

Limitless Living

Did You Know?

- Every square inch of human skin consists of twenty-five feet of blood vessels.
- Every extra pound of fat creates one extra mile of blood vessels.
- On average, women say 7,000 words a day, while men speak just over 2,000. Some say that is due to women having to keep repeating themselves to men:)
- You are fast: a cough can move air up to 60 mph, while a sneeze can exceed 100 mph. Signals in the body can travel at speeds ranging from 156 to 270 mph. Too bad we can't move our feet that fast.
- The brain only takes up about 2% of our total body weight, but uses 20% of our body's energy.
- Now you know.

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From Your Health Coordinator

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Congratulations! You survived 2016, and are now well on your way in 2017. How is your year going? Did you make any plans for this year (some call it "resolutions")? A good follow up question might be: "How are you doing with those plans?"

One of my sisters sent me a link to this very cute video of a four-year old explaining, in a very real way, how to approach resolutions. Check it out at [youtube.com/watch?v=Sn36cBi9v6A](https://www.youtube.com/watch?v=Sn36cBi9v6A). In essence, she (or probably some wise adult) is saying not to give up if you fail. Just keep on trying. Listen to this wonderful thought about God and the New Year: "Although in one sense the first day

of the year is no more to God than any other day, yet He often puts into the heart of His children at that time a desire to begin the new year with good resolves, — perhaps with plans to carry out some worthy enterprise, — and with purposes to depart from the wrongs of the old year, to live the new year with new determinations." ("The Youth

Instructor," Sept. 11, 1908)

Why not dream big with God this year, in every aspect of your life? He won't let you down, and He won't give up on you if you slip. Trust Him fully, and see what it's like to live without limits.



News

Who would like to take a trip to Europe?

I just got my new Passport in the mail, with plenty of room in its blank pages for Visas to explore exciting places. Now all I need is money, and time off.

But YOU are in luck.

There is a trip awaiting you, and you won't need a Passport, money, or time off.

2017 is the 500-year celebration of the Reformation, which Martin Luther got started by publi-

cizing his 95 Theses.

All churches are invited to take a virtual trip to Wittenberg, Germany, the birthplace of the Reformation.

Ask the Pastor for details.

Stories That Inspire:

Attitude

There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head. “Well,” she said, “I think I’ll braid my hair today.” So she did, and she had a wonderful day.

The next day she woke up, looked in the mirror, and saw that she had only two hairs on her head. “H-M-M,” she said. “I think I’ll part my hair down the middle today.” So she did, and she had a grand day.

The next day she woke up, looked in the mirror, and noticed she had

only one hair on her head. “Well,” she said, “Today I’m going to war my hair in a pony tail.” So she did, and she had a fun, fun day.

The next day she woke up, looked in the mirror and noticed that there wasn’t a single hair on her head. “YEAH!” she exclaimed, “I don’t have to fix my hair today!”

Attitude is everything.

Philippians 4:4: “Rejoice in the Lord always: and again I say, Rejoice.”

Proverbs 17:22: “A merry heart does good like a medicine: but a broken spirit dries the bones.”

Word Power:

Salubrious: making good health possible or likely

Example: Fresh air and exercise are always salubrious.

Quiz: The smallest bone in the human body is about the size of: a. the head of a pin; b. a grain of rice; c. an eyelash; d. a grain of sand. (look for answer next month)



wiseGEEK

Say That Again:

“Being confident of this very thing, that He which has begun a good work in you will perform it until the Day of Jesus Christ.” (Philippians 1:6)

“It is a sacred duty to know how to preserve the body in the very best condition of health, and it is a sacred duty to live up to the light which God has graciously given....” (*Counsels on Diet and Foods*, p. 44)

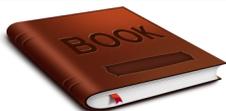
“It is health that is real wealth and not pieces of gold and silver.” (Mahatma Gandhi)

Complete Health

When speaking about health, most people’s minds run to either food or exercise, but there’s much more to health than that. Let’s look at Christ as an example.

Dr. Luke, one of the Gospel writers, gave us this interesting view of Christ, as He was maturing: “And Jesus increased in wisdom and stature, and in favor with God and man.” We find four areas where Jesus grew: 1. wisdom (mental); 2. stature (physical); 3. in favor with God (spiritual/relationship with God); and 4. in favor with man (social). In the coming months we will take a look at these areas.

Book Review:



There are many great books on health out there, and in this section we will review one each month.

This month’s focus is *Staying Healthy for Life*, by Donald R. Hall, DrPH, CHES. You can get the book at the ABC for just 3.49 (plus tax). The focus of the book is to help “you

know how to take better care of yourself, prevent disease, feel your best, and live a long life.” This small, 80-page book is jam-packed with helpful material to help you live a better life. Dr. Hall also encourages the reader to do something about their life, not just read information. I highly recommend this book to all of you—young or old.

Helpful Websites and Apps:

eatthismuch.com: creates meal plans to fit your dietary needs

yourweightmatters.org: helps you understand your weight

[dailyworkouts app](#): your own personal trainer wherever you go

Do you have a favorite? Please let me know: dwhitman@bellsouth.net

