to be active on this side, we'd like to add your name.

The many details are being handled and all signals are go for **Millville's first (Annual) Chris Schultz Memorial Walk/Run**. It will be a 5K event (3.1 miles) to be held on the Sunday of Carnival week (falls on the **4th of July** this year) **in the evening with the pool facility being a part of the finish-line festivities**. The course is being mapped out in the area surrounding the high school. It will **benefit the Leukemia and Lymphoma Society** a leading blood cancer research and patient support group. Everyone--including the kids, should consider attending this church/community health-positive charitable effort. If you can't run, walk...or wheel...or volunteer to help out with finish line efforts, or just come have fun and add a donation.

This Run/Walk is timed perfectly as a training/fitness target to shoot for in **your personal get fit/get healthier routine** (with or without the 'ugh' factor I mentioned last month--weight loss). It's been a pleasure for this correspondent to learn about how health-conscious so many of our congregation members are and how much folks are tuning in to the H&W ministry's efforts to help them keep improving on their, and all of our, health. We have lots of faithful (and Faith-filled) walkers with and without treadmills at home.

Hospitality is on board with trying some healthier snack offerings at the station at the end of services in addition to our traditional cookies--suggestions include fresh fruit, cheese cubes and the like. New creative offerings are encouraged.

Back to the 'ugh' factor. I know of one congregant who has successfully lost 35 lbs in a personal weight loss effort using an app on her cell phone for dietary choice guidance. Tell me about your success stories. We want to keep inspiring each other. My own 'ugh' efforts as well as triathlon training go slowly at the moment due to a couple of grumpy knees that are teaching me that you train a 50something year old body a little differently than the 40something model I was working with seven years ago.

For now, though, **I do have a tip, a discipline, and a prayer to offer** that I use and can be used with whatever weight loss/dietary fitness program you decide might work for you.

- the tip--make a deal with yourself to drink a small glass (4-5oz) of water before eating every time you decide to eat. It will improve your hydration and ability to clear toxins from your body while slightly filling your stomach for those that want to feel fuller sooner to cut down on calorie intake.
- the discipline--start and keep a food diary. Write down everything you eat as you are about to eat it. This can be amazingly useful in a variety of ways.--more on this next month
- the prayer-- "As I give thanks for the blessing of this food, I ask Lord that you help me also to *want* only exactly what my body needs."

Next time some words on those 'foods' that tend to interfere with this prayer request and how to identify and avoid them.

Have a healthful month.

In Peace and Joy,  
Lise

PS I am witness to the fact that your prayers for 'Justice,' that unique measure of a Society's 'health,' are being heard...in all the right places...