



News

Dear MEN of Grace Lutheran Church:

We Care About You, And Want You to be Healthy! Your Parish Nurses want to help you be your healthiest self. Here are some tips to help you take charge of your health and make it a priority.

HAVE A YEARLY CHECK-UP

An annual wellness visit to your personal physician checkup helps you track important information like blood pressure, blood sugar levels, and cholesterol. Other conditions to watch include diabetes, weight, and to have regular screenings for prostate, skin and colorectal cancers. When health issues are identified early, outcomes from treatments have higher success rates.

GET MOVING

Most of us don't get enough physical activity to provide health benefits. Experts suggest 20 – 30 minutes per day of moderate activity is ideal. Start slowly, build up to your ideal workout including both aerobic and strength exercises, and don't overdo it. Exercise helps lose or maintain weight, and try to keep your waist at 40 inches or less.

DEVELOP HEALTHY EATING HABITS

Try to eat with awareness, and limit foods and drinks that are high in calories, fat, sugar, salt, and alcohol. What you eat and drink! -- and what you don't eat or drink! -- can definitely make a difference in your health. Everything in moderation.

"DE-STRESS" YOUR DAY

Stress has a negative effect on health. Protect your mental and physical health by engaging in activities (exercise, meditation, yoga) that help you manage your stress at work and at home.

GET ENOUGH SLEEP

Your body and mind rest and repair while you sleep. If you don't give them enough time to do this, it can lead to many unwanted health issues.

BE GOOD TO YOURSELF

Health is not merely the absence of disease; it is a lifestyle. Eliminate bad habits (smoking, sedentary lifestyle, excessive alcohol use, and recreational or habitual drugs). Break these habits before it's too late. It is important to take time to be good to yourself. Take steps to balance work, home and play. Pay attention to your health --and make healthy living an important part of your life.