

# ALPHA CARES 4 YOUR WELL BEING

“Look at Us”

Acts 3:4b

Danny E. Scotton Sr., Pastor

Lewis Cook, Assistant Pastor

## Alpha Fitness & Wellness Ministry

### Mission Statement:

The goal of the Alpha Fitness and Wellness Ministry is to equip and teach Christian families and communities about health issues and how they impact our physical, spiritual, emotional and mental ability to achieve our God given purpose. We teach and transform members to become a healthy living temple for God's kingdom by providing knowledge and resources in making necessary lifestyle changes to improve the temple's physical, mental and spiritual strength.

### Special Thanks:

**ALPHAS' FAITH IN  
WELLNESS DAY  
WAS A SUCCESS**

Alpha's Fitness team held its first Wellness Day on November 5<sup>th</sup> at the Church's campus and served 70 members and friends of the community.

The American Red Cross Blood Drive operated in the Cares building. Thirty-two donors gave blood that could be used for 78 people with Sickle Cell Disease. The Red Cross considered it to be a

big success.

Medical staff from South Jersey Family Medical Mobile Unit and Horizon NJ Health performed free cholesterol, blood sugar and blood pressure screenings for approx. 60 participants.

**Special Thanks** to all the vendors who exhibited and provided a wealth of health and nutritional information:

- ♥ *American Heart Assoc.,*
- ♥ *Burlington County Health Department,*
- ♥ *BCCAP Head Start, NJ Family Care,*
- ♥ *Nami Mental Health,*
- ♥ *The Sickle Cell Association of New Jersey*
- ♥ *Breathe New Life Sarcoidosis Foundation,*
- ♥ *East Park Pharmacy*
- ♥ *Credit Union of New Jersey*
- ♥ *Burlington Chiropractic,*
- ♥ *G3 Health and Fitness,*
- ♥ *Kid Health Genel Wright Nutrition Counselor*
- ♥ *Burlington Woods*

### Seasonal Foods Parsnips



Root vegetables are nutritional powerhouse worthy of your notice. Not only are they available in winter when other vegetables are hard to find, they are also very inexpensive. One to try is parsnips (*Pastinaca sativa*), related to the carrot, parsnips bear a similar yet paler resemblance, but are richer in vitamins and minerals, especially potassium, and are a good source of dietary fiber. Parsnips have a buttery, slightly spicy and sweet flavor when cooked – they can be eaten raw, but are more commonly consumed when cooked and used in stews, soups, and casseroles or on their own, roasted. Make [Mashed Potatoes and Parsnips](#)

This holiday season!

### Avoiding Holiday Weight Gain

A prudent strategy for enjoying holiday meals and avoiding seasonal weight gain is to resolve to make smart choices, rather than just depriving yourself.

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### Fitness & Wellness Ministry

Don't you know that you yourselves are God's temple and that God's Spirit lives in you?

If anyone destroys God's temple, God will destroy him; for God's temple is sacred, and you are that temple.

~1 [Corinthians](#) 3:16-17~

### Ministry Coordinator

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### Classes have started:

Every 4<sup>th</sup> Saturday

Pilate's

9:15-10:00 am

Every 4<sup>th</sup> Saturday

Walk/Run

Millcreek Park at 10:30am

Requirements for all Classes

Bring a towel! ♦Bring water!

Have FUN!



### Beat the Holiday Blues

Now that the Holidays are upon us, from Thanksgiving on is a five-week period called "the holidays." We're supposed to look forward to the holidays and hope that they will be a time of happiness, friendliness, fellowship, and harmony. Yet often our anticipation and excitement turns into feelings of depression, commonly called holiday blues. Symptoms can include headaches, insomnia, uneasiness, anxiety, sadness, intestinal problems, and unnecessary conflict with family and friends. Part of what happens in the

## BEAT THE HOLIDAY BLUES

holiday season, in terms of mood changes and anxiety, may occur because of the stressfulness of holiday events. Overdrinking, overeating, and fatigue may also cause it. The demands of the season are many: shopping, cooking, travel, houseguests, family reunions, office parties, more shopping and extra financial burden. Our current recessionary economy may exacerbate many of us who are already stressed out or depressed.

