



a “*dare*” from adaire

Health Ministries challenges members to live more *abundantly!*

Health Ministries has launched an ambitious agenda to empower BOL members to live more abundantly as God has desired for His children. We interviewed Health Ministries Leader **Adaire Brown** to better understand her committee’s charge and plans for this term.

BOL: What is the primary message you would like to get across to our members about healthful living?

Adaire: I would like everyone to know that a healthy lifestyle is not only beneficial, but attainable through proper diet, activity and attitude. Health is indeed wealth.

BOL: What are the goals for Health Ministries?

Adaire: Our main goal is to foster a comprehensive awareness of health-related issues. We plan to present a cross-section of health care topics that are equally important and appealing to the various age groups within our congregation. For example, there is widespread interest in weight loss for many BOL members. They expressed this at the Ministry Fair and offered a lot of good feedback and input. In fact, one member suggested that we stage our own version of “*The Biggest Loser*” weight-loss challenge. This is something my committee plans to explore.

BOL: You have already launched a health lecture series. What other activities/strategies are you planning?

Adaire: Not only do we want to motivate our fellow BOLers to participate in our health programs, we also want to extend our ministry beyond the confines of the church itself. We have brainstormed various ways to reach our community, like utilizing community bulletins and our personal networks (relatives, co-workers and neighbors) to spread the news about our events. Another way we can strengthen our community impact is to partner with and participate in the community activities and fund-raising events of nonprofit health causes, like the Sarah G. Komen “Race for the Cure” (cancer). For our members, these types of approaches will enable “each one to reach one.”




BOL: What do you see as the greatest health challenge for us in this age?

Adaire: Our greatest challenge is overcoming the natural tendency to minimize disease prevention. For example, we would rather seek treatment for health problems than prevent them altogether. Instead of getting regular checkups and screenings, we as a people often wait until health issues become symptomatic. I want our members to reverse that mindset and to empower themselves with information to make the best choices to attain a healthful lifestyle—and

prevention is the key! We need to learn how a poor diet, inactivity, and less than ideal environmental factors can have a combined negative effect on our health. We need to see this effect from the molecular level on up.

BOL: Do you believe there is a difference between true “health reform” and a meatless diet?



Adaire: Absolutely! You can be a vegetarian and still have poor health. In fact, you can be a vegetarian and still have an unhealthy diet. Many of us are still on a diet that is high in fat, sodium, sugar, calories, and simple carbohydrates. Many of the meatless/soy products we regularly eat contain high sodium levels and can be equally toxic to our bodies. The Adventist health message far transcends vegetarianism. It encompasses non-dietary elements that can enhance our overall health, such as exercise, sufficient rest, stress reduction, work/life balance, and a positive mental/spiritual outlook. True health reform should be a holistic approach, embodying a physical, mental and spiritual commitment to nurturing and protecting the body temples that our Creator gave us. 

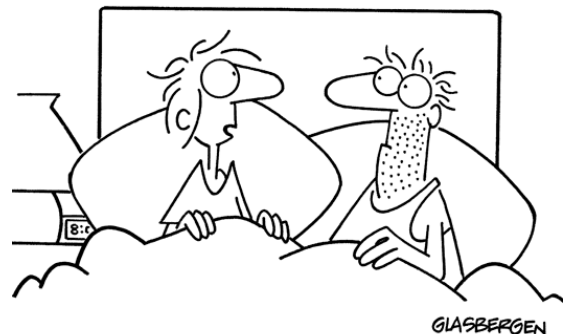
Health Ministries Committee

Adaire Brown, *Leader*

Shermin Gordon - Janet Hart, RN

Dr. Jackie Pascal - Dr. Leroy Pascal

we have to do better . . .



“I was going to wake up early to go jogging, but my toes voted against me 10 to 1.”