

# Adventists InStep for Life

*Meeting a need and making it fun!*

by Katia Reinert



Rohan Wellington

million miles, and the top clubs in percentage participation and miles will receive up to \$2,000 in awards at Oshkosh in 2014.

## Opportunities for involvement—today

As part of the AISFL, the NAD has set aside Sunday, Sept. 22, as the 2013 Let's Move Day and Sept. 22-28 as Let's Move Week. Churches, schools and healthcare institutions are encouraged to host 5K runs/walks or other fun, active events for kids, youth and community families. If everyone reading this article registers online and reports their activities on [www.AdventistsInStepforLife.org](http://www.AdventistsInStepforLife.org) we will meet the entire country's goal of two million miles in no time.

Remember that physical activity is not just about having fun as you improve your physical health, but your moral and spiritual strength, and your character, also depend on exercise.<sup>3</sup> We are called to extend Jesus' healing ministry in our communities. May God help us to "choose full life, and tell the world."<sup>4</sup> ■

Katia Reinert is director of Health Ministries for the North American Division.

<sup>1</sup>Glickman D, Parker, D, Sim, LJ, Cook, HDV, Miller, EA. Editors; Committee on Accelerating Progress in Obesity Prevention; Food and Nutrition Board; Institute of Medicine. 2012. National Academies Press, Washington, DC

<sup>2</sup>White, E.G., *Ministry of Healing*, p. 143

<sup>3</sup>White, E.G., *Education*, p. 177

<sup>4</sup>NAD Health Ministries motto

Hubert Cisneros (center), MAUC Health Ministries director, accepted an award on behalf of the Kansas-Nebraska Conference at the 2013 NAD Health Summit in New York.

## A frightening epidemic

In every form of news media these days you will hear about a pressing need that is gaining much attention: the epidemic of obesity. According to a recent report, obesity rates have reached 36 percent in the US population<sup>1</sup>, with 70 percent of adolescents being overweight or obese.

Why is this so alarming? Because obesity is related to more than 30 illnesses, including type 2 diabetes, hypertension, cardiovascular disease and some forms of cancer. Obesity is also associated with stigma and reduced psychological wellbeing. Current evidence further suggests that people who are obese have a greater risk of premature death than those in the normal weight and overweight ranges.

## The Adventist response through partnerships

As Christians we have opportunities to follow Jesus' method of ministry<sup>2</sup> as we

respond to the health needs in our communities. Reversing obesity and other chronic diseases is a major need, and opportunities for partnerships abound.

In 2010 the Adventist church was invited by White House officials to pledge support to First Lady Michelle Obama's Let's Move! initiative aimed at reversing childhood obesity. In response, the North American Division (NAD) launched the Adventists InStep for Life (AISFL) initiative with the goal of engaging kids, youth, parents, schools and the community in working together to reduce the risk for chronic diseases—especially obesity—and improve the health of our communities by motivating adults and children to increase physical activity and healthier food intake. Schools, churches and hospitals have been promoting physical activity and healthy nutrition in innovative ways. Every NAD ministry is participating and we have pledged to increase youth involvement. NAD Pathfinders have a goal of one



### Quick Fact:

Lack of sleep imbalances hormones that trigger hunger.



### Web Extra:

The Health Message in a Changing Church  
<http://bit.ly/chngChurch>





# Getting Active for a Purpose

by Aileen Profir

According to *RunningUSA*, almost 14 million Americans completed some type of road race in 2011, representing a 170 percent increase since 1991. Road races of all distances and challenges are quickly becoming the rage. This fact hasn't escaped the notice of the youth of the Sioux Falls Adventist Church, who wanted to find an innovative way to reach out to their community while benefiting those in need around the world. Thus, the idea for the Beyond the 5-Walk for Water event was born.

## On the move

Walk for Water challenged participants to walk a 5K course (just over three miles) while carrying one gallon of water. By collecting sponsorship pledges, participants could raise funds for ADRA International to help install a water well in the country of East Timor. In this region of the world, women and children spend as much as two

hours each day fetching dirty water from the river for their families. This event would allow participants to experience the challenge of carrying even a small amount of the five gallons of water considered necessary for each day.

## Walk for water

Last June, over 50 people gathered at Pasley Park in Sioux Falls to participate in the walk. The Beyond the 5 team provided backpacks and gallon containers, and then the first walkers were off. Four church members (**Mark Blackburn, Pastor Dragos Profir, Chad Spanos and Trent Weber**) took the challenge to a whole new level by each carrying five gallons of water, with Trent hauling an amazing 10 gallons for the entire distance!

To date the Walk has raised over \$1,400 and pledges are still being received. Community members were excited to see what was happening—some

even offered donations to walkers on the course. Many people said they would love to participate in this event next year. Walking for a purpose was a huge success and met all our goals of promoting a healthy lifestyle, connecting with our community and helping those in need. **W**

Aileen Profir, wife of Sioux Falls, South Dakota pastor Dragos Profir, is currently training for her second half-marathon.



## Quick Fact:

Flowing water releases negative ions that boost the immune system.



## Web Extra:

Five Things You Don't Know About Water  
<http://bit.ly/5-Water>



In some regions of the world, women and children spend as much as two hours each day fetching dirty water from the river.

(left) Walk for Water participants each carried one gallon of water to raise funds for ADRA's East Timor well project.

(below) Trent Weber carried 10 gallons the entire 5K (3.1 mile) distance.

Photos: Karen Roe

