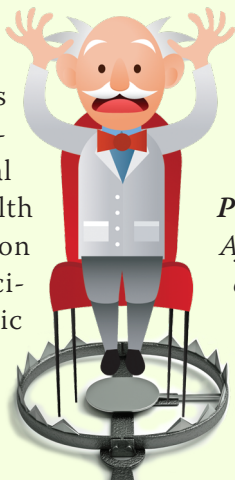


Sitting Can Be Death Trap

Growing evidence indicates that sitting for prolonged periods is a risk factor for serious health problems independent of physical activity. IDEA Health and Fitness Association has produced a fascinating Fitnographic illustrating this. Visit <http://bit.ly/sittrap> to download your



own copy. If you need more convincing on this topic, check out the excellent references on the infographic.

PositiveTip:

After printing your own copy of this infographic, post it by your desk to remind yourself to move regularly during the day.

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FEBRUARY
2013

Helping You to Better Health

Switch Off the Obesity Gene with Exercise

By Elvin Adams, MD, MPH

In 2007, the FTO (fat, mass, and obesity) gene was discovered which predisposes humans to develop obesity. This obesity gene is found in about 75% of people from Europe, and African Americans, but only 44% of Asians.

People with one copy of the F T O

gene have a 30% increased risk of obesity. A person with two copies of the FTO gene have a 70% increased risk. Dr. Ruth Loos and colleagues recently analyzed dozens of studies that included over 200,000 individuals.¹

Some of the people who exercised regularly—the equivalent of walking for 30 minutes 5 days a week—turned off their obesity genes. There was an across the board 30% reduction in obesity for those who exercised, no matter

how many copies of the FTO gene they had.

This analysis is the best evidence available that physical activity can trigger changes in gene expression.



Regular exercise makes some health-promoting genes more active while at the same time sup-

pressing genes that may harm you like those linked to obesity.

The Bible says, “*For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.*” (1 Timothy 4:8, NKJV) Exercise will help you fight obesity in this life, and godliness will prepare you for the life to come!

Ellen White, a 19th century health reformer, emphasized the See “Switch Off” on Page 3

Sensible Exposure to Sunlight

By Fred Hardinge, DrPH, RD

Today we hear many warnings about getting too much exposure to sunlight. We also read about the need to get enough, especially during the winter months in order to facilitate the production of Vitamin D in our skin.

Records of the therapeutic powers of the sun go back centuries. The ancient Greeks and Romans recommended sun baths for various illness, including rickets. Since then it has been used to improve wound healing, rheumatism, tuberculosis and arthritis. Bernard McFadden, an early 20th century proponent of healthy living taught that fresh air, exercise, baths and a vegetarian diet along with sufficient exposure to sunlight would promote a strong body and good health.³



An early health reformer, Ellen White, wrote in 1890, "Let your judgment be convinced that exercise, sunlight, and air are the blessings which Heaven has provided to make the sick well and to keep in health those who are not sick."⁴

Today science recognizes that without sensible exposure to sunlight, humans are at risk of inadequate Vitamin D which may significantly increase the risk for osteoporosis, colorectal cancer breast and prostate cancer, cardiovascular disease, certain types of arthritis, rheumatoid arthritis and maybe type I diabetes⁵. Even our moods may be affected by sunlight exposure! More than 90% of our required Vitamin D must be

See "Sunlight" on Page 3

"Sunlight" from Page 2

formed in the skin through the action of sunlight. We all need the right balance of exposure and protection. We must ensure an adequate vitamin D status while at the same time avoiding excessive exposure and thus increasing the risk of ultraviolet light induced skin cancer.



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How much exposure is enough or too much? What are safe-sun practices? A simple rule of thumb to follow for sensible sun exposure is this: If you get a sunburn (skin turns red), you have had 3 times as much sun as you need for maximal vitamin D synthesis.⁶ Generally, 5-10 minutes of mid-day sun exposure on the arms, legs, hands or face 2-3 times per week in the middle latitudes is sufficient. In winter, or in the very northern or southern latitudes this time must be increased.⁷ Many physicians recommend that if you are worried about adequate vitamin D you should take a supplement of 1000 IU per day. Some people simply choose to take a walk daily for 30+ minutes while exposing face and hands. The choice is yours.

"Switch Off" from Page 1

importance wise, balanced choices:

"In regard to that which we can do for ourselves, there is a point that requires careful, thoughtful consideration. I must become acquainted with myself. I must be a learner always as to how to take care of this building, the body God has given me, that I may preserve it in the very best condition of health. I must eat those things which will be for my very best good physically... I must have wisdom to be a faithful guardian of my body."²

Trivia:



What activities can help kids eat fruits and vegetables?

- a. Punishment till they eat
- b. Eating together as a family
- c. Positive parental example

Answer: b and c⁸

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