



Is Religion Good for Your Health?

Studies have demonstrated positive effects for religious belief and practice on both mental and physical health. Physical benefits include lower blood pressure, lower risk of stroke, fewer heart attacks, lower levels of physical disability, and longevity. Mental benefits include higher self-esteem, lower rate of depression, quicker recovery from depressive episodes, greater sense of well-being, higher morale, and greater marital satisfaction. Additional interesting facts include:

- The strongest predictor of the prevention of illness onset and longevity is attendance at religious services.
- Religious practices have been associated with increased tolerance of pain and higher quality of life.
- Patients with depression are more likely to recover and do so more quickly compared to patients who report no or low levels of religious involvement.

Why is religion related to health? The first possible theory is that religion has an effect on health behaviors. Some religions have specific prohibitions against behaviors that place health at risk (use of tobacco, alcohol, illegal drugs, violence, and risky sexual behavior).

The second possible mechanism is social support. Religious participation may be one of the main ways for developing close social bonds outside of family. These bonds can be depended on during troubling times.

The third possible mechanism for the health benefits of religion is the coherence hypothesis. This hypothesis posits that religion benefits health by providing a sense of coherence and meaning so that people understand the purpose of life and their role in this world.

The health benefits of religion also cross over to non-religious spirituality. Religion and spirituality are not synonymous to everyone. For those who have a strong spiritual life that is not religious, evidence supports the idea that spiritual involvement has the same benefits as religious involvement.

Mark Your Calendars!

The Health and Wellness Fair will return this year on Thurs., October 28th.

Reflexology and Massage

Don't forget that we are fortunate enough to have a reflexologist and massage therapists who provide spa services right here at Elim Park. Brochures can be found in the lobby of the Wellness Center. Enjoy the benefits of therapeutic spa treatments hassle-free!

NO EXERCISE CLASSES

Monday, September 6th
Due to the Labor Day holiday

Aquatics News

Beginning Friday, Sept. 17th, we will offer all levels of aquatics classes on Fridays. Kim Hall, Fitness Instructor, will be joining me on Fridays to offer land and pool classes for your convenience. Updated exercise schedules will be available the week of Sept. 12th for your reference.

-Barb Womer

Count your age by friends,
Count your life by smiles

Author Unknown



Bunking Health Myths

are serious, all are wildly overstated at best.

Reality: Apples aren't miracle cures, but there really are lots of good reasons to eat one or more a day. Apples contain boron, a trace mineral that increases calcium absorption, which may help prevent osteoporosis. They also have soluble fiber, which can help lower cholesterol.

Serious Myth: Cancer is America's No. 1 killer.

Reality: More Americans die of heart disease than from cancer. The good news is that heart trouble, even more than cancer, can often be avoided with lifestyle changes. Cut back on red meat, quit smoking, exercise regularly, and maintain an appropriate weight for your height, and you'll significantly reduce your risks.

Silly Myth: Don't swallow chewing gum; it sticks to your stomach.

Reality: Gum is not digestible, but it does not linger in the stomach. For adults, the effects of swallowing gum have not been studied; it's not high on any list of scientific concern. However, one report raised concern that some small children who suffered blockages in the intestines and esophagus frequently swallowed gum. Consult your pediatrician to decide if and when it's appropriate to let your child chew it.

Serious Myth: To get the benefits from antioxidants, you need to take supplements.

Reality: Eat a diet rich in fruits and vegetables of various colors and you'll get plenty of antioxidants. Bright red strawberries, green asparagus and yellow peppers all deliver loads of them, and they're tastier than supplements of Vitamins C and E.

Silly Myth: Reading in dim light, or sitting too close to the TV will ruin your eyesight.

Reality: While they both may make your eyes feel tired, permanent damage is not being caused. Your eyes include muscles, and like any muscle, overuse can cause fatigue. Doing either of these behaviors may make your eyes feel tired by straining the muscles but permanent damage is not being caused.

Serious Myth: I can greatly improve my diet just by cutting out red meat.

Reality: Not so fast. A "junk-food" diet without red meat is still junk. If you switch from burgers every night to pizza every night, you're just changing the source of your saturated fat from meat to dairy. The best way to improve your diet is to eat more fruits and vegetables and favor lean proteins such as fish and chicken breast. If you eat red meat, choose leaner cuts.

Silly Myth: Eating certain special foods will boost your metabolism and burn fat.

Reality: There are no magical fat-burning foods. Neither a crateful of grapefruit nor a gallon of cabbage soup will turn you into a more efficient fat burner. To lose excess pounds, you need to decrease your caloric intake and increase the calories you burn through physical activity.

Resident Wellness Center Guest Update

Effective immediately, child guests of residents may use the pool when accompanied by an adult. This change was made to accommodate many residents who requested pool use by their grandchildren while visiting. Please note that our pool is not attended by a lifeguard. For this reason, children must be accompanied by an adult (parent or grandparent) **in the Natatorium** at all times while using the pool. Children under the age of 18 years are restricted from using the whirlpool. Please add the following guidelines to your Resident Handbook.

Child Guests

- Children under the age of 18 years are permitted to use the Wellness Center only when accompanied by a capable adult.
- Children must be 12 years or older to use the strength and cardio equipment.
- Children under the age of 18 years **MUST** be accompanied by a capable adult **in the Natatorium** at all times while using the pool. Leaving children unattended in the Natatorium will result in the loss of pool privileges.
- Children under the age of 18 years are restricted from using the whirlpool.
- Regular diapers are not allowed in the pool. Swimmies® or other appropriate swim pants should be used.