



華人 身心靈 健康計劃

健康飲食，活躍生活
華人教會指南

Chinese Body, Mind & Soul

Promoting healthy eating & active living
A guide for Chinese churches

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華人營養教育與肥胖預防計劃

華埠公共衛生局，三藩市公共衛生署

Nutrition Education and Obesity Prevention Chinese Project

Chinatown Public Health Center, San Francisco Department of Public Health



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Foreword

Obesity is an epidemic across the United States, with the rate of obesity among Chinese Americans growing faster than any other ethnic groups. Obesity can lead to a number of chronic diseases, such as diabetes, heart disease, and high blood pressure. Overconsumption, prevalence of fast food, high intake of drinks and foods loaded with sugar, lack of physical activity, and excessive screen time all can lead to obesity.



This year, Chinatown Public Health Center, San Francisco Department of Public Health received special funding to develop the Chinese Body, Mind & Soul Campaign in partnership with Chinese churches. I deeply believe that effective health promotion requires collective strength, which has been demonstrated through the successful partnership with churches to implement the **We Can!**[®] Chinese Families workshops. Churches can bring the community together, and effectively promote simple and interesting ways to maintain healthy body weight to achieve better health outcomes. We look forward to continuing our partnership with these new community partners to achieve success.

The Chinese Body, Mind & Soul Campaign consists of three important pillars that are the heart of this project:

- 1) Committed pastors and organizational leaders promoting healthy eating and active living,
- 2) Incorporating nutrition and physical activities into church activities,
- 3) Creating a healthy eating and physically active church environment.

With the support of the pastors and leaders of four Chinese churches this year, we are committed to promoting healthy eating and active living in church activities. We are beginning to see the healthy choices that the congregations are gradually making. This campaign will bring new changes to our community, allowing healthy eating and active living to be promoted to different groups for a healthier community, filled with joyous families and a more promising future!

Ben Lui MD, MPH

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序言

目前，美國人肥胖和身體超重的問題非常嚴重，尤其美國華裔的肥胖症增長率比其他族裔為快。肥胖症會引致各種慢性疾病，例如：糖尿病、心臟病和高血壓。其原因包括進食過量、吃快餐食品、進食大量含添加糖的飲品和食品、缺乏體力活動和使用過多螢光幕時間。

今年，三藩市公共衛生署華埠公共衛生局獲得特別經費與教會合作推動《華人身心靈健康計劃》。我深信，有效的推廣需要有更大的凝聚力，而我們過去與教會成功合作舉辦的**We Can!®**「**我們做得到!**」講座表現出教會能提供這份凝聚力。我相信，教會能召集更多人參與，並能事半功倍地成功推廣如何透過簡單、有趣的方式去控制體重來達到健康的目的。我們期待繼續與新的社區夥伴一同合作建立成功。

《華人身心靈健康計劃》有三個核心的重要要素：

1. 教會領袖倡導健康飲食和活躍生活；
2. 教會活動推廣健康飲食和活躍生活；
3. 教會環境鼓勵健康飲食和活躍生活。

透過四間教會的牧師和領袖的支持，將健康飲食和活躍生活融入教會活動中，我們也開始看到會友逐漸的改善健康生活習慣。此計劃將為社區帶來新面貌，令健康飲食和活躍生活推廣到社區的不同層面，讓我們的社區更健康、家庭更幸福、未來更美好！

呂以斌

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Foreword

As a registered dietitian in practice for several decades, I can deeply identify with many new immigrants' overwhelming sense of bewilderment and helplessness. Their new lifestyles in the United States involve working long hours to make a living and worrying about their children's school performance, often leaving little time to focus on the importance of healthy eating. Sometimes, they may know the importance of healthy eating, but the inability to read food labels or the lack of accurate nutrition information may lead to unhealthy food choices that are high in sugar and fat content. As a dietitian of Chinese descent, I am compelled and committed to the mission of sharing my knowledge and experiences with my community.



At the beginning of the 2014 year, we were honored to receive special funding from the California Department of Public Health to launch a new nutrition education campaign in partnership with churches. In the past 9 months, the campaign has received enthusiastic support from many Chinese churches, reaching over a thousand community members via more than 40 workshops. We have helped churches establish a healthy environment that involves serving healthy snacks at Sunday school classes, fellowship meetings and luncheons. Our activities have included:

- Conducting a series of nutrition classes to encourage youth to choose beverages with less sugar at the summer camp
- Conducting creative and healthy cooking workshops and teaching Yijin
- Healthy Sunday, where the message of healthy eating was incorporated into the sermon and teaching different stretching exercises
- Providing nutrition education at a community health fair

With the enthusiasm and support from Chinese churches, we are excited to see these positive changes that have been brought about by the Chinese Body, Mind & Soul Campaign. Church leaders have also modeled the health behaviors by incorporating healthy eating and active lifestyles into their daily living:

- 1) San Francisco Chinese Independent Baptist Church: Pastor Amos Lee is committed to healthy eating and walking 4 miles every day as physical activity; as a result, he has lost 50 pounds;
- 2) San Francisco Cumberland Presbyterian Chinese Church: Administrator, Janet Sun provides flavored water and fresh fruit for snacks during church activities. She has also put up posters that promote healthy eating and making healthy choices inside the church building, encouraging youth to consume fewer drinks with added sugar;
- 3) San Francisco Evangelical Free Church: former director of children's ministry, Elite Kwong, has shared the importance of healthy eating with parents and members of the congregation through community workshops. Workshops explored ways to include healthy choices at home and at church, and encouraged everyone to do physical activity - such as Yijin;
- 4) Salvation Army San Francisco Chinatown Corps: Major Thomas Mui was diagnosed with pre-diabetes. After learning about MyPlate, Major Mui reported that his Hemoglobin A1c level dropped after 3 months of following these dietary guidelines.

I am thankful for the dedication and diligence of the pastoral council for the Chinese Body, Mind & Soul Campaign and the development of the manual. Together with mutual support and encouragement, I hope we will continue to improve the environment and health for the new immigrant population we serve.

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序言

從事註冊營養師數十年，我深切體會到許多新移民的困惑與無奈。他們來到美國後日夜為生活奔波，也為子女的學業操心，往往忽略了注意健康飲食的重要。有時候，雖知健康飲食的重要性，但卻因為看不懂食物標籤，或缺乏正確的營養資訊，而選擇高糖份和高脂肪等不太健康的食品。身為華裔營養師，我深覺自己肩負重要的使命與責任，與大家分享自己的學識和經驗。

2014年年初，加州衛生部撥出特別的經費，支持在教會開展公共營養教育的計劃，很榮幸我們的申請獲得批准。在過去的9個月，該計劃得到多家華人教會的大力支持，我們彼此緊密合作，舉辦了40多場講座，服務上千人。我們在教會建立健康環境，如在主日學、團契、午餐等活動中，提供健康小吃和茶點。活動包括：

- 在夏令營舉辦兒童營養講座，鼓勵青少年少飲多糖飲品
- 創意烹飪美食坊系列，教授易筋等體力活動
- 健康主日活動，將健康飲食的重要融入當日的講道
- 健康同樂日，為民眾提供營養教育服務

我們感到很鼓舞。在華人教會大力支持下，《華人身心靈健康計劃》鼓勵了許多人改變生活習慣。教會的領袖同樣以身作則，將健康飲食和活躍生活融入自己的日常生活中作為見證：

1. 三藩市華人自立浸信會李英柏牧師每天堅持健康飲食和鍛煉身體，步行4英里，已成功減去50磅的體重；
2. 三藩市華人金巴崙長老會孫余慧玲護士，在教會活動中提供蔬果味水和更多種類的新鮮蔬果作為小吃。在當眼的地方，張貼健康飲食的海報，鼓勵青少年多飲水而少飲多糖飲品；
3. 三藩市播道會前兒童事工主任鄭黃意麗，透過活動工作坊，與家長和會友分享健康飲食的重要性，包括如何在家煮食和在教會聚餐時嘗試健康食物，鼓勵大家學習體力活動如易筋作為日常運動；
4. 基督教救世軍三藩市華埠堂梅鴻明牧師，被診斷患有糖尿病前期，但學到“選擇我的餐碟”後，只用了3個月的時間跟隨指引就降低了糖化血紅素(Hemoglobin A1C)。

我很感恩牧師委員會為《華人身心靈健康計劃》和此指南所貢獻的時間和努力。在互助互勉的支持下，為華人教會改善新移民的健康狀況。

黃嘉慧

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Introduction of Chinese Body, Mind & Soul

Purpose of this guide

Chinese Body, Mind & Soul is a wellness program developed for Chinese churches. This program is a guide for church leadership; it empowers church members to improve their nutritional and physical well-being in order to reduce the risk of obesity and other chronic diseases.

Chinese Body, Mind & Soul works by combining:

- Committed church pastors/leaders who promote healthy eating and active living
- Church activities that promote healthy eating and active living
- Church environment that promotes healthy eating and active living

This guide explains how to initiate and implement the program in a church. It explains how to create a Chinese Body, Mind & Soul program that is tailored to the needs of a congregation, and provides referrals to other resources. In addition, this guide provides examples from various Chinese churches in San Francisco.

Why Chinese Body, Mind & Soul - The Power of Prevention

According to the California Dietary Practices Survey, over 60% of the Asian population in California does not consume enough fruits and vegetables.⁽¹⁾ The common health problems associated with a diet low in fruit and vegetables include some cancers, osteoporosis, heart disease, constipation, diabetes, high blood pressure, high cholesterol, stroke, and low intakes of calcium, vitamin D and fiber. What can one do to reduce these health problems? Consume a diet that is rich in fruits and vegetables, low in fat and sugar, and balanced with more physical activity.

The Benefits of Chinese Body, Mind & Soul to Churches

Churches that embrace the Chinese Body, Mind & Soul program celebrate good health through healthy eating and an active lifestyle. The congregation will:

- Learn how health and spirituality are connected
- Feel empowered to take charge of their health
- Eat more fruits and vegetables every day
- Live healthier (by eating less fat, less sugar and doing more physical activities)
- Gain access to vital health information at the church

(1) California Department of Public Health, Nutrition Education and Obesity Prevention Branch, California Dietary Practices Survey, 2013

華人身心靈健康計劃簡介

本指南的目的

華人身心靈健康計劃，特別為華人教會而設，改善會友的營養和身心健康，以減少肥胖及慢性疾病的風險。

成功的華人身心靈健康計劃包括：

- 教會領袖倡導健康飲食和活躍生活
- 教會活動推廣健康飲食和活躍生活
- 教會環境鼓勵健康飲食和活躍生活

本指南為你講解如何在教會推行華人身心靈健康計劃。幫助每個教會根據會友的需要，度身訂造一個有效的計劃。本指南亦提供了其他的參考資料。

華人身心靈健康計劃及疾病預防的重要性

根據加州膳食調查，超過60%亞裔人士的蔬果進食量不足⁽¹⁾，導致常見的健康問題，包括：某些癌症、骨質疏鬆、心臟病、便秘、糖尿病、高血壓、高膽固醇、中風和缺乏鈣、維他命D及纖維。要減低以上這些健康問題，採取低脂、低糖和多蔬菜水果的飲食習慣，以及多做體力活動。

華人身心靈健康計劃對教會的益處

推行華人身心靈健康計劃的教會，通過健康飲食與活躍生活來推廣健康的生活。你的會友將會：

- 認識外在健康與內在心靈的息息相關
- 擁有可掌握自己健康的自信
- 增加每天吃蔬果的份量
- 活得更健康，如：少油、少糖、堅持體力活動
- 在教會獲得重要的健康信息

(1) California Department of Public Health, Nutrition Education and Obesity Prevention Branch, California Dietary Practices Survey, 2013





Chinese Body, Mind & Soul: The Three Pillars

The Chinese Body, Mind & Soul program is made up of three parts called “pillars” like the pillars of a church. Just as a church building needs support on different sides, a successful Chinese Body, Mind & Soul program needs all of its “pillars” to be active and strong. All three pillars must be in place to build an effective Chinese Body, Mind & Soul program.

1. Committed church pastors/leaders who promote healthy eating and active living

Support for the program from the pastor and leaders is vital. The more the church leadership is actively involved, the better the outcomes will be.

2. Church activities that promote healthy eating and active living

Encourage healthy eating and physically active lifestyles through church gatherings and workshops. A Chinese Body, Mind & Soul Planning Team plans and carries out the program’s activities.

3. Church environment that promotes healthy eating and active living

It is important to provide the congregation with healthy choices as well as physical activities at church functions. This shows church members how simple it is to make eating more fruits and vegetables and doing more physical activities part of their daily lives.

