



Body & Soul

FAME CHURCH OF LOS ANGELES

MARCH 2011

BODY & SOUL MINISTRY

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For more information, or to register for any of our events, please call or email us!

FOOTPRINTS MORNING WALK

Join us on Saturday, March 19th at 9:00 AM at the Rueben Ingold Park for an all-ages, all fitness levels morning of shared fellowship.



We'll enjoy healthy snacks and some special prizes as we stroll the bluffs and enjoy gorgeous views of the city.

Come find the FAME booth next to the start of the trail!

Rueben Ingold Park
4400 Mt. Vernon Drive
Los Angeles, CA 90032

Beloved, I wish above all things that you may prosper and be in health, even as your soul prospers. (3 John 2)

Body & Soul is FAME's wellness ministry devoted to encouraging a healthy lifestyle for all members of our FAME family.

Sadly, many African Americans go home to the Lord too early in life from diseases that can be prevented by adopting a healthier lifestyle. Brothers and sisters, we need to stop this now!

Eating a healthy diet along with an active lifestyle may help us lower our chances of diseases such as obesity, high blood pressure, stroke, diabetes, heart disease, and some types of cancer.

Preventing these diseases saves lives, lessens the hu-

man burden of illness, and preserves our quality of life. Eating 5 to 9 servings of fruits and vegetables and



People who eat 5 to 9 servings of fruit and vegetables have a lower chance of getting many cancers.

getting 30-60 minutes of physical activity each day can help you and your family stay healthy, feel good, reduce the risk of disease, and extend our lives in bet-

ter health and to the glory of God!

We invite you to join us at any of our activities as we celebrate our body temples.

We are grateful for the support of Pastor John and First Lady Denise Hunter.

The leadership for the Body & Soul ministry is Shelley Hughes. For always current information on Body & Soul, please visit our website or follow us on Facebook.

Let's Get Physical!

Use physical activity to help deal with stress. Take a walk with someone you can talk to or just clear your mind while you enjoy a favorite activity.

Upcoming Events

Tues, March 15	6:30 - 7:00 PM	Fruits & Veggies: How Many Cups Do I Need?	Church Plaza
Sat, March 19	9:00 - 10:00 AM	FAME Walking Club	Mt. Vernon Park
Sat, March 19	11:00 - 3:00PM	Let's Move LA Kidz Zone	FAME So Fresh Produce Market
Tues, March 29	10:00 - 12:30PM	Nutrition for Seniors*	Church Plaza
Sat, April 2	8:00AM - 2:00PM	KJLH Women's Health Forum	LA Convention Center

*Pre-registration is required as a free lunch will be served. Please call 323-730-7716.



Body & Soul

*Beloved, I wish above all things that you may prosper and be in health,
even as your soul prospers. (3 John 2)*

The FAME Body & Soul Ministry invites you to join us for...

FOOTPRINTS MORNING WALK SATURDAY MARCH 19TH 9:00 AM

Come get a healthy start to your day and enjoy one of the best kept secrets in South L.A.—the Rueben Ingold Park.

Join us Saturday, March 19th at 9:00 AM for an all-ages, all fitness levels morning of shared fellowship.

We'll enjoy healthy snacks and some special prizes as we stroll the bluffs and enjoy gorgeous views of the city.

Come find the FAME booth next to the start of the trail and help us leave our “footprints” behind.

**Rueben Ingold Park
4400 Mt. Vernon Drive
Los Angeles, CA 90032
(at the top of Mt. Vernon, near the
intersection of La Brea and Stocker)**

*Rueben Ingold is a “dog friendly” park, so
bring your puppy along for the fun!*



BE ACTIVE TO BE YOUR BEST SELF!

For optimal health it's important that adults get at least 30 minutes of physical activity a day and that children get at least 60 minutes of physical activity a day.

Break It Down

Your daily 30 minutes of physical activity can be broken down into segments. Here are a few tips to help you achieve that goal:

- Take the stairs instead of the elevator
- Park your car further from your destination
- Take a walk around the block during your lunch break
- Walk with family or friends in the afternoon or after dinner
- Join a Praise Stretch or Praise Dance group—if your church doesn't have one, get one started!

Beneficial Activities

Strength Training

Resistance bands or small handheld weights allow you to target specific muscle groups, while avoiding trouble areas of the body (such as a bad hip or knee) — even if you are confined to a wheelchair or walker. All women, including seniors, should aim for at least two days of strength training activities each week to improve fitness and combat bone loss.



