

# HEALTH & WELLNESS

## Get Fit Within ur Communities

As Club Chairmen make sure you have a printed copy of the GFWC Health & Wellness section of the Club Manual. This section will provide you with many project ideas and numerous resources to help you plan activities within your club and community. Challenge your club and your members to do an activity or program in each of the components and the initiative. Be on your way to a healthier future.

### The three components of the Health & Wellness CSP

- **Disease Awareness and Prevention**  
Knowledge of the factors that cause disease, the symptoms, and ways to prevent it.
- **Nutrition**  
A key element in the quest for good health is nutrition. Making wise food choices, proper usage of vitamins and supplements, and food allergy awareness all help maintain a healthy lifestyle free of weakened conditions and chronic illness.
- **Physical and emotional care**  
Behaviors by which we manage a healthy body, mind and spirit throughout life. This includes physical, intellectual, emotional, spiritual, environmental and social wellbeing.

### The Community Connection Initiative:

**PHYSICAL FITNESS – GIVE THAT GLIMMER AND GLOW**

## Ways to implement the three components

### Disease Awareness & Prevention

Knowledge of the factors that cause disease, the symptoms, and ways to prevent it. The options are almost limitless in this area, there are so many diseases we are susceptible to as adults and children.

- \*What about Shingles? Secure information to share about symptoms, vaccinations, who should or who shouldn't, how often—answer all the questions with help from [CDC.gov](https://www.cdc.gov)
- \*Promotional toolkits are available from [Vaccines.gov](https://www.vaccines.gov) which include graphics, videos, promotional newsletter and email content and even pre-written social media posts
- \*Choose a disease of the month include a teaser in your newsletter of symptoms and have members bring their guess of what it might be. Discuss guesses at the meeting with prevention suggestions find information on the [CDC.gov](https://www.cdc.gov) website to hand out
- \*Visit the [Wellness Council of America \(WELCOA\)](https://www.welcoa.org) website for monthly health observances and post them in your newsletter
- \*According to the CDC 30.3 million Americans are diabetic and there are 7.2 million which remain undiagnosed. Provide early signs and symptoms of diabetes
- \*Hold a BraHaHa or ARTragious Bra decorating contest and hang them in windows in your downtown to raise awareness of Breast Cancer and the importance of mammograms
- \*Canvas your community and share information on safe disposal of old and unwanted medications and local disposal drop boxes
- \*Learn and share information on oral health care and its impact on the body's overall health
- \*Establish a Medical Loan Closet to furnish canes, crutches, walkers, wheelchairs, toilet chairs.
- \*St. Jude Children's Hospital – organize or participate in a walk; partner with a local school to collect Caring Coins; make waiting room fun bags; dedicate a brick on the St. Jude campus pathway

### Nutrition

What we eat has a direct impact on our health whether it be our weight or energy level. The choices we make do matter!

- \*Organize or participate in a community Wellness Fair and distribute healthy recipes and handouts on nutritional choices (find options on [Nutrition.gov](https://www.nutrition.gov))
- \*Hold a Healthy Food Drive and donate items to local shelters, soup kitchens, food banks or a local college campus food bank

\*Supplements – to supplement or not???

Raise awareness about the potentially harmful interactions between dietary supplements with prescription medicines. Some supplements may interact with blood thinners and blood pressure medications that's why they ask you to stop your Fish Oil before surgery. Also herbs like ginseng, red sage, cranberry, garlic and ginger can interact with specific prescriptions drugs to either cause dangerous symptoms or make them less effective. Supplements are good if you aren't getting nutritionally balanced meals but check with your doctor first. Have a speaker that can address most common interactions.

\*Support local farmers

\*Educate members on healthy options i.e. low sodium, sugar free, no added salt, unsweetened, no added sugar, 100% juices.

\*Hold a recipe makeover contest in your club or community

Just substituting items in your recipe can make a huge difference on how healthy it is and not jeopardize the taste  
Don't be afraid to try!!

## Physical and Emotional Care

Our emotional wellbeing is just as important as how physically fit we are. It's okay not to be Okay all the time and some physical activity is better than none!

\*Have an exercise introduced at your meeting that everyone can do with a suggestion of how this could be continued at home to increase strength, stamina and mobility. Introduce an additional exercise each month, put it to a fun uplifting song. Challenge members to continue at home.

\*Start an exercise/or walking group include neighbors or friends as potential members.

\*Partner with a nursing home or assisted living facility to provide exercise equipment

\*Promote physical activity in the community with a Move Your Way Campaign materials and information at [Health.gov](http://Health.gov)

\*Support Special Olympics and other athletic activities, or social programs for the challenged and disabled.

\*Send notes or cards to nursing home residents to boost their emotional well-being.