華人身心靈健康計劃：三個要素

華人身心靈健康計劃由三大要素組成。他們的關係就像是一個教會需要各肢體彼此協調、相互支持，才能達成目標。

1. 教會領袖倡導健康飲食和活躍生活

作為教會領導，牧師或長執對華人身心靈健康計劃的支持是非常重要的。如果教會領導能身體力行，華人身心靈健康計劃就能取得更好的效果。

2. 教會活動推廣健康飲食和活躍生活

透過教會聚會和研討會，向會友傳播重要的健康信息，鼓勵健康的飲食習慣和活躍的生活方式。教會可委任一些領袖和會員，組成執行小組來推動華人身心靈健康計劃。

3. 教會營造環境，鼓勵健康飲食和活躍生活

改變飲食和生活習慣，不能操之過急。在教會聚會時，可為會友提供健康飲食的選擇，加入一些體力活動的項目。幫助會友了解多吃蔬果和多做體力活動，其實比想像中容易得多。





Pillar One: Committed church pastors/leaders who promote healthy eating and active living

Be sure to get the pastor's/church leader's support up front. As the leader of the church, the pastor's support sends a clear message to the congregation. It helps church members to see the connection between physical health and spiritual well-being. The pastor can:

- Introduce and promote the Chinese Body, Mind & Soul program at church events.
- Be a role model for the congregation by eating more fruits and vegetables and doing physical activities every day.
- Deliver inspirational messages about the link between good health and spirituality. For example, include Bible verses that refer to healthy eating and living and promote taking good care of the body in sermons, church bulletins, and newsletters.
- Ask for a 5 to 10-minute physical activity recess/break to be part of church meetings.
- Ask for more fruits and vegetables and low-fat, low-sugar snacks to be served at church functions to help create a healthy church setting.
- Start a "Chinese Body, Mind & Soul Sunday" where the church focuses on health once a month.
- Launch and recognize the Chinese Body, Mind & Soul Planning Team.
- Praise church members who have improved their eating habits and/or increased physical activity.

So whether you eat or drink or whatever you do, do it all for the glory of God. (1 Cor 10:31)

要素一：教會領袖倡導健康飲食和活躍生活

在推行活動前，應先得到牧師/教會領袖的支持。作為教會的領導，牧師的支持能向會友傳遞清晰的信息，有助會友認識身體健康與心靈健康是相連的。牧師可作出如下的實際行動：

- 在教會推行華人身心靈健康計劃
- 作個好榜樣，每天吃更多的蔬果和做體力活動
- 向會友傳播身心靈健康的信息。可在講道、教會告示欄或刊物中，引用有關健康飲食與生活和應照顧自己身體的聖經章節
- 在教會會議小休時，安排5至10分鐘的體力活動時間
- 教會在聚餐時供應更多蔬果和低糖低脂小吃，藉此倡導食得有「營」
- 每月舉辦一次「身心靈健康主日」來關注健康
- 成立一個策劃小組來推動華人身心靈健康計劃
- 表揚有改善飲食與體力活動習慣的會友



所以，你們或吃或喝，無論做甚麼，都要為榮耀神而行。(林前10:31)

Pillar Two: Church activities that promote healthy eating and active living

Activities that allow church members to learn about health, give them the chance to try new types of fruits and vegetables along with food choices that are low in fat and sugar, and gain skills to change their eating and physical activity habits are at the heart of the Chinese Body, Mind & Soul program. The following are examples of these activities:

- Healthy eating and physical activity workshops
- Health fairs
- Healthy cooking classes
- Healthy Sundays
- Food committee trainings
- Yijin exercises

Activities Examples:

Healthy eating and physical activity workshops

Multiple series of bilingual nutrition and physical activity workshops were held at different churches. Participants were empowered to make healthy changes through learning nutrition concepts, goal setting, food tastings, games and Yijin exercise. They were taught ten skills for healthy eating and active living, including: 1. eating balanced meals, 2. learning about MyPlate, 3. eating more fruits and vegetables, 4. increasing physical activity, 5. selecting low-fat, low-sugar foods, 6. controlling portion size, 7. limiting sugary drinks, 8. reducing screen time, 9. reading food labels, and 10. cooking healthfully. After attending workshops, participants and their families had a significant change in eating habits. According to the data collected from the nutrition and physical activity workshops series in 2013 at The Salvation Army San Francisco Chinatown Corps, there was an additional 15.8% of participants who avoided drinking sugar-sweetened beverages, additional 22% of participants who increased their consumption of fruits and vegetables to five or more cups per day, and, additional 46% of participants who read food labels when shopping after attending the workshop series.

Healthy cooking classes

The Nutrition Education and Obesity Prevention Chinese Project and San Francisco Evangelical Free Church (SFEFC) have organized a series of 7 weekly “Healthy Cooking Classes” to teach the Chinese community how to eat, drink, shop and cook more healthfully. Healthy Cooking Class activities include nutrition messages, group activities, food label reading, cooking demonstrations and 45 minutes of Yijin exercise.

Healthy Sunday

The Nutrition Education and Obesity Prevention Chinese Project and The Salvation Army San Francisco Chinatown Corps have organized an event called “Healthy Sunday.” During “Healthy Sunday,” the pastor uses chapters or verses from the Bible as a guide to encourage church members to take care of their bodies by eating healthy, being physically active, and glorifying God with a healthy body. Other possible activities include having a nutrition education exhibit, food tasting, and a dietitian to teach participants about how to prepare nutritious breakfasts and fruit/vegetable/herb flavored water instead of sweetened drinks.

要素二：教會活動推廣健康飲食和活躍生活

華人身心靈健康計劃的核心，是透過教會的活動來提供機會給會友嘗試各種蔬果、選擇低糖低脂食物及多做體力活動，從而吸取技巧來改變個人的飲食及體力活動習慣。

以下是一些活動例子：

- 健康飲食和體力活動講座
- 社區健康同樂日
- 營養烹飪班
- 健康主日
- 膳食部的培訓
- 易筋運動

例子：

健康飲食和體力活動講座

營養及體力活動的雙語健康系列講座曾在多間教會團體舉辦。透過傳播營養資訊、設定飲食和體力活動目標、試食、遊戲以及易筋運動等來幫助參加者作出健康改變。參加者學到10個健康心得，包括：1) 注重均衡飲食計劃、2) 認識“選擇我的餐碟”、3) 多吃蔬果、4) 多做體力活動、5) 選擇低糖低脂的食物、6) 控制食量、7) 少喝含附加糖份的飲品、8) 減少電視和電腦螢幕時間、9) 閱讀食物標籤，以及10) 健康烹調。參加講座後，學員和他們的家人在飲食習慣上都有顯著的改變。2013年三藩市救世軍華埠堂的營養及體力活動健康系列講座問卷調查顯示，講座後，避免喝加糖飲品的學員人數增加了15.8%，每天吃5杯或以上蔬果的學員人數增加了22%，購物時閱讀食物標籤的學員增加了46%。

營養烹飪班

華人營養教育與肥胖預防計劃曾和三藩市播道會合辦7堂「創意營養烹飪坊」，教授學員如何吃得有「營」、飲得有「營」、買得有「營」和煮得有「營」。課堂包括營養資訊、小組活動、學習閱讀食品標籤、健康食譜示範和45分鐘易筋運動。

健康主日

華人營養教育與肥胖預防計劃和基督教救世軍三藩市華埠堂合辦的「健康主日」，牧師在「健康主日」中以聖經為本，鼓勵會友建立健康飲食和活躍的生活方式，才能用健康的身體來榮耀神。其他活動包括健康飲食資源展覽、健康試食和營養師示範如何準備營養早餐及自製水果/蔬菜/香草味水來代替加糖飲品。





Pillar Three: Church environment that promotes healthy eating and active living

Chinese Body, Mind & Soul is most effective when the church sets a good example. The congregation needs to hear the pastor speak about health. They also need to get information about healthy eating and maintaining physically active lifestyles. However, sermons, handouts, and even classes are not sufficient; churches need to incorporate healthy eating and active living into their lifestyle by providing more fruits and vegetables and opportunities to exercise.

IDEAS FOR A HEALTHY CHURCH ENVIRONMENT

A successful Chinese Body, Mind & Soul program brings more fruits and vegetables, low-fat, low-sugar foods and physical activities into the church. Here are some examples:

- Serve more fruits and vegetables and less high-fat, high-sugar foods after church services and in church programs (especially those that involve children).
- Set up church policies that ensure healthier choices, like fruits and vegetables and water will be available at church functions.
- Post wellness policy posters with healthy eating and physical activity guidelines at church for church members to read and follow. (See example on page 16.)
- Make changes in the church kitchen. These can include changing recipes and menus, and stocking the pantry with more fruits, vegetables and healthy choices.
- Provide training for the food committee so that committee members will have the skills needed to eat, shop, drink and cook healthy foods.
- Encourage members to share the bounty of their gardens with the church family.
- Give bags of fruits and vegetables to the sick and homebound church members.
- Ask your local markets or convenience stores to sell more fruits and vegetables.
- Start a garden committee to support a church garden.
- Start a community physical activity class. Invite the community to come to church-sponsored physical activity programs and exercise together.
- Request for food and drink donations that are low in fat and sugar.

要素三: 教會環境鼓勵健康飲食和活躍生活

華人身心靈健康計劃要有效地推廣健康飲食及體力活動，全賴教會營造良好的氣氛與環境、豎立榜樣。會友從牧師口中聽聞健康信息，並獲得資訊。但是單靠講道、營養單張和講座是不夠的，教會要做到坐言起行，在教會的聚會中提供多吃蔬果和多做體力活動的機會，讓健康飲食及活躍生活融入會友的生活中。

創建健康教會環境的新構思

成功的身心靈健康計劃為教會提供更多的蔬果，低脂肪低糖食物和體力活動。下面是一些例子：

- 在教會崇拜後活動中提供更多的蔬果和低脂肪低糖食物，特別是在兒童參與的活動中。
- 訂立教會政策以確保在教會活動中提供健康飲食的選擇，如蔬果和清水等。
- 在教會內張貼推廣健康飲食的海報與體力活動的指引，以方便會友閱讀並遵行。（參見P.17的例子）
- 改善教會的廚房，包括更改食譜或菜單，以及在茶水間放置更多的蔬菜水果和健康的食物。
- 培訓膳食部同工，幫助同工懂得選購和烹調健康的餸菜、飲品。
- 鼓勵會友與教會的弟兄姊妹分享他們自己後園收獲的蔬果。
- 在探訪時，送些蔬果給生病和行動不便的會友。
- 建議當地市場或便利商店售賣更多蔬果。
- 開設一個園藝委員會，支持教會的種植活動。
- 開辦一些社區體力活動課，邀請社區民眾參與教會推廣的體力活動節目。
- 只選擇低糖低脂的食物和飲品捐贈品。



Purpose of Wellness Guidelines

The wellness guideline is an example of supporting a healthy church environment. It provides ideas and guidance for churches to promote healthy eating, drinking and physical activity within their congregation.

Here is an example of a church wellness guideline:

Nutrition Education and Obesity Prevention Chinese Project

Eat Right! Get Fit! Get Healthy!



Beverages

- Always provide water
- Serve flavored water and avoid serving sugar sweetened beverages
- Offer coffee/tea with 1% low fat milk/fat free milk but with no added sweeteners



Food Choices

- Serve foods with no trans fat, low in saturated fat, sodium and without added sugar
- Use healthy cooking methods, such as steaming
- Avoid deep frying
- Offer more fruits, vegetables and whole grain choices
- Offer lean protein
- Provide vegetarian options
- Provide low-fat or fat free dressing when salad is served

Physical Activities

- Encourage using stairs instead of the elevator
- Encourage physical activity breaks at meetings
- Create opportunities for movement, such as stretch breaks



References: BANPAC. Rethink Your Drink: Implementing a Healthy Beverage Policy: An Organizational Toolkit November 2012, City and County of San Francisco Nutrition Services: Guidelines for Healthy Meetings January 2009
Funded by USDA SNAP-Ed, an equal opportunity provider and employer. California Department of Public Health.
Developed by Nutrition Education and Obesity Prevention Chinese Project. For more information, please call (415)364-7902

Customizing Chinese Body, Mind & Soul for Churches

Every church congregation has different needs and interests. With this in mind, each church can customize the Chinese Body, Mind & Soul program to meet the needs of their congregation. This section offers ideas for forming a Planning Team and making plans that work for each church.

Form the Chinese Body, Mind & Soul Planning Team

The pastor appoints a Program Coordinator to manage the program and to oversee the Planning Team. The Planning Team is usually made up of 5 to 10 people, depending on the size of the church. The Team customizes Chinese Body, Mind & Soul to meet the needs of the congregation. The Team is responsible for coordinating and promoting the program and tracking the program's success.

The Planning Team can include:

- Members of the health ministry: adult and youth ministries and the food committee.
- Doctors, nurses, dietitians, and others with expertise in health, food and nutrition. If members of the congregation do not have these expertises, invite professionals from the local health department or community organizations to partner with the church.
- Church leaders such as Sunday school teachers and elders.

Make Plans That Work for the Church

A good way to begin planning Chinese Body, Mind & Soul is to incorporate activities into the church's existing programs. The church can add an emphasis of healthy eating and physical activities to ministry programs, Sunday schools, holiday events, celebrations, and more. The Planning Team should also develop stand-alone Chinese Body, Mind & Soul activities for specific groups, (e.g., elderly, adult or youth) or design a program to reach the entire congregation.

Look for resources within the church, such as volunteers and people with expertise in health. Then find ways to get other resources from the community. Other typical resources include educational materials, fruits and vegetables, and door prizes. These can often be found at little to no cost. (See Resources for a list of organizations to contact).

The Team should:

- Prepare a timeline and task list that shows who will be responsible for what.
- Make a list of resources needed for each activity.
- Ask community organizations to help with activities, materials, speakers, food and drink etc.
- Get the word out early and often. Promote events in the church bulletin, newsletters, and displays. (Examples: posters, bulletin board notices, banners).
- Offer door prizes for people who come to the activities.
- Keep supporting Chinese Body, Mind & Soul. Appear at church services and functions.
- Maintain a tracking system to make sure each activity happens as planned.
- Keep a scrapbook (e.g., flyers, photos) so that the church has a record of the strides Chinese Body, Mind & Soul program has made.
- Schedule meetings between the Planning Team and the pastor for planning future events and feedback on how well the program is working.