Here are some tools to get through the holiday season happily, as well as ways to prevent problems and misery for yourself and your loved ones.

1. Be reasonable with your schedule. Do not overbook yourself into a state of exhaustion--this makes people cranky, irritable, and depressed.
2. Decide upon your priorities and stick to them. Organize your time.
3. Remember, no matter what our plans, the holidays do not automatically take away feelings of aloneness, sadness, frustration, anger, and fear.
4. Be careful about resentments related to holidays past. Declare an amnesty with whichever family member or friend you are feeling past resentments. Do not feel it is helpful or intimate to tell your relative every resentment on your laundry list of grievances

## Holiday Weight Gain/Holiday Blues

### Avoiding Holiday Weight Gain

Consider these healthy eating tips this holiday season:

- ♥ Choose fiber-rich fruits and vegetables for appetizers eat high-calorie foods sparingly and avoid dishes high in sugar and sodium.
- ♥ Be aware of what you eat. To help prevent overindulging – and the stomachache, bloating and other gastrointestinal discomfort that can come with it – be mindful while eating, and stop when you are feeling full.
- ♥ Don't starve yourself all day to justify eating more at dinner. Eating a satisfying breakfast can ward off the temptation to overindulge later in the day.
- ♥ Savor your foods. Choose foods that your really love to eat, chew each bite slowly and be mindful of all the flavors and aromas. Eating slowly not only allows you to enjoy and give thanks for your food, but helps prevent overeating: It takes 20 minutes for the stomach to signal the brain that you're full.
- ♥ Get up from table when you're done in order to avoid nibbling.

6 Ways to Avoid Holiday Weight Gain November 26, 2008 by Dr. Andrew Weils

<http://www.drweilblog.com/home/2008/11/26/6-ways-to-avoid-holiday-weight-gain.html>

### Holiday Blues Continue:

5. Feeling like you are under scheduled or under planned for the holidays? Volunteer to serve holiday dinner at a homeless shelter. Work with any number of groups that help underprivileged or hospitalized children at the holidays. There are many, many opportunities for doing community service. No one can be depressed when they are doing community service.
6. Plan unstructured, low-cost fun holiday activities: window-shop and look at the holiday decorations. Look at people's Christmas lighting on their homes, take a trip to the countryside, etc.--the opportunities are endless.

Psychology Today:  
Published on November 25, 2009 by Mark Sichel, L.C.S.W. in The Therapist Is In  
<http://www.psychologytoday.com/blog/the-therapist-is-in/200911/10-tips-beat-the-holiday-blues>

Remember family the HOPE Ministry meets the every Tuesday for more information contact Sis Monica Barnes at: [mbarnes215@aim.com](mailto:mbarnes215@aim.com)

### The Ten Commandments of Health & Wellness

#### I. Believe You Can Experience Better Health

“What a person believes determines what a person does”

John 4:49-51

#### II. Toss Out The Tempters

“Get rid of everything that doesn't produce good in your life”  
Genesis 1:29

#### III. Stock Up With The Good Stuff

“Fill you life and your home with those things that promote better health”  
Job 12:10

#### IV. Eat The Right Nutrients In Moderation

“Too much of a good thing is too much”  
Proverbs 23:20

#### V. Remove Toxins And Stay Cleansed

“Cleansing is an important aspect of both physical and spiritual health”  
Daniel 1:12-13

#### VI. Move More

“Exercise and ministry both involve expenditures of energy and effort”  
Luke 24:13-16

#### VII. Let Go Of Excess Stress

“Stress is a problem that can be solved”  
John 14:27

#### VIII. Sleep Longer and Deeper

“Your body needs long, deep hours of sleep to rejuvenate energy and rebuild tissues”  
Matthew 11:28

#### IX. Supplement what's Still Needed

“Fill in the gaps”  
Job 23:12

#### X. Live In Balance

“Life has rhythms and seasons stay in harmony with them even as you develop consistent habits and unwavering faith and character”  
Proverbs 17:22

“Strong Body Strong Mind”

Look for the newsletter soon at:

[www.alphabc.org](http://www.alphabc.org)