



GOOD HEALTH AND LAUGHTER

Laughter, along with an active sense of humor, may help protect you against a heart attack, according to a recent study by cardiologists at the University of Maryland Medical Center in Baltimore.

Laughter reduces levels of stress hormones such as *cortisol* while elevating health enhancing hormones called *endorphins*. Laughter also increases the number of antibody-producing cells which in turn boosts the immune system.

There are additional benefits of a “good laugh”.

- **Internal Workout** – A good belly laugh exercises the diaphragm, contracts the abdominals and works the shoulders.
- **Distraction** – Laughter brings focus away from guilt, anger, stress and negative emotions.
- **Perspective** – Humor can give us a more lighthearted perspective. We can view our challenges with humor, thus making them less threatening.
- **Social** – Laughter connects us with others. By reducing stress with laughter, we can improve the quality of our social interactions.

TRAIL WALKS WILL RESUME IN THE FALL WITH THE COOLER WEATHER



Ten Tips for Welcoming Wellness

- 1. Take time to do what you love**
Have lunch with friends or read a great book. Doing what you love makes you happy
- 2. Exercise**
Exercise stimulates your mind, spirit and most importantly, your body
- 3. Enjoy your meals**
Continue the tradition of sharing meals with family and friends
- 4. Breathe**
Take time to notice the rhythm of your breath. Try not to hold your breath or take short, shallow breaths
- 5. Socialize**
Participate in activities with other people in order to enjoy life and forget your worries
- 6. Relax**
Relaxation helps to clear the mind and relieve stress. Take a nap or sit in a chair and breathe evenly
- 7. Drink Water**
Water hydrates you and cleanses your body of waste
- 8. Join a club or group**
Find people that enjoy the same hobby or interest to share time with
- 9. Volunteer**
Reach out to your neighbors to keep yourself going by helping others
- 10. Be positive**
A positive attitude will help you through the hard times

Startling Fact

The prevalence of diabetes rose nearly 5% from 1990 to 2005 and shows no sign of slowing down. This statistic is most likely related to the increase in obesity seen since 1986. -CDC

Chaplain Chat

As we approach the July Fourth holiday, we celebrate the freedoms that we enjoy in America. Yet with all the freedoms and blessings that are ours as a nation, not many of its inhabitants are totally free. Why? Because they still have to deal with and live with themselves; and many are captive to and bound by frustration, depression, fear, lack of peace and purpose in life. They are not free! *True freedom comes through a relationship* with Jesus Christ. Lasting freedom comes through *a growing relationship* with Jesus Christ. In John 8:32 Jesus said, “You shall know the truth and the truth shall set you free.” He told us in John 14:6 that He is “the truth”...the only way to find true life, forever, with God. In the gospel of Luke Jesus said that he came to preach the gospel to the poor...to heal the brokenhearted...to set the captives free...to recover sight for the blind, and to set at liberty them that are bruised” (4:18). True and lasting freedom comes through Jesus Christ! “If the Son therefore shall make you free you shall be free indeed” (John 8:36). As we seek to hold on to the freedoms we enjoy in America, the Scripture says “Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage” (Galatians 6:1). When we are growing in our relationship with God through a relationship with Jesus, he will set us free from all the things that seem to hold us captive as we go through life. Exercise the soul with Worship and the Word of God: and be whole and holy—free indeed!

RESEARCH NEWS

Light activity and exercise the best defense for people with diabetes.

In a study of 10,455 subjects in 103 research groups, researchers found that in studies that focused on exercise only blood glucose levels improved twice as much as in studies that focused on exercise, diet and medication adherence. Regardless of weight or current glucose levels at the start of the study, improvements from exercise were equal across the board.

In a second study, researchers concluded that light-intensity physical activity such as routine housework or occupational tasks is beneficial for blood glucose levels. Sedentary time negatively impacted blood glucose.

Can you really prevent heart disease?

It is common knowledge that heart disease can be “prevented” by not smoking, losing weight, exercising, watching cholesterol and blood pressure levels and eating right. So why is it that people who adopt healthy habits still get heart disease? Is the emphasis on prevention realistic?

It is very discouraging when people do all the right things and develop heart disease while others do the wrong things and live a seemingly healthy life! It is important to know that the prevention message isn't a failure. Preventing heart disease is, indeed, possible.

More people who follow heart-healthy habits are living into their 80s and 90s than those who do not. Genetics play a major factor in heart disease and cannot be controlled. You didn't choose your family history, but you can do something about it. Prevention strategies like those mentioned above can delay the onset or decrease the severity of heart disease even if it runs in the family. So continue on with the prevention strategies for the healthiest heart possible!

REMINDERS

Please don't forget to sign in to exercise class so our attendance records are accurate. The current exercise schedule will remain the same until further notice.

**NO CLASSES ON WEDNESDAY,
JULY 4th**

SAVE THE DATE

Friday, July 25th at 2:30
in the Chapel

Flower arranging demonstration

Wellness Incentive Program

New Tracking sheets will be sent to those enrolled in the program by Friday, July 6th.