See Appendix A for a sample meeting agenda and other planning materials.

根據教會的需求來制定華人身心靈健康計劃

每個教會都有不同的需求和興趣。因此，應靈活地設計符合會友需要的身心靈健康計劃。以下內容包含如何組成一個策劃小組，有助你的教會最有效地推廣計劃。

華人身心靈健康策劃小組

牧師將委任一名統籌員，負責管理和協調策劃小組(Planning Team)的工作。策劃小組成員人數取決於教會的規模，通常由5至10人組成。策劃小組按自身教會的需要，設計符合會友需要的身心靈健康計劃。小組同時亦負責協調、推動、跟進，與評估計劃的成效及進度。

策劃小組可以包括：

- 關心會友身心靈健康的領袖，包括成人、青少年事工負責人和膳食部的同工
- 教會中如醫生、護士、營養師，和其他從事醫療和飲食的專業人仕。如果會友中沒有這些專業人仕，可以邀請當地衛生部門或社區組織的專業人仕與教會合作。
- 教會領袖，例如主日學老師和長執

你教會的工作計劃

開始策劃華人身心靈健康計劃的一個好方法，就是將新計劃添加進教會現有的活動和事工中，例如在主日學、節日、或慶祝活動等等加入健康飲食或體力活動的元素。策劃小組亦可為不同組別(如：長者、成人或青少年)或全教會設計合適的華人身心靈健康活動。

尋找在教會內已有的資源，如志願者和健康專業人仕。善用社區資源，如：健康教材、廉價蔬果、獎品。通常這些資源花費不大，容易獲得。(請參閱參考資料中相關組織的名單)。

策劃小組準備工作：

- 準備一個時間表和工作計劃表，明確負責人及其工作內容。
- 清楚列明每項活動所需的資源。
- 邀請社區組織幫助開展活動，如：提供材料、揚聲器和食物、飲品等。
- 提前及廣泛宣傳，如：在教會週報、通訊、和展攤中宣傳。(如：海報、佈告、橫額)
- 提供抽獎，吸引會友前來參與活動。
- 在教會的各項服務和活動中，顯示對華人身心靈健康計劃的支持。
- 持續跟進，以確保每項活動按計劃進行。
- 把活動資料歸檔及妥當保存(如：傳單、照片、見報紀錄等)，讓教會有一個推動華人身心靈健康計劃的完整紀錄。
- 策劃小組與牧師經常會面，向牧師報告進度、未來計劃和聽取牧師的意見。

請參考附錄A的會議議程和其他規劃教材樣本。



Ideas for a Successful Planning Team

- Identify the right leader (someone who has good communication skills and the time to coordinate the Planning Team).
- Schedule regular meetings early on so everyone can mark the dates on their calendars.
- Always prepare an agenda with specific goals for every meeting. This helps the Planning Team stay on task with its timeline. (see sample agenda in Appendix A)
- Set up a system for regular communication with the Planning Team between meetings (eg. email group list).
- Use the talents of the Planning Team members by forming small working groups. For example, members who like to use their artistic talents can work on outreach materials or decorations. Meanwhile, other members can help with planning workshops or getting fruit and vegetable donations.
- Encourage the Planning Team to think creatively.
- Be patient: Church-based programs take time, but they're worth it.

Ideas for Working with Grocery Stores⁽²⁾

Grocery stores make great Chinese Body, Mind & Soul partners. Like you, they want people to eat more fruits and vegetables. Most grocery stores already promote eating healthy in their produce department. This is a good reason for the store to work with you. They want to keep customers and will respond to customers' needs. Here are some ideas for working with local grocery stores:

- Grocery stores may be willing to offer tours of the produce section, coupons, or donations of fruits and vegetables.
- Many grocery stores already have a health program and/or a community commitment. Check with the store manager about how Chinese Body, Mind & Soul can work with existing store activities.
- Most grocery stores already have weekly flyers or ads. Ask if they can include a Chinese Body, Mind & Soul message.
- When working with store managers, point out benefits to the store:
 - Identifying with a community church
 - Getting recognition from the church
 - Promoting the store to the congregation

(2) "Promoting Health in Grocery Stores: Making Healthier Choices Easier Choices", Minnesota Department of Health, Division of Health Promotion and Education

策劃小組的成功秘訣

- 選擇合適的領袖(有良好的溝通能力和有充份時間負責策劃小組工作)。
- 安排定期會議,讓大家都把安排記錄在日程表上。
- 每次會議都有具體的議題和目標,有助於小組按時完成工作(請參考附錄A的會議議程)。
- 制定一個溝通系統,讓策劃小組在會議之間有定期的溝通(例如電子郵件群組)。
- 小組分工合作,組員各盡所能。例如,喜愛藝術的成員可參與設計和製作宣傳單張;其他成員可以幫助籌辦研討會或尋找蔬果的贊助商。
- 鼓勵策劃小組多用創意思考。
- 恆心忍耐。在教會中推動新事工需要較長的時間,但這都是值得的。

與食品店/超市合作的提示⁽²⁾

食品店/超市是華人身心靈健康計劃很好的合作伙伴。他們和你一樣希望大家多吃蔬果。很多食品店/超市本身在蔬果部也正在提倡健康飲食。這是一個很好的合作理由。他們希望滿足客戶的需求並會作出努力。以下是與當地的食品店合作的一些建議:

- 食品店可能願意幫助推介農產品,派送優惠券,或捐贈蔬果。
- 很多食品店都樂於關心社區,並已推行一些健康飲食的計劃。可與店裏的經理探討如何將華人身心靈健康計劃融入現有的活動中。
- 大多數食品店/超市已經有每週的傳單或廣告。請問他們能否加入鼓勵華人身心靈健康的消息。
- 當你與食品店/超市管理層合作時,指出該合作計劃對商店的好處
 - 與教會密切地聯繫
 - 獲教會認可和推薦
 - 向會友推介食品店

(2) “Promoting Health in Grocery Stores: Making Healthier Choices Easier Choices”, Minnesota Department of Health, Division of Health Promotion and Education





Keeping the Spirit Alive

How to Maintain Your Chinese Body, Mind & Soul Program

Chinese Body, Mind & Soul can be the start of an active health ministry, or become part of an existing ministry you already have. Either way, the program empowers church members to eat better and enrich their lives.

The following activities promote healthy eating and active living:

- Create a well-being ministry. Bring in other health topics such as health screenings, preventing and managing chronic diseases, and substance abuse.
- Feature a Chinese Body, Mind & Soul article in the church newsletter.
- Set up a Chinese Body, Mind & Soul bulletin board in the church. Use it to post nutrition and health messages regularly.
- Include physical activities in church activities. Walking groups and aerobics classes are two examples. Some churches even have walking prayer meetings.
- Hold Chinese Body, Mind & Soul workshops every few months during the year.
- Create a Chinese Body, Mind & Soul ministry. Reach outside the church to the community or to other congregations for support.
- Invite nutrition or health support groups, such as walking clubs and weight control programs, to meet regularly at the church.

再接再勵

怎樣持續推動華人身心靈健康計劃

華人身心靈健康計劃可成為一個全新的健康事工，或現有事工的一部分。無論如何，此計劃能讓會友學習健康飲食和過更活躍的生活。

以下的活動可推廣健康飲食與活躍生活：

- 在教會中創立一個整體健康生活事工，並加入另外一些健康話題，如：健康檢查、預防和控制慢性疾病及藥物濫用等。
- 在教會的刊物中刊登一些華人身心靈健康計劃的文章。
- 在教會裏建立一個佈告欄。定期張貼一些營養與健康的資訊。
- 在教會的活動中加入一些體力活動項目。例如步行小組與帶氧運動班。有的教會更開設了步行禱告會。
- 每隔數月舉辦一次華人身心靈健康講座。
- 建立一個華人身心靈健康事工，延伸至廣大社區與其他教會。
- 開放教會，邀請關注營養、健康的團體在教會聚會，如：推廣步行的團體、控制體重的課程等。



Chinese Churches' Success Stories

Cumberland Presbyterian Chinese Church, San Francisco

By Janet Sun, RN (Church Administrator)

Cumberland Presbyterian Chinese Church is a church with over 120 years of history and tradition. We are a multicultural and multilingual church (English, Cantonese and Mandarin speaking). For years, we have been in the heart of San Francisco's Chinatown serving the overseas Chinese and native born Chinese-Americans of different ages.

Church Activities

In the heart of Chinatown, there are lots of restaurants – Dim Sum, food courts and coffee shops – with all kinds of sweets. All these foods are not healthy, but they are easily accessible. In order to encourage church members to eat healthier, we included workshops, cooking demonstrations, food tasting, and invited members of the Chinatown Public Health Center, Nutrition Services to deliver nutrition messages during different fellowship groups.

Usually our church activities mainly focus on the spiritual needs of the members; however, we extended our focus and started promoting healthy eating and active living lifestyle within the church community. In April 2014, we partnered with Chinese Hospital and Chinatown Public Health Center, Nutrition Services to organize a Community Health Fair. On the day of the fair, we provided nutrition workshops, cooking demonstrations, and free screenings for blood glucose, blood pressure, bone density, dental, glaucoma, and memory for locals and Chinatown residents.

About 200 people came to the health fair; many were church members, neighbors, and Chinatown residents. Through the health fair, the group learned more about health, gained skills to change their eating habits, and tried new snacks, fruits, and vegetables.

The Health Fair was our kick-off event to promote healthy eating and an active living lifestyle. We will continue to help our members become healthier by offering a range of learning activities on healthy eating in various fellowship groups.

Creating a Healthy Church Environment

In order to create a healthy church environment, we took two approaches:

A. Education

1. Placed poster, flyers regarding healthy eating and food choices in visible areas. (i.e. bulletin board near the kitchen).
2. Provided training and nutrition workshops for different fellowship groups.
3. Provided healthy food demonstrations for the adult fellowship groups.
4. Provided nutrition education on making healthy food choices for refreshments.

B. Behavior changes

1. Always provided water at every meeting.
2. Provided more fruits and vegetables during luncheon for different fellowship groups.
3. Encouraged the youth groups to cut down on sweetened beverages, and to provide no sugar-sweetened beverages.

華人教會的成功故事

三藩市華人金巴崙長老會

孫余慧玲護士（行政主任）

華人金巴崙長老會擁有120多年的歷史和傳統。我們是一個多文化多語言的教會（英語，粵語和國語）。這些年來，我們一直在華埠的中心地點，服務三藩市不同年齡的移民和本地出生的華裔。

教會活動

在華埠的中心地帶，有很多餐館，點心美食廣場和咖啡館，也是各種甜食的聚集地。這裏許多食物，雖然方便購買，但並不健康。為了鼓勵會友成員吃得健康，我們舉辦了不同的活動，包括：研討會、烹飪示範、健康試食，並邀請華埠公共衛生局營養部工作人員在不同團契舉行營養講座。

通常，我們的教會活動主要集中在會友靈命的需求。現在，我們擴闊了工作的重點，並開始在教會和社區內推廣健康飲食習慣和活躍的生活方式。2014年4月，我們與東華醫院和華埠公共衛生局營養部合作，舉辦社區健康同樂日。在健康同樂日，我們提供營養講座、烹飪示範，免費量血糖、血壓、檢查骨質密度、牙齒、青光眼，和記憶測試等。

近200人參加了這個社區健康日。很多的會友、鄰居和華埠居民出席營養展覽、研討會和烹飪示範。通過此次活動，他們更深切了解到健康的重要性，學習如何改變自己的飲食習慣，並嘗試健康小吃及多吃蔬果。

這次社區健康日，是我們教會開始推行健康生活方式的第一步。我們將繼續透過一系列的學習活動，在不同的團契中推動會友過上健康飲食和活躍的生活方式。

建立一個健康的教會環境

為了營造一個健康的教會環境，我們採取了兩種方法：

一．教育

1. 在當眼地方(即廚房附近的公告板)張貼健康飲食和食物選擇的海報及宣傳單張。
2. 繼續向不同團契小組提供營養和健康教育工作坊。
3. 向成人團契小組提供健康食品的烹飪示範。
4. 向購買食物和茶點的負責人提供選擇健康食物的教育。

二．改善行為

1. 在每次會議提供清水。
2. 在不同的團契午餐中，提供更多的蔬果。
3. 鼓勵青少年減少飲用含加糖飲品，並向他們提供不含糖飲品。



San Francisco Chinese Independent Baptist Church

By Rev. Amos Lee

The Chinese Independent Baptist Church San Francisco was established in 1905 and focused on helping Chinese new immigrant families. In 2013, we partnered with other Chinese churches in our community, allowing us to encourage one another in our efforts to help members of our congregation to take good care of our physical bodies as the temple of the Holy Spirit. We are blessed to be a part of the Chinese Body, Mind & Soul Council that promotes healthy eating and a healthy lifestyle. By receiving relevant resources that help our congregation, we are now eating better and living better.

