

May



ST ARMANDS KEY LUTHERAN CHURCH

POTTY POST

Health Tips

1. According to the publication, *Food and Toxicology*, twenty thousand cases of cancer could be prevented annually if Americans ate one extra serving of produce daily.
2. According to a study published in the *Archives of Internal Medicine*, eating one cup of legumes (beans) daily for three months can reduce your blood pressure, heart rate and overall risk of cardiovascular disease due to the potassium and magnesium in legumes.
3. According to *PLoS Medicine*, 75 minutes of moderate exercise weekly can add two years to your life.
4. Anger raises your risk for diabetes, according to a study printed in the *Journal of Behavioral Medicine*. It can also affect your blood pressure and is possibly related to arthritis/ pain.

Exercise Classes

Get Fit - Tuesday & Thursday
8:45-9:30am

Theraband - Tuesdays & Thursdays
9:30-10:30 am

Basic Pilates - Tuesday 4-5pm



Any health concerns or questions? Call Tracey Rzepka, Parish Nurse at 388-3764

Do you know someone in the hospital or are you planning to have surgery or hospitalization?