

Healthy Living Tips



Eating healthy is all about balance. Indulgent food can be enjoyed and savored, but— it is important to remember that the majority of our diet should be made up of balanced, nutritious everyday foods. Make healthy food a priority in your life and allow mealtime to bring your family and friends together. Remember that a healthy balanced diet and regular exercise are the keys to a healthy lifestyle.

■ Eat a balanced diet

Especially one that contains each of the food groups in the correct proportions.

■ Variety is key – eat the rainbow

Fill your diet with a wide range of fruits, vegetables, lean meats, fish, eggs, nuts, seeds, whole grains and naturally low fat dairy foods. When it comes to fruit and vegetables, different colors provide your body with the different nutrients required to stay strong and healthy. It's not just greens that are good for you!

■ Understand what you're eating

Make an effort to learn about the food you are eating. We all need to understand where food comes from and how it affects our bodies.

■ Drink more water

Water is an essential part of your diet. Drink plenty of water and avoid empty calories from things such as fizzy drinks, energy drinks or juices with added sugar. Eat your calories don't drink them.

For additional information on the competition or to participate, please contact the following coordinators:

Sharon Bible Fellowship Church
Lanham, MD
Ministry Leader
email address

Beltsville Seventh Day Adventist
Beltsville, MD
Health Ministry Leader
Email Address

Tabernaculo De La Fe
Adelphi, MD
Health Ministry Leader
Email Address



Howard Stone
Initiative Coordinator
301.952.5429
HWStone@co.pg.md.us

Web Address: <http://www.princegeorgescountymd.gov/sites/CountyCouncil/Services/BoardHealth/Pages/The-Biggest-Winner-Health-Initiative.aspx>

Co-Sponsors



A 60-day program designed to challenge church congregations to get fit!

**Sunday, April 24, 2016
thru
Sunday, June 26, 2016**



In Prince George's County, more than 50% of children and 70% of adults are considered overweight or obese. According to a study conducted by the Northwestern School of Medicine, young adults who regularly attend religious activities are 50% more likely to become obese by middle age than young adults with no religious involvement.

Prince George's County is home to over 350 churches and religious institutions facing this health epidemic. Recognizing the impact of obesity, the Prince George's County Council, in its capacity as the County's Board of Health, is committed to supporting our faith communities by strengthening and enhancing their health programs, especially those targeting obesity prevention. The Board of Health launched "The Biggest Winner," an innovative pilot program concentrating on the reduction of cardiovascular risk factors through healthy eating and weight loss among the members of our faith communities.

PROGRAM OBJECTIVES

The Board of Health is working to promote a positive difference in the quality of life for all residents of Prince George's County and improve the health and wellness of members of our faith-based communities.

Key Objectives:

Participants will work to meet collective goals for weight loss, physical activity and diet. Over the course of the competition, each church "health ministry team" participant will receive essential tools for success, including pedometers, a chart to track food and water intake, and weekly weigh-ins to help monitor their progress. All personal information collected will be confidential.

WEIGHT LOSS 3.0

The Prince George's County Council sitting as the Board of Health has selected three new local churches to compete in the third round of "The Biggest Winner" Weight Loss Competition Program. This phase of the program will run for 60 days--from the first weigh-in on **April 24** to the final weigh-in on **June 26, 2016**.

The following churches have been selected to participate:

Sharon Bible Fellowship Church Lanham, MD

Victor O. Kirk, Sr., Pastor

Beltsville Seventh Day Adventist Beltsville, MD

Tim Madding, Pastor

Tabernaculo De La Fe Adelphi, MD

Carlos & Angelia Cabrera, Pastors



Congregations come together to improve their mind, body and soul.



EVERYONE CAN BE A WINNER!

Weight loss coaches will schedule visits to each of the participating churches to conduct seminars on healthy eating, grocery shopping, exercising and more!

In addition to access to the Board of Health "Biggest Winner" web page, participants will receive email blasts for updates and motivation. The new phase of "The Biggest Winner" weight loss competition will be announced on WHUR radio's Sunday Afternoon Gospel Show in May.

The participating church with the greatest collective weight loss at the end of the competition will be officially recognized as "The Biggest Winner," and presented an award as the champion congregation. Everyone one is encouraged to follow the team and share in the journey to a healthier lifestyle.