Church Activities & Creating a Healthy Church Environment

Our journey of eating right and living healthy started several years ago through our summer program. Our focus has been on new immigrant children who enroll in our program. One of the things we teach and model for them is eating healthy and living healthy. Since we cook our own lunches with Chinese cultural foods and ingredients for our participants, we are able to serve hearty and wholesome servings of fruits and vegetables along with whole grain products. We have also stopped serving sugary drinks and offer water to them. The amazing thing about this is, the children always finish what is served on their plates without complaining and they would come back for seconds and thirds. I believe that, if we provide a culture of healthy eating and living, it becomes a part of their lifestyle. Leaders in the program encouraged not to consume sugary drinks, so that they may be role models and demonstrate for the children what it means to eat healthy and to live healthy. For the past two summers, it has been a blessing that we collaborated with Chinatown Public Health Center, Nutrition Services who came to share with the children about nutrition and physical activity as part of our program.

We have also built into our senior ministry, the notion of eating healthy and living healthy by serving healthy food choices that the elders can prepare, especially groceries that some may have received from the San Francisco Food Bank. We also invited speakers who came to teach them about taking care of their health as an older adult.

On a personal note, I have also modeled for my congregation what it means to eat right and live healthy as their pastor. I have lost 50 pounds in the last 18 months and maintained my weight by simply switching to a healthier lifestyle by choosing what I eat, eating a smaller portion and exercising more. I did not join any exercise clubs or buy any expensive exercise gear. As part of the lifestyle change, I walked 4 miles a day, 5 days a week for several months and achieved most of my weight loss. The downside was I had to have a wardrobe change as well! Nothing preaches a sermon so well as when you become the object lesson!

If I can do it, they should be able to do it as well. Glory to God!

三藩市華人自立浸信會

李英柏牧師

三藩市華人自立浸信會成立於1905年，專注於幫助新移民的華人家庭。2013年，我們與來自社區內其他華人教會合作，彼此鼓勵大家努力去幫助會友們好好照顧身體作為神的殿。我們很慶幸能夠成為華人身心靈健康計劃理事會的一份子以推廣健康飲食及生活，幫助會友們吃得和活得更好。

教會活動和建立一個健康的教會環境

我們的健康飲食和健康生活的旅程始於幾年前的暑期課程。我們的重點是幫助參加計劃的新移民子女，透過計劃去教導正確的飲食和健康生活，並令他們以此為典範。由於我們為參與者烹調中式午餐，除了全穀類產品外，我們能夠為他們準備豐盛及健康的蔬果。此外，我們停止提供含糖飲品，只為他們提供白開水。但驚奇的是，孩子們都能夠在沒有埋怨的情況下享用自己餐碟上的食物並且還要求更多。我相信，如果我們向孩子們提供正確的飲食和健康生活的文化，這會成為他們生活方式的一部分。我們還鼓勵領袖避免飲用含糖飲品，成為孩子們的榜樣，令孩子們明白飲食和生活健康的重要性。在過往兩年的夏天，我們很慶幸能夠與華埠衛生局營養部合作，為孩子們分享有關的營養及體力活動知識，作為暑期課程的一部分。

我們更在長者事工中建立飲食及生活健康的觀念，教導他們如何用一些從三藩市糧食庫 (San Francisco Food Bank) 領取到的食物準備健康菜式。此外，我們還邀請講員教導他們如何照顧自己的晚年健康。

就我個人而言，身為牧師，我亦為會友們樹立健康飲食和生活的榜樣。在過去的18個月，我只是做了以下的改變，就成功減去50磅：多留意食物上的選擇、進食小份量的食物及多做運動。我沒有參加任何運動俱樂部或購買昂貴的運動裝備。我每天步行4英里，每週5天並維持好幾個月，我就是這樣減輕體重。其缺點就是衣櫃裏的衣服也隨我體形的變化而需要更換！一個良好的示範，才是最佳的訓詞！

當我能做到這一點，他們也能跟我做得一樣好。願榮耀歸於神！



San Francisco Evangelical Free Church

By Elite Kwong (Former Children's Ministry Director) & Rev. Wing So

San Francisco Evangelical Free Church (SFEFC) is located in the North Beach district in San Francisco, California. We are committed to spreading the Good News and serving our community. For many years we have provided programs like afterschool learning center, English classes for new immigrants, and many different community workshops.

Pastor and Members Involvement

In January 2014, we had the opportunity to participate in the Creative Healthy Cooking and Physical Activity Workshops organized by Chinatown Public Health Center Nutrition Services. Pastor Stephen Mak and some members participated in the workshops which included nutrition education, healthy cooking demonstrations, and physical activities that were educational, informative, practical, and most important of all, insightful towards obesity prevention for the young and old.

Church Activities

• Creative Healthy Cooking Classes

Through these classes, participants tasted healthy food prepared during the cooking demonstrations and learned how to prepare healthy meals at home, potlucks, and at church. Examples include:

- Children Sunday School snacks
- Learning Center snacks
- Adult Fellowship refreshment
- include fruits and water, instead of cookies and soda.
- include water with fresh cut fruits to add flavors.
- include more vegetables and fruits in place of unhealthy snacks.

• Life Enrichment Classes

SFEFC holds the "Life Enrichment" class that meets weekly. This program caters to the needs of the San Francisco immigrants who may face challenges adapting to the new environment. The "Life Enrichment" class includes Yijin exercises, nutritional messages, and life enrichment talks with topics that address cultural and mental health issues. This program is well received by the participants.

Creating a Healthy Church Environment

- We passed out flyers and shared our experience with Creative Healthy Cooking and Physical Activity Workshop to parents and friends who were interested.
- We encouraged the congregation to try out new recipes at home, potlucks, and lunch services in church.
- Tutors, volunteers and students chose to drink water or flavored water instead of soda or other sweetened drinks.
- Parents and students enjoyed learning new physical activities such as Yijin and have included it in their daily physical activity routines, sparking interest among friends and families in the neighborhood.

We are grateful for the faithfulness and dedication of Chinatown Public Health Center, Nutrition Services in promoting healthy eating and active lifestyles that will help us effectively serve God and people.



三藩市播道會

鄭黃意麗(前兒童事工主任), 蘇穎睿牧師

三藩市播道會位於加州三藩市北岸區, 致力傳揚福音和關懷社區, 多年來提供學生課後補習、新移民英文班及工作坊等事工來服事社區。

牧師和會友參與

在2014年1月, 教會有機會參與由華埠衛生局主辦的創意健康烹飪及體力活動講座, 麥牧師和一些會友一起參加了講座, 講座內容包括營養教育、健康烹飪示範及體力活動。這些活動不但富教育性、知識性和實用性, 最重要的是, 幫助年輕人和老年人學習怎樣預防肥胖症。

教會活動

· 創意健康烹飪班

在創意健康烹飪班, 參加者除了品嚐健康食物之外, 還學習如何在家、聚餐中、教會準備健康的飯菜。例子包括:

- 兒童主日學小吃
- 以水果及清水代替曲奇餅和汽水。
- 學習中心的小吃
- 提供加入新鮮水果的蔬果味水。
- 成人團契茶點
- 多提供蔬果來代替不健康的小食。

· 「天南地北」

三藩市播道會每星期舉行「天南地北」的活動。由於三藩市有很多移民, 要面對著新的環境和文化, 實在不易。這個「天南地北」的設計, 正是針對他們身心靈之需而設。「天南地北」講座的活動有: 易筋運動, 健康飲食, 及討論文化、心理健康、及心靈之需。這活動極受歡迎。

建立一個健康的教會環境

- 我們派發傳單, 並透過創意營養烹飪和體力活動工作坊, 與感興趣的家長和會友分享我們的經驗。
 - 鼓勵他們在家煮食和在教會聚餐時嘗試新食譜。
 - 教師、志願者和學生們選擇喝水或蔬果味水代替汽水或其他高糖份飲品。
 - 家長和學生還喜歡學習新的體力活動, 如易筋, 並把新學的體力活動包括在他們的日常鍛煉, 同時吸引朋友和家人的參與。



我們十分感謝華埠公共衛生局營養部。他們的忠誠和奉獻精神, 促進健康飲食和積極的生活方式, 將幫助我們更有效地侍奉神和服侍人。

The Salvation Army San Francisco Chinatown Corps

By Major Thomas Mui

The Salvation Army San Francisco Chinatown Corps and Community Center has been serving the community for over 128 years. “Heart to God, and Hand to People” is always our vision and mission. We care for people in three aspects: body, mind, and spirit.

Pastor, Members and Community Involvement

Since August 2013, we have partnered with Chinatown Public Health Center’s **We Can!**® Chinese Families Workshop in educating and promoting our church members as well as people from the community to “Eat Right! Get Fit! Get Healthy!”

Our church members began to read food labels at the supermarket and paid extra attention to the sugar and fat content of each food before purchasing. They also learned to prepare proper portions following the “Choose MyPlate” Guidelines for daily meals.

In regards to their daily drinks, most seniors already know to choose tea or water. They were happy to learn that they could actually add various slices of fruits to their water, making it healthy and tasty at the same time.

Church Activities

Healthy Sunday, Workshop & Healthy Luncheon

On June 22nd, 2014, we held a Healthy Sunday event to introduce the importance of having a healthy body, mind and spirit. The word of God in 1 Corinthians 3: 16 – 17 tells us that the Holy Spirit has dwelled in the believers’ hearts. Our bodies become the temple of God. Every believer has the duty and responsibility to keep his/her body, mind and spirit healthy. After the message, we held a nutrition workshop, food demonstration and healthy luncheon. It was a very successful Sunday about healthy eating.

Changing people’s eating habits is not an easy job. The big challenge is to change the habits of the youth. We now prepare flavored water with fresh slices of fruits for the youth during our After School Program and Summer Day Camp Program. We also noticed that while children did not like to eat vegetables and fresh fruits, with education and encouragement, 70% of the Day Camp children ate vegetables and fruits as part of their lunch.

Creating a Healthy Church Environment

Posters from Chinatown Public Health Center, Nutrition Services have been placed in public areas within our church building, mainly the Lobby, Multi-Purpose Room/Fellowship Hall, and the Kitchen.

We also passed out flyers for the Creative Healthy Cooking and Physical Activity Workshop conducted by Chinatown Public Health Center. We have about 70 people who come to our Food Pantry regularly, and another 40 seniors who come to our Friday Senior Fellowship.

A Personal Success Story

The healthy eating messages have helped me ever since I have been diagnosed with pre-diabetes. Within three months of careful diet choices, my hemoglobin A1C level has been greatly reduced from 6.7 in April to 5.8 in August. Using “Choose MyPlate” guidelines and exercising regularly has allowed me to successfully keep my hemoglobin A1C under control. Thanks to God for the nutrition education from Chinatown Public Health Center to my church and to me.



基督教救世軍三藩市華埠堂

梅鴻明牧師

基督教救世軍三藩市華埠堂和社區中心為三藩市社區大眾服務了超過128年。我們的異象和使命是“心給神，手給人”。我們用三個不同的層面來關心大家的：身、心和靈。

牧師、會友和社區參與

自2013年8月起，我們和華埠公共衛生局合作舉辦的「**我們做得到!**」講座，向教會成員和社區大眾教導、推廣「吃得有營，活得更型!」。

我們的教會成員開始閱讀超市食品的食品標籤，購買前會特別注意食品的糖份和脂肪含量。他們也學會使用“選擇我的餐碟”的指引，每餐吃適當的份量。

關於飲品，大部分年長會友已經懂得選擇喝茶或水。他們很開心學到原來在水裏加水果片便能夠成為既健康又美味的飲品。

教會活動

健康主日、講座和營養午餐

2014年6月22日，舉辦了“健康主日”活動，介紹健康身體、心、靈的重要性。哥林多前書3:16-17節提到，神的話提醒我們聖靈活在信徒的心裏。我們的身體是神的殿。每個信徒有責任保持他的身、心、靈健康。信息後，舉辦了營養講座和健康小吃示範。這是一個非常成功的週日，教導大家如何吃得正確。

改變人們的飲食習慣不是一件容易的工作。最大的挑戰是改變年輕人的生活習慣。為了改變年青人喝高糖飲品的習慣，我們在“課後活動”和“暑假夏令營”活動中，提供有新鮮水果加入的有味蔬果水給他們喝。我們還發現小朋友不喜歡吃蔬果，但是隨著教育和鼓勵後，70%“暑假夏令營”活動的小孩會選擇蔬菜和水果作為午餐的一部分。

建立一個健康的教會環境

我們把華埠公共衛生局營養部的健康飲食海報張貼在教會的公共地方，主要在大堂、多用途室/團契大廳和廚房。我們還把華埠公共衛生局的“創意營養烹飪坊”傳單派給社區大眾傳閱。現在大概70人會定期來我們的“食品派發活動”(Food Pantry)，還有40位年長人士來我們的星期五耆英團契。

個人的成功故事

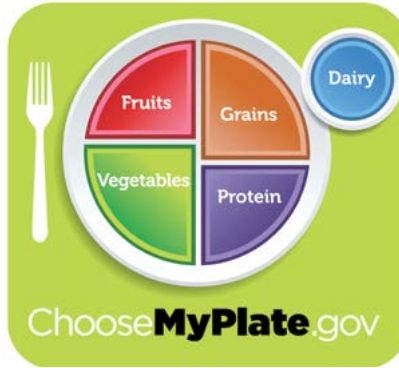
自從我被確診患有糖尿病前期，學習健康營養知識幫助了我很多。用了3個月的時間跟著“選擇我的餐碟”的指引後，我的糖化血紅素(Hemoglobin A1C)含量從在四月份的6.7下降到八月份的5.8。使用“選擇我的餐碟”指引和定期做運動讓我成功地控制我的病情。我十分感謝神讓華埠公共衛生局教育我和我的教會。

HEALTHY EATING

Choose My Plate

In 2011, the US Department of Agriculture replaced its MyPyramid dietary model with the new MyPlate concept. MyPlate serves as a reminder to help consumers make healthier food choices. It takes the 5 main categories of the old food pyramid and rearranges them into a much simpler and more practical image – Grains, Vegetables, Fruits, and Protein are arranged in four colored sections on a plate along with a cup of Dairy – to encourage healthier diets. Personal daily food plans and recommended calorie intakes are available at www.ChooseMyPlate.gov.