\*Paint *encouragement rocks* with images or sayings symbolizing hope and faith. Place them outside cancer centers, hospital grounds, schools, or just around your town.

\*Work with your local elementary school to implement the Presidential Youth Fitness Program and provide medals, awards, etc. Visit [PYFP.org](http://PYFP.org) for information

\*Offer resources and/or promote programs that prevent bullying

\*Join the [Campaign to Change Direction](http://Campaign to Change Direction) by pledging to learn the five signs that could mean someone is in emotional pain and might need help: personality change, agitation, withdrawal, poor self-care and hopelessness. Free posters are available to help educate others

- \*Eating disorders are actual serious and often fatal illnesses and not a lifestyle choice. Get free brochures and shareable resources from the [National Institute of Mental Health \(NIMH\)](#).
- \*Learn and share risk factors and signs and symptoms of someone in danger of suicide as outlined by the NIMH. Distribute the number for the [National Suicide Prevention Lifeline \(800-273-TALK\)](#). [AAARP Bulletin Brief Sept 2021](#) 58% of adolescents suffered from depression in 2020 and received NO treatment. 1 in 10 high school students admitted they had tried to take their own life in the last twelve months.
- \*Have a local recovery program share about their services to help those suffering substance abuse. The [Substance Abuse and Mental Health Services Administration](#) will supply information sheets, brochures and inform members of how opioids and meth to alcohol abuse, addiction change the brain and alter decision making.
- \*Fentanyl Awareness - #OnePillCanKill According to the DEA “Fentanyl is the single deadliest drug threat our nation has ever encountered. Fentanyl is everywhere. From large metropolitan areas to rural America, no community is safe from this poison.” Only 2 milligrams of fentanyl (the size of 5 grains of salt) is considered a deadly dose. In a twelve month period ending January 2022, 107,375 people died from drug overdose and poisoning. Fentanyl is a synthetic opioid that does have a legitimate use in pain management when monitored under the care of a physician. ^Sponsor a community forum – invite law enforcement, representatives from the medical fields and an individual personally affected by this crisis ^Work with your local school system to provide informational materials. [www.dea.gov/fentanylawareness](http://www.dea.gov/fentanylawareness)

## **COMMUNITY CONNECTION INITIATIVE: PHYSICAL FITNESS – GIVE THAT GLIMMER AND GLOW**

Why should we focus on fitness?

- 19.3% of the nation’s children ages 2 to 19 are obese
- The risk of heart disease and stroke can be reduced with moderate intensity aerobic activity
- A regular fitness regimen can also reduce your risk of developing Type 2 diabetes and several cancers
- As we age, physical activity can slow the loss of bone density, reduce the risk of falling, and help with arthritis and other rheumatic conditions affecting the joints
- Physical activity helps keep our minds sharp, reduces the risk of depression and anxiety, and helps us sleep better

What can your club do that will promote physical fitness for any age group?

- \*Partner with a local contractor or supplier and build or provide playground equipment for a shelter or special needs facility

- \*Partner with a local gym or fitness program provider to provide fitness equipment for a senior center or nursing home and sponsor classes for their use
- \* Plan a fitness trail if your community doesn't have a park or recreation area for residents
- \*Partner with a shopping mall to sponsor walking clubs
- \*Collaborate with other organizations in your community and hold a *Community Family Fun Fest*. Use a Bingo card and encourage families to visit each booth for information. Have a prize sponsored for those that visit all booths. This is where you can incorporate all of the information we are trying to get out to everyone in your community. Get Creative!!

Watch for updates in the newsletter for Health & Wellness tips and ideas

### Reporting Reminder:

There are numerous affiliate organizations that can benefit from your participation in the Health and Wellness community service project and have loads of information for your use. These same organizations also may be listed in other CSP areas. i.e. St. Jude Children's Research Hospital. It is your choice to make in which CSP you would like to report. If your goal is to touch all areas in the Health & Wellness CSP but you also want to support the GFWC Junior Special Project you can report certain aspects in one CSP and the rest of your reporting information in the other.

#### Example:

Members secured pledges, organized a walk team and participated in a St. Jude Walk. Our club also sponsored a refreshment table along the course of the walk handing out water.

15 members    125 hours                      \$3,000                      \$150 in kind

#### Report for Health & Wellness

Members secured pledges, organized a walk team and participated in a St. Jude Walk. Our club also sponsored a refreshment table along the course of the walk handing out water.

15 members    125 hours

#### Report for GFWC Junior Special Project

Members secured pledges, organized a walk team and participated in a St. Jude Walk. Our club also sponsored a refreshment table along the course of the walk handing out water.

15 members                              \$3,000 money raised    \$150 in kind

If you have any questions, please do not hesitate to call or email me.

*Missi McCoy*

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