

BALANCE MY CHOICE

Wellness Pointers

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**The soul is healed by being with children.
English Proverb**



EMPLOYEE WELLNESS
Southern Adventist University

SOCIAL

Emotional | Environmental | Financial | Mental | Occupational | Physical | Social | Spiritual

HERE & THERE

During Christ's entire ministry -- and also after His resurrection -- the apostles held as their main concern their own swift entrance into the Messiah's kingdom. Granted, the timing made sense: Now that the prophecies of the suffering of Christ were fulfilled, the promises of the kingdom of God could begin!

However, the Old Testament promised the blessings of the Kingdom to more than just the apostles and the believing Jews. "All the nations will be blessed in you," the Lord assured Abraham (Gal. 3:8). So, Christ realigned their priorities, telling them, "The Father alone has the authority to set those dates and times, and they are not for you to know" (Acts 1:7, NLT).

Jesus' final words to His Church came as a commission outlined by geographical parameters. The book of Acts reveals how the Holy Spirit used the Church to spread the gospel message successively: in Jerusalem (see 1:1-6:7), throughout Judea and in Samaria (see 6:8-9:31), and to the ends of the earth (see 9:32-28:31). Like ripples in a pond, the good news went out . . . but the splash began in Jerusalem.

We should begin to be His witnesses right where we live -- in our Jerusalem. But our task goes beyond our own locale. Like the apostles, we can quickly crave the eternal blessings of our own interests without considering the condition of others. Could Christ be waiting for us to share with a certain person before He comes? How would we have felt if believers had asked Christ to come just prior to our conversion?

Lord of the nations, what an honor I enjoy as one chosen before the foundation of the earth. And what a privilege I have to take the good news to the ends of the earth. Help me balance my longing for heaven with a longing to tell others how to get there.

Dost thou live close by them, or meet them in the streets, or labor with them . . . and say nothing to them of their souls, or the life to come? - Richard Baxter

Wellness at Home

Staying active may be more enjoyable when you do it in the company of others. Try some of these ideas with a friend or loved one:

Visit a farm to pick apples, strawberries or peaches.

Go for a walk after dinner.

Take your pet for a run.

Go “geocaching” for fun and exercise (see www.geocaching.com).

Rent a paddleboat or canoe at a nearby lake or river.



image from http://photos.igougo.com/pictures-photos-p324675-Paddle-Boat_Rentals.html

Your wellness action plan will be more successful if you set limits on “screen time” (computers, TVs and video games) and schedule regular times to get moving. Children and adults alike can benefit greatly from at least one hour of physical exercise a day. For more ideas, see www.shapeup.org.

taken from TopHealth: The Health Promotion and Wellness Newsletter, May 2011, p.1

FOR THOSE WHO MAY NOT ALREADY KNOW:



GEOCACHING is a real-world outdoor treasure hunting game. Players try to locate hidden containers, called geocaches, using GPS-enabled devices and then share their experiences online.

definition from www.geocaching.com

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2 large (preferably organic) eggs

a tiny pinch of fine grain sea salt

a few tablespoons of chopped chives

a dollop of pesto

a bit of goat cheese or feta

a small handful of mixed salad greens



Skinny Omelette Recipe

Preparation

Use a fork to beat the eggs and salt in a small bowl. Beat well, until the eggs are mostly uniform in color - they seem to run around the pan more evenly when there aren't huge patches of yolk vs. whites.

In your largest non-stick skillet over medium heat (this is one of the few occasions I actually use non-stick) pour the egg mixture and give it a good swirl so that they spread out thinly across the entire pan. Alternately, you can use a crepe pan or crepe maker - this works beautifully as well. Sprinkle the eggs with some of the chives and let them set, this happens quickly depending on the heat of your pan - 15 seconds to one minute.

Run a spatula underneath the omelette and slide it out of the pan (flat) onto a countertop, large cutting board or Silpat-lined cookie sheet. Do this with confidence (or practice). Spread the pesto across the surface of the omelette (if you have a thick pesto, thin it a bit with water to make it easily spreadable), and then sprinkle with the cheese and salad greens. Starting with one end, roll the omelette away from you. Cut in half on a deep diagonal. Season with a bit more salt if needed and serve garnished with a few chopped chives.

BE A KID AGAIN

Kids are always ready to play. Combining together time with play can add up to an awesome movement session for both of you.

Five reasons to team up with a little one:

It's a health challenge -- good for body and soul.

Kids can keep you motivated.

Creates a solid appreciation for a positive lifestyle. Start early, and kids will make movement part of everyday life.

Just playing like a kid can result in strength and cardiovascular benefits.

Bonding time.

Things to remember:

Keep it playful. No need to make it seriously competitive.

Be flexible. Be ready to cut a play session short (or go longer). Kids go with how they feel at the moment. Roll with them.

Think like a kid. Tap into your inner youngster, and see if you don't break a sweat without even trying.

Play-date activity ideas:

Aerobics party -- Gather a few kids and turn up the tunes.

Tag -- Rev up by trying to catch/stay away from running kids. Try this one in the shallow end of a pool, too.

Hiking or off-road bike riding -- Hit the uneven terrain with a youngster.

adapted from Hope Health Letter, Vol. 31, No. 7, July 2011, p. 3

OOPS... I'M SORRY

In the previous issue, I accidentally left out some information about the study on soaps. That corrected paragraph is included below. I apologize for any inconvenience that may have caused.

Giving GERMS the Slip

Antibacterial soaps are popular and plentiful on store shelves. They contain a chemical called triclosan, which can kill bacteria. But are they better than regular soaps? In one recent study, researchers reviewed all the scientific papers published between 1980 and 2006 that compared regular and antibacterial soaps **in everyday use. They found that regular soaps were as effective as antibacterial soaps**, both in blocking germ-related disease symptoms and in reducing the amount of bacteria measured on hands.