- www.ChooseMyPlate.gov provides practical information to individuals, health professionals, nutrition educators, and the food industry to help consumers build healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information.
- Healthy eating and active living can help lower your risk of certain types of cancers, type 2 diabetes, stroke, high blood pressure, and an unhealthy body weight.
- Proper nutrition is critical when 2/3 of American adults are overweight or obese and almost 1/3 of children ages 2 to 19 are overweight or obese. (3), (4)



What Should I Eat At Every Meal?

Get your own Daily Food Plan!

Go to www.ChooseMyPlate.gov and click on 'Get a Personalized Plan' to the right. Enter your height, weight, age, sex and level of physical activity. The website also contains information, tips and links.

Grains Make about one quarter of your plate grains, with half of them whole grains.

Grains are divided into 2 subgroups, refined grains and whole grains. Refined grains include white flour, white bread, white rice, etc. Whole grains, however, are a better choice because they are rich in dietary fiber. Examples include whole-wheat flour, whole grain cereals, oatmeal and brown rice.

1 oz. is about:
 • 1 slice of bread • ½ cup cooked rice, pasta, cereal
 • ¼ bagel • ½ English muffin

Vegetables Make half your plate fruits and veggies.

Vegetables are divided into 5 subgroups based on their nutrients: dark green vegetables, red & orange vegetables, beans and peas, starchy vegetables and others. Remember to vary the color of your veggies!

1 cup is about:
 • 1 cup cooked vegetables or 2 cups raw leafy greens
 • 12 baby carrots • 2 large celery stalks
 • 1 large ear of corn • 1 medium potato

Fruits Make half your plate fruits and veggies.

Choose fresh, canned, frozen or non-sugarcoated dried fruit. Fruit can be eaten whole, cut up or pureed.

1 cup is about:
 • 32 seedless grapes • 1 large banana
 • 2 large plums • ¼ cup dried raisins, apricots

Dairy Make each meal complete with the equivalent of one cup of dairy and switch to non-fat or low-fat (1%) milk.

If you cannot consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.

1 cup is:
 • 1 cup yogurt • 1 cup milk • 1 cup calcium-fortified soy milk
 • 1 ½ oz. hard cheese or ½ cup shredded cheese (reduced-fat or low-fat)

Protein Make about one quarter of your plate a protein source.

Contains all foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds. Include at least 8oz. of a variety of seafood per week and choose lean cuts of meat. Bake it, broil it or grill it.

1 oz. is about:
 • 1 egg • 1 Tbsp. peanut butter • ¼ cup cooked beans • ¼ cup tofu
 • ½ oz. nuts (12 almonds, 24 pistachios) • 1 sandwich slice of turkey

This brochure was produced by the California Department of Public Health's Network for a Healthy California with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.cachampionsforchange.net. To contact the Network for a Healthy California—Chinese Project, call (415) 364-7902. 9/2011



(3) United States Department of Health and Human Services, Center for Disease Control, National Center for Health Statistics. Health, United States, 2014: With Special Feature on Adults Ages 55-64. Accessed October 6, 2015, from <http://www.cdc.gov/nchs/data/hus/14.pdf#059>

(4) USDA HHS, CDC, National Center for Health Statistics, "Health, United States, 2014, With Special Feature on Adults Aged 55-64", 2014. Print. Overweight and Obesity Statistics. (2012, October 1). Retrieved July 30, 2015, from <http://www.niddk.nih.gov/health-information/health-statistics/Pages/overweight-obesity-statistics.aspx>

健康飲食

選擇我的餐碟

在2011年，美國國家農業部把“我的餐碟”代替“食物金字塔”。“我的餐碟”用作一個指引，幫助消費者做出更健康的食品選擇。“我的餐碟”將金字塔的五類食物重新分佈在一個較容易及實用的圖案上——就是將穀類、蔬菜類、水果類和蛋白質放在餐碟上，再加上一杯乳製品，鼓勵健康飲食。請到www.ChooseMyPlate.gov網站查詢適合你個人熱量和進食的建議。

- www.ChooseMyPlate.gov 提供資訊給個人，衛生專業人員，營養教育和食品工業，以幫助消費者打造健康飲食的資源和工具，進行膳食營養評價，營養教育，和其他用戶友好的營養信息。
- 健康飲食和適量體力活動能幫助降低你患某些癌症、第二型糖尿病、中風、高血壓及不健康體重的風險。
- 當三分之二的美國成年人超重或肥胖和三分之一年齡介於2至19歲的美國兒童肥胖時，均衡營養顯得十分重要。(3), (4)



ChooseMyPlate.gov

我每餐應該吃甚麼？

獲取您的個人日常飲食計劃！
請到 www.ChooseMyPlate.gov，並在右邊點擊“取得個人計劃”(Get a Personalized Plan)，輸入您的身高、體重、年齡、性別和體力活動量。該網站還包含信息、提示和網站鏈接。

穀類

餐碟的四分之一應是五穀類，而其中一半的五穀類應是全穀類。

穀類分為兩種，加工穀類和全穀類。加工穀類包括白麵粉、白麵包、白米飯等，但是全穀類是更好的選擇，因為它們含有豐富的膳食纖維。例如：全麥麵粉、全麥五穀片、燕麥片和糙米。

1安士大約是：

- 1片麵包
- 1/2 杯煮熟了的米飯，麵食或五穀片
- 1/4 個猶太麵包(bagel)
- 1/2 個英式鬆餅



蔬菜類

餐碟的一半應是水果和蔬菜。

根據其營養成份，蔬菜類分為五小組：深綠色蔬菜、紅色和橙色蔬菜、豆類和黃粉類蔬菜等。記住要吃不同顏色的蔬菜！

1杯大約是：

- 1杯煮熟的蔬菜或2杯生的綠葉蔬菜
- 12塊小胡蘿蔔條
- 2條芹菜莖
- 1條玉米
- 1個中型的馬鈴薯



水果類

餐碟的一半應是水果和蔬菜。

選擇新鮮，罐裝，冷凍或沒有添加糖的乾果。水果可以吃整個，切好的或漿狀的。

1杯大約是：

- 32粒無籽葡萄
- 1條大香蕉
- 2個大李子
- 1/2 杯葡萄乾，杏脯



奶類製品

一份完整的餐飲應包括相等於一杯的奶類製品，選擇脫脂或低脂(1%)牛奶。

如果您不能食用牛奶，選擇無乳糖產品或其他鈣質來源，如加鈣食品和飲品。

1杯是：

- 1杯酸乳酪
- 1杯牛奶
- 1杯加鈣豆奶
- 1 1/2 安士硬芝士或 1/2 杯芝士碎(減脂或低脂)



蛋白質

餐碟的四分之一應是蛋白質。

包含所有肉類、家禽、海鮮、豆類、雞蛋、加工黃豆製品、堅果和果仁。每週至少進食8安士海鮮，並選擇瘦的肉。可選擇烘烤或燒烤的烹調方法。

1安士大約是：

- 1個雞蛋
- 1湯匙花生醬
- 1/4 杯熟的豆類
- 1/4 杯豆腐
- 1/2 安士堅果(12顆杏仁, 24顆開心果)
- 1片三明治火雞肉



此海報的製作和印刷經費由美國農業部(CalFresh計劃(前種食物計劃))透過健康加州網絡及華埠公共衛生局、三藩市公共衛生署提供。此計劃由公平機會提供者(和)權益。CalFresh計劃為低收入家庭提供營養支援，有助於購買營養食物來促進健康。欲查詢加州種食物計劃，請電1-877-847-3963。欲取得營養資訊，請瀏覽www.calchampionforchange.net。欲與健康加州網絡-華人計劃聯絡，請電(415) 364-7902。 9/2015





(3) United States Department of Health and Human Services, Center for Disease Control, National Center for Health Statistics. Health, United States, 2014: With Special Feature on Adults Ages 55-64. Accessed October 6, 2015, from <http://www.cdc.gov/nchs/data/hus/14.pdf#059>

(4) USDA HHS, CDC, National Center for Health Statistics, “Health, United States, 2014, With Special Feature on Adults Aged 55-64”, 2014. Print. Overweight and Obesity Statistics. (2012, October 1). Retrieved July 30, 2015, from <http://www.niddk.nih.gov/health-information/health-statistics/Pages/overweight-obesity-statistics.aspx>

Make Half of Your Plate Fruits and Vegetables

Benefits of Fruits and Vegetables

- Provide vitamins, minerals, fiber, and phytochemicals (substances found in plants that are good for health) to help lower the risk of chronic diseases such as cancer, heart disease, high blood pressure, stroke, obesity, and diabetes
- Slow the negative signs of aging, such as weakening vision and memory loss
- Enhance immunity
- Help develop strong muscles, bones, and teeth
- Low in calories, and contain high water and fiber content
- Lower risk of lung, oral, esophageal, stomach, and colon cancers

Recommended servings of fruits and vegetables vary with gender, age, and activity levels.**

Gender	Age Group	Vegetables	Fruits
Children	2-3 years old	1 cup	1 cup
	4-8 years old	1½ cups	1-1½ cups
Girls	9-13 years old	2 cups	1½ cups
	14-18 years old	2½ cups	1½ cups
Boys	9-13 years old	2½ cups	1½ cups
	14-18 years old	3 cups	2 cups
Women	19-30 years old	2½ cups	2 cups
	31-50 years old	2½ cups	1½ cups
	51+ years old	2 cups	1½ cups
Men	19-30 years old	3 cups	2 cups
	31-50 years old	3 cups	2 cups
	51+ years old	2 ½ cups	2 cups

U.S. Department of Agriculture, Choose MyPlate Daily Recommendation, 2010, <http://www.choosemyplate.gov>

** The following daily amounts are recommended for individuals who get less than 30 minutes per day of physical activity beyond regular daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

Want to know the amount of each food group you need daily? Visit the link below and enter your information to find out and receive a customized Daily Food Plan.

Customize your Daily Food Plan here: <http://www.choosemyplate.gov/myplate/index.aspx>

蔬果應佔餐碟的一半

蔬果的好處

- 提供維他命、礦物質、纖維素，和植物元素，幫助減低許多疾病的患病率。如：癌症、心臟病、高血壓、中風、體重過重、和糖尿病
- 緩解衰老的一些症狀，如：視力變弱、記憶力減退
- 增強身體免疫力
- 有助強健肌肉、骨骼和牙齒
- 含低熱量和脂肪，並有大量的水和纖維
- 減低患肺癌、口腔癌、食道癌、胃癌和結腸直腸癌的風險

成年人每日應吃多少蔬果視乎個人年齡、性別和體力活動量而定。**

性別	年齡	蔬菜	水果
兒童(男/女)	2-3 歲	1 杯	1 杯
	4-8 歲	1½ 杯	1-1½ 杯
女孩	9-13 歲	2 杯	1½ 杯
	14-18 歲	2½ 杯	1½ 杯
男孩	9-13 歲	2½ 杯	1½ 杯
	14-18 歲	3 杯	2 杯
女性	19-30 歲	2½ 杯	2 杯
	31-50 歲	2½ 杯	1½ 杯
	51+ 歲	2 杯	1½ 杯
男性	19-30 歲	3 杯	2 杯
	31-50 歲	3 杯	2 杯
	51+ 歲	2½ 杯	2 杯

以上是美國農業部2010年“選擇我的餐碟”膳食指引的每日蔬果建議攝取量。 <http://www.choosemyplate.gov>

**以上建議適用於少活動人士，即每日做30分鐘或以下的額外體力活動。若你每日的額外體力活動達30分鐘以上，可在不超出每日熱量需求的前提下多吃一些蔬果。

想知道你需要每種食物種類的份量？請到以下網址輸入你的資料，制定你的個人飲食計劃。
到這個網址制定你的日常飲食計劃：<http://www.choosemyplate.gov/myplate/index.aspx>

What Counts As a Cup?

Fruits:

- 1 small apple
- 1 large banana
- 1 large orange
- 1 large peach
- 8 large strawberries
- ½ cup dried fruit
- 1 medium pear

Vegetables:

- 1 cup cooked greens
- 1 medium potato
- 1 large sweet potato
- 2 large celery stalks
- 1 large whole tomato (uncooked)
- 2 cups raw leafy greens
- 1 cup chopped vegetables
- 1 cup cooked carrots

How to eat 5 cups of fruits and vegetables?

