



COCHUSA Fitness Challenge MRCF

NEWSLETTER

JULY 2014

President's Message

We greet you in the matchless and wondrous Name of Jesus, praising Him for all he has done and is doing. We sincerely hope you are enjoying 2014. Truly God has blessed and is blessing the M. R. Conic Foundation, as He answers prayers, sends new people, and gives us the guidance to go in the direction He wants us to go, and provides us with the strength and motivation we need. We know that we cannot do this job, God must do it and we are excited that He has enlisted us to be a part of something so wonderfully beneficial to so many people.

We want you to know that we are working to bring the Dream to a reality, and that we are encouraged with what the Lord is doing at this time. Please continue to pray for our efforts.

Improve your health with a good belly laugh...benefits include:

- **Reduces stress**
- **Lowers blood pressure**
- **Elevates mood**
- **Boosts immune system**
- **Improves brain functioning**
- **Protects the heart**
- **Connects you to others**
- **Fosters instant relaxation**
- **Makes you feel good**

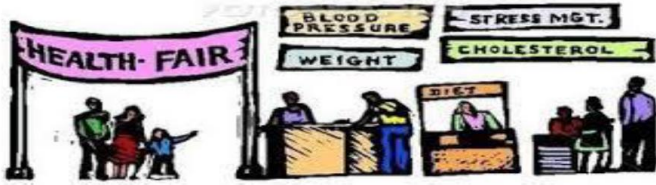
What's Your Nutrition I.Q.?

1. How many servings of veggies should you get Dailey?
(a) one (b) two (c) three or more
2. A good source of fiber is:
(a) Carrots sticks, (b) Oatmeal, (c) Dried beans, (d) All of the above
3. Which of the following is your best bet to get the calcium you need?
(a) cheddar cheese (b) eggs, (c) low-fat milk
4. Thinking about exercising, which of these will do you good?
(a) walking, (b) gardening, (c) bike riding, (d) all of the above
5. The best way to control fat in your diet is to:
(a) drop meat and dairy products, (b) use balance, variety and moderation, (c) go on a fat free diet

Health and Fitness

Looking for health and fitness challenges? You've come to the right place. Whether you want to lose weight, build muscle, motivate yourself or your friends to exercise, mix up your workout, or just **grow spiritually**, we have the right fitness challenges for you.

1 Corinthians 6:19-20 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.



U Got Questions? **WE** Got Answers!

MRCF / COCHUSA Wellness Fair
 Friday, July 25, 2014 1:00pm-4:00pm

HEALTH CARE PROVIDERS ARE IN THE HOUSE!



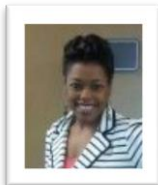
Nurses
 Doctors
 Pharmacists
 Nutritionists
 Physical Therapists



Health Screenings Available!

Health Screenings 1:00 - 2:00 PM and 3:00 - 4:00 PM
Presentation with Questions & Answers 2:00 - 3:00 PM

MRCF / COCHUSA Wellness Challenge Announcements
 (from 2013)



**Eating Under Pressure:
 Healthy Eating Tips
 Addressing High Blood
 Pressure, Diabetes, and
 Heart Disease**

Tawana Duren Dearing, MS, RD, LD

Education

- Mississippi State University
 Master of Science, Dietetics
 1996 – 1998
- University of Mississippi
 Bachelor of Science, Nutrition
 1991 – 1996

Experience: North Mississippi Medical Center:

- Operations & Performance Improvement Manager
- Clinical Nutrition Manager
- Diabetes Educator
- Food Service Manager

BEST HEALTHY FOODS ON A BUDGET

Items that provide the most nutrients at the lowest cost:

- Baby Carrots
- Frozen Edamame
- Legumes (beans), canned
- Chicken breast (boneless, Skinless)
- Salmon (canned)
- Cottage Cheese
- Whole grain Pasta
- Whole Grain Rice
- Popcorn

Livestrong.com

FOODS THAT CLEANSE THE LIVER

- Garlic
- Grapefruit
- Beets & Carrots
- Green Tea
- Avocados
- Olive Oil
- Limon & Limes
- Artichoke
- Brussel sprouts
- Walnuts

Globalhealingcenter.com

Answers To What's Your Nutrition I.Q.?

- 1-C 2-D 3-C 4-D 5-B