Walking

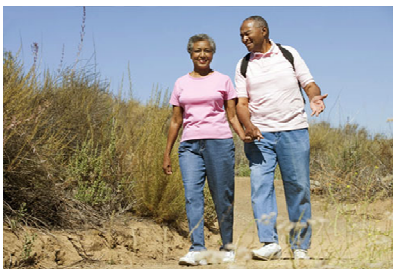
Walking provides a gentle way to increase muscle mass and stay fit. Walking around your block or to the local mall, can help increase your activity and fitness level. Start a Sisters Moving Together walking club at your church.

Your Stairway to Heaven

Using the stairs is a fantastic form of exercise. It is not only aerobic for your heart and helps your metabolism pump up, it is excellent strength training for your legs.

Hobbies

Physical activity doesn't have to occur in a gym or be boring. Active hobbies, such as gardening, can be useful in elevating your physical activity level. Doing something you enjoy makes exercise more appealing.



Make a Date

Find a friend or family member who shares your physical activity goals, and make a date that focuses on being active. Rather than having lunch at a restaurant, meet at a park or public garden and take a walk together. Even walking around the mall counts as exercise!

For More Information about Body & Soul, please contact:

Lidia Jimenez or Heather Hays

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Email: lidiaj@famecorporations.org

**FEATURED
VEGETABLE:
ASPARAGUS**



Why Eat Asparagus?

Six large asparagus spears are equal to about one cup of vegetables. One cup of asparagus is an excellent source of vitamin A and vitamin K and only has 30 calories!

What is Vitamin A and Vitamin K?

Vitamin A helps maintain good vision, fight infection, and keep skin healthy.

Vitamin K helps stop cuts and scrapes from bleeding too much and starts the healing process.

Serving Ideas

- Add cold asparagus to your favorite salad.
- Add asparagus to your pasta sauces and dishes.
- Chopped asparagus make a flavorful and colorful addition to omelets.
- Stir-fry chopped asparagus, sliced bell peppers, onions and chicken for a quick meal.
- Sauté sliced asparagus with garlic, shiitake mushrooms and chicken.

**Recommended Daily Amounts of
Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

Asparagus "Tips"

Buy firm, bright green stalks with tightly closed tips.

Wrap the bottoms of the stalks in damp paper towel, then place in a plastic bag. Refrigerate up to 3 days.

For thicker asparagus, peel the bottom of the stems.

Asparagus may be boiled, steamed, micro-waved, roasted or stir-fried.

Healthy Sauté: heat 5 tablespoons chicken or vegetable broth in a skillet. Once bubbles begin to form, add whole asparagus, cover and sauté for 5 minutes.



Asparagus Frittata with Red Bell Pepper

Directions

- 1) Set aside 6 asparagus spears. Cut remaining asparagus at an angle into 1-inch pieces.
- 2) Sauté bell pepper in olive oil until soft, about 7 minutes. Stir in onion and asparagus pieces; sauté for 1 minute. Remove vegetables to drain on paper towel.
- 3) Whisk chopped parsley and ground pepper into beaten eggs. Stir in cheese and sautéed vegetables.
- 4) Coat the inside of a non-stick, oven-safe 12-inch frying pan (with a cover) with the fat free cooking spray. Pour egg mixture into pan.

5) Bake in a preheated 350 degree oven, covered, until eggs are just firm, about 35 minutes. Remove cover; bake until top is lightly browned, about 10 minutes.

6) Loosen the frittata, then cover pan with serving platter and flip pan over. Cut frittata into 6 wedges and serve with 1 asparagus spear. Serves 6.

Nutrition Facts Per Serving:

250 Calories, 10 from Fat
380 mg Cholesterol
480 mg Sodium
6 g Carbohydrate
1 g Dietary Fiber

Ingredients

- 1 lb. asparagus, trimmed and blanched
- 1 red bell pepper, chopped
- 1/2 cup onion, chopped
- 2 tablespoons olive oil
- 8 eggs, beaten
- 2 tablespoons Italian parsley, chopped
- 1/4 teaspoon freshly ground pepper
- 4 oz. Feta cheese, crumbled (about 1 cup)
- Fat free cooking spray

Listen to me and eat what is good, and your soul will delight in the richest of fare. (Isaiah 55:2)