- 1 large orange + 1 small apple + 1 cup eggplant
- + 1 cup cooked greens + 1 cup cooked cauliflower
- = 2 cups fruits + 3 cups vegetables
- = 5 cups



何謂一杯的份量？

水果：

- 1 個小蘋果
- 1 條大香蕉
- 1 個大橙
- 1 個大桃子
- 8 顆大草莓
- 半杯乾果
- 1 個中型梨

蔬菜：

- 1 杯煮熟青菜
- 1 個中型馬鈴薯
- 1 個大甜薯
- 2 條大西芹
- 1 個大番茄（未煮熟）
- 2 杯未煮熟青菜
- 1 杯切片瓜菜
- 1 杯胡蘿蔔

如何吃五杯蔬果？

一個大橙 + 一個小蘋果 + 一杯茄子
+ 一杯煮熟的青菜 + 一杯煮熟的花椰菜
= 兩杯水果 + 三杯蔬菜
= 五杯蔬果



How to Eat More Fruits and Vegetables Every Day

The meal pattern below demonstrates one way to eat 2 cups of fruits and 3 cups of vegetables each day. Use [page 34](#) to adjust meal patterns according to age and gender for the recommended level of fruit and vegetable intake.

Morning:



½ purple yam

or



½ sweet potato

= ½ cup

Mid-Day:



1 cup cooked greens

+



and 1 apple

= 2 cups

Snack:



1 large banana

= 1 cup

Evening:



½ cup carrot soup
(½ cup of carrots)

+



and ½ cup cooked string beans

= 1 ½ cups

+



and ½ cup cooked Chinese broccoli

Total: 3 cups vegetable + 2 cups fruits = 5 cups

每天怎樣吃更多的蔬果

以下的飲食餐單，展示怎樣每天吃兩杯水果和三杯蔬菜。請用**第35頁**的建議，根據年齡和性別來對以下的飲食規律作出調整。

早晨：



半個紫番薯

或



半個甜薯

= 半杯

中午：



一杯熟青菜

+



一個蘋果

和

= 2 杯

零食/加餐：



一隻大香蕉

= 1 杯

晚上：



湯裏放半杯胡蘿蔔

+



半杯熟青豆

和

= 1 杯半

+



和 半杯熟芥蘭

總合：3杯蔬菜 + 2杯水果 = 5杯

Low-Sugar, Low-Fat Eating

Why is it important to cut down on sugar?

Excess sugar in the body turns into fat. Sugar is present naturally in some foods, such as fructose in fruits and lactose in dairy. It can also be added to foods at the table or during processing and preparation of sweetened drinks and packaged foods. Many health experts advise people to cut down on added sugar because of the following reasons:

- Together, solid fats and added sugars contribute a substantial portion of the daily calories consumed by Americans—nearly 800 calories per day—without contributing important nutrients. This has implications for weight management. The 2010 Dietary Guidelines for Americans recommend reducing consumption of added sugars, specifically sugary drinks, desserts, and candy. ⁽⁵⁾
- Added sugar provides calories but no other nutrients. An eating plan to maintain a healthy weight is one that focuses on getting plenty of nutrients within your calorie needs.
- Many children and teens (especially girls) do not get enough calcium, a key mineral for building strong bones and teeth as well as helping all body parts function properly. ⁽⁶⁾ Let children drink fat free/low-fat milk instead of sweetened drinks, in order to strengthen their bones.
- Some common food choices that are high in sugar include: Pineapple Buns, Mooncake, Muffins, Donuts, soda, etc.
- Some common food choices that are low in sugar include: whole wheat bread, unsweetened tea, flavored water, etc.

Why is it important to cut down on fat?

Fat plays a vital role in the body—it helps provide energy and helps the body absorb certain nutrients. However, too much fat can raise bad LDL cholesterol and increase the risk of heart disease. Fat has twice as many calories as protein or starch. Therefore, reducing fat intake can help control weight and reduce the risk of cardiovascular disease. The following are some ideas to reduce fat intake:

- Remove excess fat and skin off meats and poultry, choose lean meat
- Buy low-fat or fat free yogurt, milk, and cheese
- Stay away from biscuits, cakes, pastries, and other fatty foods
- Stay away from fatty meats such as sausages and bacon

(5) United States Department Agriculture and United States Department of Health and Human Services. 2010 Dietary Guidelines for Americans. January 31, 2011. Accessed October 6, 2015, from <http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>

(6) United States Department of Health and Human Services, Office of Women's Health. What Girls Needs to Know About Bone Health. Accessed October 6, 2015, from <http://www.girlshealth.gov/nutrition/bonehealth/>

低糖低脂飲食

為什麼我們需要減少糖份？

在身體內，過多的糖份會轉變成脂肪。有些食物含有天然糖份，例如水果有果糖或牛奶有乳糖。有些食物及飲品在加工過程或進食的時候也可以加入糖份。健康專家認為，有幾個原因令我們應該減少食用添加的糖份：

- 固體脂肪和添加糖在美國人的餐單中佔大量卡路里，每天接近800卡路里，而且沒有提供重要的營養素，這樣會影響體重管理。2010年美國人膳食指南建議減少進食添加糖，尤其含糖飲品、甜點和糖果。⁽⁵⁾
- 含添加糖的食物只會供給卡路里而不含其他營養素。一個能幫助你及家人維持健康體重的飲食計劃，是注重在你的熱量需求範圍內如何獲得最多的營養素。
- 許多兒童和青少年，尤其是女孩子，沒有得到足夠的鈣質。鈣質是一種對強健骨骼、牙齒及維持身體其他功能重要的礦物質。⁽⁶⁾ 讓孩子們喝脫脂/低脂牛奶代替加糖的飲品，能增強孩子的骨骼。
- 常見的高糖份食物有：菠蘿包、月餅、鬆餅、甜甜圈、汽水等。
- 常見的低糖份食物有：全麥麵包、無添加糖的茶、自製蔬果味水等。

為什麼我們需要減少脂肪？

脂肪在我們的身體擔當一個重要角色——它有助於提供能量，幫助人體吸收某些養分。但是進食過量脂肪會增加壞膽固醇及增加心臟病的風險。脂肪含有比澱粉質食物多兩倍的卡路里，所以減少進食脂肪可以幫助控制體重和減少患心血管疾病的風險。以下是一些減少進食脂肪的建議：

- 進食肉類和家禽時，選擇瘦肉和去皮家禽
- 購買低脂肪或無脂肪酸乳酪、牛奶和芝士
- 減少進食餅乾、蛋糕、糕點和其他高脂肪的食物
- 減少進食含高脂肪的肉類，如：香腸和燻肉

(5) United States Department Agriculture and United States Department of Health and Human Services. 2010 Dietary Guidelines for Americans. January 31, 2011. Accessed October 6, 2015, from <http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>

(6) United States Department of Health and Human Services, Office of Women's Health. What Girls Needs to Know About Bone Health. Accessed October 6, 2015, from <http://www.girlshealth.gov/nutrition/bonehealth/>



Rethink Your Drink

Over 30% Over 30% of all calories from added sugars consumed daily are from sweetened beverages.⁽⁷⁾ Extra calories from all this sugar may lead to weight gain and a greater risk for long term health problems such as diabetes and heart disease.

Amount of sugar in popular beverages:



Instead of drinking sweetened beverages, consider making flavored water. It's very simple. Simply slice preferred fruit/vegetable and put it in water to add flavor into water without the additional calories. For a refreshing drink, try Cucumber Mint Breeze. Please see the recipe that follows:

Cucumber Mint Breeze

Makes 4 servings (1 cup per serving)

Prep time: 5 minutes

Ingredients: 1/2 cup sliced cucumbers, 1-2 sprigs of fresh mint leaves

Preparation:

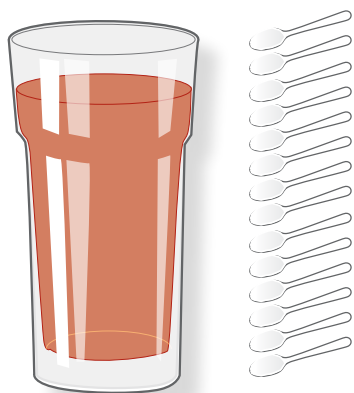
1. Fill a pitcher halfway with ice (optional)
2. Add sliced cucumbers and mint
3. Fill with water. Chill for at least 20 minutes before serving
4. Store in refrigerator and drink within 24 hours

(7) BANPAC, Rethink Your Drink action card, 2012

重新考慮你的飲品

每天從附加糖而來的卡路里，有超過30%是來自加糖飲品。(7) 這些額外的熱量可能會導致體重增加、導致產生長期健康問題的風險，如：糖尿病和心臟病。

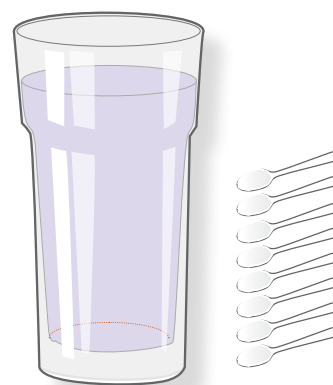
受歡迎飲品的含糖量：



加糖檸檬茶(20安士)
212.5卡路里, 14茶匙糖



果汁飲品(20安士)
305卡路里, 17茶匙糖



維他命水(20安士)
125卡路里, 8茶匙糖

我們可以用蔬果味水代替加糖飲品，做法十分簡單。只需把你喜歡的蔬果切片加水，可在水中添加一些蔬果味而不會增加熱量。大家可嘗試參考以下的食譜以青瓜薄荷作清涼飲品。

青瓜薄荷水 (Cucumber Mint Breeze)

做四份(一份 = 一杯)

準備時間：五分鐘

材料：半杯青瓜，切片；一至二片新鮮薄荷葉

做法：

1. 將冰放入水樽，填滿水樽一半(可免)
2. 加進青瓜片和薄荷葉
3. 加水。食用前，冷藏至少二十分鐘
4. 存放在冰箱。二十四小時內喝完

(7) BANPAC, Rethink Your Drink action card, 2012



Portion Control

A lot of people might have noticed that portion size in America is bigger. When eating out, sometimes the plate arrives and there is enough food to feed 2 or even 3 people. These ever-larger portions have changed what is considered a “normal” portion and that affects how much people eat at home as well. Try to control portion size and eat healthier by doing the following:

- Serve smaller portions in smaller bowls, plates, and glasses to avoid looking skimpy.
- Share a portion with a family member or friend.
- Choose food portions no larger than the person's fist.
- Buy snacks in smaller sizes or divide full-size packages into smaller, individual bags.
- Ask for a take-out box when the food arrives and put part of the dish in it before eating.
- Don't super size!
- Eat slowly.
- Stop eating when beginning to feel full.
- Wait a while before getting seconds.
- Order kid's size meals at a restaurant.
- Avoid eating in front of the TV.

控制份量

在美國很多人都可能察覺到食物的份量很大。在外出用餐時，放在你面前的食物相等於兩、三個人吃的份量。這些超大的份量改變了我們對「正常」份量的觀念，更影響我們在家中的進食份量。我們可以根據以下提議，控制食量和吃得更健康：

- 用容量較小的盤子、杯或碗擺放少量食物去避免食物份量看起來太少
- 和家人及朋友分享你的食物
- 選擇食物份量不要超過你拳頭的大小
- 買小份量的小吃或把一大份的小吃分成幾個小份
- 在就餐前，把部份餐點放入預先索取的外帶盒中作為外帶，以減少當餐進食的份量
- 別選擇特大 (super-size) 的份量
- 慢慢吃
- 當你開始覺得飽的時候，就應該停下來
- 若想再吃另一份量的食物，稍等一會
- 在餐館，買小童的份量
- 避免在看電視時進食



Healthy Cooking Methods















Learn how to modify recipes and make substitution

1. Change The Cooking Method

Use more: Baking, broiling, roasting, grilling, braising, steaming, blanching, and stir-frying using a nonstick pan (with a small amount of oil)

Use less: Deep fat frying, pan frying

2. Modify The Ingredients

Instead of:	Change to:	Teaspoon(s) of fat saved per serving:	Grams of fat saved per serving:
• Fatty meats	• Lean meats: loin, round, tenderloin		41
• Sausages, bacon	• Skinless turkey and chicken		6-17
• Lunch meat	• Tuna canned in water, sliced chicken, lean ham		21
• Whole milk	• Fat-free milk		9
• Cream	• Fat-free evaporated milk		48
• Butter	• Reduced fat or nonfat spread		2-4
• Fat in dessert	• Apple sauce to replace half or all of the fat in the recipe		48
• Oil	• Vegetable oil spray		5
• Eggs	• Egg whites [2 for each egg]		5
• High fat cheese	• Low-fat cheese		5
• Mayonnaise	• Light or fat-free mayonnaise or nonfat yogurt		6
• Regular salad dressing	• Low-fat or fat-free dressing		3
• Ice cream	• Sorbet, low-fat ice cream, frozen low-fat yogurt or frozen fruit juice bar		19
• Chips	• Baked chips		8

3. Change The Amount Of The Ingredients

- Reduce the amount of oil
- Increase the amount of herbs and spices for flavoring
- Reduce the amount of high fat ingredients and increase that of low-fat ingredients

健康烹調

學習改善食譜和更換用料

1. 改變煮食方法

多用：焗、烤、燒、烘、滷、炆、蒸、灼、炒（用易潔鑊，只用少量油）

少用：炸、煎

2. 改變用料

不用：	改用：	省掉的脂肪 (以茶匙算)：	省掉的脂肪 (以克算)：
• 排骨，腩肉	• 瘦肉		41
• 腊腸，腊肉	• 去皮火雞及雞		6-17
• 午餐肉	• 罐頭水泡吞拿魚， 雞肉片，瘦火腿		21
• 全脂奶	• 脫脂奶		9
• 奶油	• 脫脂罐頭淡奶		48
• 牛油	• 低脂或脫脂人造牛油		2-4
• 甜品裡的脂肪	• 用蘋果醬取代食譜裡 一半或全部的油		48
• 油	• 噴霧式菜油		5
• 蛋	• 蛋白(以兩隻蛋白代替一隻雞蛋)		5
• 全脂乳酪	• 低脂乳酪		5
• 蛋黃醬	• 低脂，脫脂蛋黃醬或 脫脂酸乳酪		6
• 普通沙律醬	• 低脂或脫脂沙律醬		3
• 雪糕(冰淇淋)	• 雪葩，低脂雪糕，低 脂冰乳酪或果汁冰棒		19
• 炸薯片	• 焗薯片		8

3. 改變用料份量

- 減少脂肪用量
- 增加香草及香料的用量以添加滋味
- 減少高脂肪的用料，增加低脂肪用料的份量

Tools for Low-Fat Cooking

These are tools to help make low-fat cooking easy and delicious!

Nonstick cookware - This is a must for low-fat cooking. Food can be cooked with little or no oil while not sticking to the cookware.

Baking rack - A baking rack can help you save a lot of fat. Bake, roast or broil meats and poultry on top of the baking rack so fat can be drained off.

Bamboo steamer - Steaming is a great low-fat cooking method. The bamboo steamer adds an Asian touch to the meal.

Metal steamer - The metal steamer opens up to hold food for steaming and folds up for easy storage.

Vegetable oil spray - Using vegetable oil spray can cut a lot of fat from cooking. A few sprays can cover the whole surface of a pan.

Oil decanter (oil separator) - To remove fat from soup or gravy, put it in the decanter, slowly pour the liquid through the spout into a container, and discard the remaining layer of oil.

Oil separator ladle - Although similar in its look to a ladle, this oil separator ladle allows soup to drain through the opening to the spout.

Strainer - The strainer is a good tool to skim off congealed fat or fatty meat pieces from soup, stock or gravy.

Measuring spoons - Measuring spoons help to measure the exact amount of oil in a recipe. Practice can train the eyes to know how much a teaspoon of oil is.

Make Your Own Supreme Stock To Replace Oil In Cooking

Try to make this homemade stock every week to enhance flavor and cut down on the oil in cooking.

1. In a large pot, combine 2 pounds lean pork, 1 chicken, and add enough water to cover the meat by 4 inches.
2. Cook over high heat. Bring to a boil. Reduce to medium-low heat and let simmer for 3 hours.
3. Add 1 teaspoon salt, turn off heat and let cool. Strain the broth into a container and discard the chicken and pork.
4. Refrigerate overnight and remove the fat on top. Use as cooking liquid or freeze in ice cube trays for later use.

This recipe yields about 15 cups of supreme stock. The meats and chicken from the first cooking can be re-cooked in water for another 2 hours to make another broth (secondary stock).

選用低脂肪烹調的好工具

下列廚具可助你輕易烹調低脂肪美味菜式：

易潔鑊 - 煮低脂肪菜式的必須工具。只需少許油或不用油也可烹飪食物，而不需擔心菜餚會粘底。

烤架 - 能助你省去許多油。焗、燒、烤時將肉或家禽置烤架上，讓油滴去。

蒸籠 - 蒸是低脂烹飪的好方法，用蒸籠蒸菜餚別有風味。

鋼蒸架 - 用時將其張開，不用時可合攏，方便貯置。

噴霧式菜油 - 用噴霧式菜油煮食物可省卻許多油，噴少許便可塗勻鍋面。

隔油杯 - 用來隔去湯和汁液的油，將湯或汁倒進隔油杯裡，慢慢泌出湯汁，剩下的油棄掉不用。

隔油杓 - 樣子似普遍的杓子，但有特製的杓嘴，能讓湯或汁先泌出。

過濾器 - 可用來濾去浮油、肥膏，減少湯或汁的脂肪。

量匙 - 助你量出食譜裡正確的油量，多注意讓自己熟識‘1茶匙油’有多少。

用家製上湯代替用油

你可以每星期煮好一鍋上湯，用來為菜式調味，減少烹飪時的用油量。

1. 將2磅瘦肉、1隻雞和足夠的水蓋過肉面上4吋，一同放鍋裡。
2. 大火煮沸後，轉慢火熬3小時。
3. 放1茶匙鹽，熄火，待涼。將肉和雞取出。
4. 將湯放冰箱（雪櫃）冷藏，待油凝結後，取出，撇去油，將上湯分倒在較小的容器內，置冰箱待用。

食譜可做15杯上湯，煮過的肉和雞可加水煮2小時做「二湯」。



Emotional Health

Eight Tools to Maintain Your Psychological Health

Doris K. So, Ph.D., LMFT

What is Psychological Health?

The World Health Organization defines mental/psychological health as the following:

“Mental health is defined as a state of well-being in which every individual realizes his/her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to contribute to his/her community.”

There are 3 aspects according to this definition:

- 1. Realization of an individual’s potential** – a psychologically healthy person knows his/her strengths, weaknesses, abilities and interests, accepts himself/herself, uses his/her strengths, corrects his/her weaknesses and realizes his/her potentials.
- 2. Coping with the normal stresses of life** – life is filled with different difficulties; therefore, stress is unavoidable. A mentally healthy person is able to manage the normal stresses of life.
- 3. Work productively and contribute to the community** – a psychologically healthy person works hard, takes his/her job seriously and works responsibly.

Case Study – Physical Health and Psychological Health

The “Nun Study” is an ongoing, longitudinal study on aging conducted by Dr. David Snowdon at the University of Minnesota.⁽⁸⁾ His subjects are a group of nuns that belong to the School of Sisters of Norte Dame. They agreed to participate in the Mini Mental Status Exam every year to measure their cognitive functioning and to donate their brain for research after their death.

One of the participants was Sister Mary. She lived to be 101 years old. She scored very high on the Mini Mental Status Exam while she was alive, which meant that she did not have dementia nor memory problems. However, to everyone’s surprise, when the researcher looked at her brain after her death, he found that her brain was full of senile plaque which is responsible for dementia or Alzheimer’s disease. In other words, she should have had memory and behavioral problems while alive, but she did not. This was not only true for Sister Mary, but also for a number of other nuns. This was puzzling.

The researcher had a postulation: it must have been their happy and healthy lifestyle that helped them overcome or compensate for their memory deficiency and dementia.

So, what was special about their lifestyle?

1. Healthy diet –the nuns ate a healthy diet. They grew their own vegetables and fruits and didn’t eat rich food most of the time.
2. Good support system – they lived communally, which provided good mutual support.
3. Disciplined life – life in the nunnery fostered a disciplined living environment in which they would get up and go to bed early, had fixed mealtimes, and exercised and participated in various activities to keep them active physically and mentally.
4. Meaningful life – the nuns engaged in services for their community and people in need. This made them feel useful, meaningful and connected to society.
5. Mentally active and alert – they stimulated their brain constantly by reading in the nunnery library and discussing current issues with one another.
6. Spirituality -- They had faith in God.

(8) Snowdon, D.A. (1997). Aging & Alzheimer’s Disease: Lessons from the Nun Study. *Gerontologist*, 37 (2). 150-156

心理健康

八個維持心理健康的指引

蘇劉君玉博士(加州持牌婚姻及家庭治療師)

何謂心理健康？

世界衛生組織(World Health Organization) 對心理健康有以下的定義：

「如果一個人能夠實現自己的潛質，能夠處理正常的生活壓力，可以有果效地工作，對社會有貢獻，便是心理健康了。」

這個定義的內容有三方面：

1. 察覺自己的潛質 — 一個心理健康的人，認識自己的長處、弱點、能力、和興趣，接納自己，並發揮自己的長處，改善自己的弱點，實現自己的潛質。
2. 能處理正常的生活壓力 — 人生總是充滿不同的問題，生活的壓力在所難免，能處理普通的壓力才能有心理的健康。
3. 有成效地工作，對社會有貢獻 — 心理健康的人，工作勤懇，敬業樂業，願意承擔責任。

案例分析：心理健康與身體健康

「修女研究」(NunStudy)是一項著名的長線研究。⁽⁸⁾ 研究員是明尼蘇達大學(University of Minnesota)的 Dr. David Snowdon。他的研究對象是一群住在美國 School of Sisters of Norte Dame 的修女。她們同意每年接受心智狀況測驗 (Mini Mental Status Exam)，更答應死後捐出她們的腦給研究員解剖作研究。

其中一位參加者名叫瑪利修女(Sister Mary)，她活到101歲才離開世界。她生前的心智狀況測驗一直都得分甚高，這表示她並沒有腦力及記憶力衰退的表現與行為。但奇怪的是，當研究人員解剖她的腦的時候，發現她的腦滿是「老年斑」(Senile Plaques，即大腦皮質內之不完全壞死區)，而這正是引致老人癡呆症的病害。換言之，按道理，她是應該有記憶力衰退的表現和行為問題，但事實上她卻沒有。除瑪利以外，其他一些修女也有同樣的情況。這是什麼的原因？

研究員有一個猜想，就是這些修女的生活方式使她健康快樂，這個生活方式甚至可以彌補記憶力的衰退。那麼，她們的生活方式有何特別？

1. 吃得清淡 — 修道院裡的食物都是健康清淡的，沒有大魚大肉。她們自己種菜，種水果，飲食健康。
2. 有良好的支持系統 — 在修道院裡過的是群體生活，容易建立良好的支持系統。
3. 生活有規律 — 修道院的生活，作息定時，早起早睡，定時進食，有運動，每天有不同活動保持活躍的人生。
4. 生活有意義 — 修女們做很多貢獻社區的服務，這給她們機會不斷付出，服務有需要的人，並保持與社會的聯繫，自覺有用，有意義。
5. 保持腦筋活躍 — 修女們經常用腦，修道院裏有圖書館，她們常常閱讀書報，討論時事。
6. 有宗教信仰 — 修女們自然是以信仰為生活的中心。

(8) Snowdon, D.A. (1997). Aging & Alzheimer's Disease: Lessons from the Nun Study. *Gerontologist*, 37 (2). 150-156

This study has given us much insight into the meaning of health. True health includes not only physical well-being, but also psychological and spiritual well-being. Being part of a good support system, finding meaning in life, believing in God, etc. contribute to such well-being; without such factors, a person will have more challenges achieving a holistic health and a happy life.

During the past 20 – 30 years, we have become more aware of the link between physical disorders and the psychological mechanisms that may play a role in creating and maintaining these disorders. For instance, people with anger management issues have a higher risk of cardiac diseases; people who suppress their feelings are more prone to the risk of cancer; people who are under great deal of stress often have psychosomatic illnesses such as digestive problems, headaches, and skin problems. Therefore, if we want to be healthy, we must pay attention simultaneously to the physical, psychological and spiritual aspects.

The Benefits of Happiness

Prof. Edward Diener of the University of Illinois has reviewed more than 160 studies on happiness.⁽⁹⁾ He concluded that in comparison to those who are unhappy, people who are happy live longer lives with less sicknesses and better physical health. Longevity depends on many factors; however, whether a person feels happy plays an important role.

Why are People Not Happy? – Stress

Everyone wants to live a happy life. We also know that there are many benefits if we live a happy life. Why are we unhappy sometimes then? One answer is that we have to face many stresses in life. As a Chinese living in America where the culture and language in society is very different, the stresses are even greater. Many of us have experienced racial, sexual and class discrimination, financial problems, unemployment, and unjust treatments. Other sources of stress come from:

1. Work/school

Many people experience stress at work, such as increasing workload and responsibilities, meeting deadlines, unsupportive work environments, competition, high expectations and unrealistic demands.

For students, stress comes from the high expectations of parents, teachers and self, unceasing tests, exams, projects, papers, peer pressure, rejection from peers, competition and bullying.

(9) Diener, E. & Chan, M. (2011). Happy People Live Longer: Subjective Well-Being Contributes to Health and Longevity. *Applied Psychology: Health and Well-Being*, 1-43.

這項研究給了我們很多對健康的啟迪，真正的健康除了包括身體，亦包括心理及屬靈方面。原來要有健康，除了有好的飲食習慣之外，還需要有良好的支持系統，宗教信仰，人生有意義等，這些就是心靈的健康。有了整全的身、心、靈健康，才有真正健康和快樂的人生。

過去二十至三十年，有不少研究是關於心理健康與身體健康的關係，發現原來心理健康會直接影響身體健康。例如，一些容易發怒的人較容易有心臟問題；一些壓抑情緒的人，較容易有患癌的可能；不懂處理壓力和情緒的人，常會出現心身疾病(Psychosomatic illness)，如：腸胃問題、頭痛、皮膚問題等。因此，要有整全的健康，必須同時注重身、心、靈各方面的需要。

快樂有甚麼好處？

伊利諾大學的Ed Diener教授搜集了超過160個研究⁽⁹⁾，發現快樂的人較悲觀的人長壽，而且他們患病的機會較低，故能享受好的健康。當然，人長壽與否，受很多因素影響。但人對生命感到滿足快樂是長壽的一個重要因素。

不快樂的原因 - 壓力

每個人都希望有快樂的人生，亦知道快樂有很多好處，但偏偏卻常常不快樂。為甚麼？

原來人生在世，是要面對很多來自各方的壓力，尤其作為一個中國人，生活在美國，一個言語、文化都不同的社會，壓力就更大了。不少人都曾經歷被歧視、包括種族、性別、或階級的歧視，經濟問題、失業、不公平的對待等。其他壓力的來源包括：

1. 工作/學業

很多人在工作上承受很大的壓力。例如：責任越來越重大，工作量越來越多，趕工，同事間缺乏支持，各式各樣的競爭，他人對自己的期望太高，或自己對自己的要求太高。

做學生的在學業上的負荷也很重 - 老師、父母、自己的期望，永無止境的測驗、考試、作業、公開試的壓力叫人吃不消；還有同學間的相處、競爭、排斥、欺凌、都是壓力的來源。

(9) Diener, E. & Chan, M. (2011). Happy People Live Longer: Subjective Well-Being Contributes to Health and Longevity. *Applied Psychology: Health and Well-Being*, 1-43.

2. Family

Examples of causes of stress include: discord between couples, poor communication, inability to deal with conflicts, failed expectations, poor in-law relationships, extramarital affairs, bad relationships between parents and kids, poor academic performance of kids, addiction to video games, truancy, running away from home, self-injurious behaviors, drugs and sex problems of teenagers, etc.

3. Inter-personal relationships

Examples of causes of stress include: Alienation, conflicts, loss of friends, lack of social skills, inability to communicate needs, etc.

4. Competitive society

The society is getting more and more complicated; the pace is so fast that we often find ourselves overwhelmed by the fast-developing technology and revolutionizing information. The high demands in society create tremendous stress.

5. Other environmental factors

Examples of causes of stress include: Noisy and crowded environments, health problems, financial problems – debts, poverty, inflation, economic recession, unfair regulations.

6. Disappointments and nonfulfillment

Some examples are: failure to attain our goals, inability to get into the ideal school, obstructions toward a desired job, lack of an ideal marriage partner, and failed expectations towards our kids. All these cause us to feel angry, anxious, disappointed and inferior.

Please refer to [Appendix A](#) for The Holmes - Rahe Life Stress Inventory to measure your stress.

Symptoms of Stress

1. Physical symptoms – digestive problems (such as frequent stomach upsets, indigestion, nausea, diarrhea, constipation, ulcer), heart and respiratory problems, headaches, backaches, insomnia, fatigue, skin problems, and/or low resistance to diseases. This does not mean that the above problems are always caused by stress. You should consult with your doctor to rule out other diseases in case you have these suggested symptoms.

2. Emotional symptoms – feeling irritable, angry, anxious, nervous, tense, worried,, restless, indecisive.

Is Stress a Friend or an Enemy?

Stress is not necessarily harmful. A stress-free life makes us feel bored and uninterested. Stress pushes people to complete tasks that need to be done. For instance, exams push students to review what has been taught, and deadlines force people to complete projects which otherwise may be pushed aside and delayed. However, when the stress is so great that a person feels overwhelmed all the time, then it is harmful to their health.

As mentioned before, stress is unavoidable in life and expecting a stress-free environment is unrealistic. It is best to learn how to deal with stress in a way that maintains psychological health.

2. 家庭

壓力原因，例如：夫婦關係不和，不懂如何溝通，不懂處理衝突，期望不達，姻親關係欠佳，婚外情，父母與子女關係不和；子女成績欠佳，沉迷電子遊戲，無心向學，甚至逃學，離家出走，自殘，吸毒，青少年亂搞男女關係等，都帶來我們很多壓力。

3. 人際關係

壓力原因，例如：人與人之間疏離，勾心鬥角，越來越無朋友，無知己，不懂與人相處，不懂溝通自己的需要。

4. 社會競爭

現今世代生活複雜，步伐急速，資訊、科技、知識不斷更新，追也追不上，要求效率高，做成氣氛十分緊張。

5. 其他環境因素

例如：嘈雜的環境，缺乏空間、健康問題，經濟問題——包括欠債、貧窮、通貨膨脹、經濟衰退、失業、不公平的法例與制度等，這些都構成莫大的壓力。

6. 挫折、失敗

當我們想做的事，想達到的目標受攔阻，便會感受壓力。例如：入不到心儀的學校，成績不如理想，想結婚卻苦無對象，想兒女出人頭地，他們卻偏偏不長進等，挫折引起我們憤怒、緊張、失望和自卑。

請參考附錄A的 Holmes - Rahe 生活壓力測量表來衡量你的壓力。

壓力的徵象

1. 身體的徵象：包括腸胃的毛病，如：經常胃疼、消化不良、作嘔、肚瀉、便秘、潰瘍等。心臟及呼吸系統的毛病：頭痛、背痛、失眠、疲倦、皮膚毛病、抵抗力低等。當然，若你發覺有上述症狀時，不一定是由壓力所導致的，你須要看醫生，先排除其他疾病的可能性。
2. 情緒徵象：包括易怒、暴躁、焦慮、緊張、擔心、坐立不安、猶豫不決。

壓力 - 是敵？是友？

壓力不一定是壞的。全無壓力的生活，使人覺得很悶，無挑戰性。壓力可以幫助我們、推動我們去完成一些事情。例如：考試推動學生去溫習；「限期」推動我們完成論文或作業，不會延遲。只是如果我們常常感覺壓力太大，超過自己的承受能力的話，那便對我們有害了。

我們不可能過一個全無壓力的生活。我們不是去逃避壓力，或是要求一個全無壓力的環境；而是學習去處理它，使我們能保持心理健康。



How to Manage Stress?

1. Life Style: RED

R stands for Relaxation

E stands for Exercise

D stands for Diet

Relaxation – Stress makes people feel tense just like a rubber band being pulled tightly. Therefore people need to relax from time to time so they are renewed and refreshed to face new challenges.

Relaxation includes relaxation exercises, deep breathing, sleep, meditation, day-dreaming, listening to music, enjoying hobbies, thinking about something pleasant. Real relaxation gives a sense of peace and calmness.

Exercise – Exercise is a form of physical activity that is planned, structured, repetitive, and performed with the goal of improving health or fitness. Aerobic activity causes a person's heart to beat faster than usual, and muscle-strengthening activity causes the body's muscles to work or hold against an applied force or weight. The 2008 Physical Activity Guidelines for Americans recommends at least 150 minutes of physical activity a week for adults and 60 minutes of physical activity a day for children and adolescents. The health benefits of physical activity include a lower risk for certain types of cancer, cardiac diseases, and diabetes, along with prevention of weight gain, reduced depression, and improved bone health and cognitive function. ⁽¹⁰⁾

Diet – Good eating habits are very important in fostering physical, mental and spiritual health. Do you have a healthy diet?

2. Time Management

a. Set priorities

Once there was a professor who taught a class of college students about time management.

One day, he brought a large glass container to class, set it on the table, and produced 12 fist-sized rocks. He carefully put the rocks into the container and they all fit in.

He then asked the students, "Is it full?" The students all said yes.

Then he took a bucket of sand out and poured it into the container until it was full. He again asked the students, "Is the container full?" This time the students had learned a lesson and unanimously said, "Not yet!"

Then the professor took out a jar of water and poured it into the container until it was filled to the brim. He again asked, "Is the container full?" The students said, "Yes".

The professor then asked, "Do you know what lesson we have learnt from this illustration?"

One student raised his hand and said, "I think you want to tell us that no matter how busy we are, we can still fit something more into our schedule."

The professor said, "No!"

What do you think the professor wanted to teach the students?

The answer is priority. If we reversed the order and put the water first, then the sand, there would not be enough room to fit the 12 rocks in. The container is just like our lives; if we don't do the most important things first, we will never be able to do them and shall regret later on.

What are the "big rocks" in your life? If we want to use our time wisely and reduce stress, we must set good priorities. What we consider to be important has a lot to do with our value system. Some people consider money, name, status, and power to be very important and pursue them relentlessly. They neglect their family and do not spend time with them, finding themselves alienated from them later on in life. Ask yourself, "Is it what you want?" A person who does not set his/her priorities right will experience a lot of stress.

(10) United States Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. October 2008. Accessed October 6, 2015, from <http://health.gov/paguidelines/guidelines/>

如何處理壓力？

1. 生活方式：健康三要素

健康的生活方式，包括下列三要素：鬆弛(Relaxation)、運動(Exercise)和飲食(Diet)，簡稱為RED。

鬆弛(Relaxation)

我們日常的工作，家居生活或人際關係，都帶給我們很多壓力，就好像拉緊了橡皮圈一樣，我們都需要被鬆開。而鬆弛就是指放鬆，讓自己復原，面對新的挑戰。

鬆弛包括鬆弛運動、深呼吸、睡眠、默想、靜思、做白日夢、聽音樂、思想一些愉快的事或投入嗜好等。真正的鬆弛，會帶給人平安的感覺。

運動 (Exercise)

運動是一種有計劃、系統化、重複的體力活動，以改善健康和健身為目標。帶氧運動令心臟比平常跳得更快，肌肉強化運動使肌肉活動或舉起外力或重量。2008年美國人體力活動指南建議成年人每星期最少做一百五十分鐘運動，兒童和青少年則需每天最少六十分鐘。體力活動的健康益處包括：減低心臟病、糖尿病和某些癌症的風險、預防體重增加、減少憂鬱、改善骨骼健康和認知能力。(10)

飲食 (Diet)

養成良好的飲食習慣，對身心靈的健康有莫大裨益。你有健康的飲食方式嗎？

2. 時間管理

a) 優先次序

如果我們想善用時間，減少壓力，我們必需制訂好優先次序。有一位教「時間管理」的大學教授，一天，他帶了一個大玻璃盆和十二塊石頭到課室，在學生面前把十二塊石頭放進玻璃盆裏去，剛好放滿。

他問學生們：「滿了嗎？」

學生們答道：「滿了！」

教授從桌子裏取出一桶沙，注入玻璃盆裏，直至滿了為止。再問學生們：「滿了嗎？」

今次學生學乖了，說道：「未！」

教授又從桌子裏取了一壺水出來，注入玻璃盆裏，直至滿瀉為止。問學生們：「滿了嗎？」

學生們答道：「滿了！」

教授問他們：「你們以為這個實驗教了我們一些甚麼？」

一位學生舉手回答道：「我想是要我們知道，無論如何忙碌，還可以擠一些東西進去吧！」

教授說：「不是！」

教授想教導學生們甚麼？原來，教授是要教導學生「優先次序」的重要性。假如我們先放水，然後放沙，那我們是無法把十二塊石頭全放入玻璃盆內的。玻璃盆就好像我們的人生，我們必須把最重要的十二塊石頭放進去，以後才放其他次要的東西，不能本末倒置。

甚麼是最重要，甚麼是次要。這與我們的價值觀息息相關。例如：有人追求金錢、名、利、地位、權力等，忽略家庭，到頭來與配偶、子女疏離，這是否他們的意願？不懂優先次序的人，往往承受很多壓力而不自覺的。

(10) United States Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. October 2008. Accessed October 6, 2015, from <http://health.gov/paguidelines/guidelines/>

b. Don't focus on pleasing others

Some people can't say "no" because they care too much about how others see them. They are afraid that if they say "no", they will not be liked nor accepted by others. In order to please everyone, they make themselves extremely busy and stressed out.

There is a story about a man, his son, and his donkey. They were traveling from one town to another. At first, he put his son on the donkey and he walked beside them.

After a while, he heard a passer-by comment, "This son is very inconsiderate; he should let his father ride on the donkey!"

In order not to be criticized by others, he changed place with his son. After a while, he heard another passer-by comment, "This father is so unreasonable; the son is so young and he should let his son sit on the donkey!"

The man felt so bad that he decided to put his son on the donkey too.

After walking for a while, he heard another comment, "This guy is so cruel to his donkey; the donkey is so thin and both of them are sitting on it."

Finally, the man decided to get down with his son and walked beside the donkey together. After a while, he heard another comment, "I haven't seen anyone so dumb: they don't make use of the donkey. What's the use of having a donkey?"

If we live just to please others, we are subjecting ourselves to a tremendous amount of stress.

c. Don't be perfectionistic

When facing a project, some people merely sit down, think, and plan without completing much because they need to have the perfect idea before they start. Striving for perfection as much as possible is good, but demanding everything to be done perfectly will just create too much stress and inefficiency. No one is perfect.

There was a story about 2 monks in Szechuan; one was rich, and one was poor. Both of them wanted to go to the South for a vacation. The rich monk spent years and years preparing for the trip. Ten years later, the poor monk had gone 10 times, while the rich monk still had not gone once.

3. Good Support System

There was once a researcher who wanted to find out the effect of stress on animals. He bought some mice and divided them into 2 groups: one group was treated well, the other poorly. The latter group was exposed to a lot of stress such as tossing from mid-air, flashing of light on them, etc. After several months, the researcher found that the group exposed to stress had a high percentage of stomach ulcers, while the other group was much healthier.

The researcher wanted to repeat the experiment. He bought another batch of mice, divided them into 2 groups and hired a research assistant to apply stress to one group. This research assistant was a kind girl and an animal-lover. She felt bad each time she administered stress to the mice. She went back to the laboratory after work very often when nobody was there and held those mice which had been treated badly and talked to them.

After several months, the researcher again checked all the mice. To his surprise, the group which was exposed to lots of stress did not have ulcers. The researcher did not understand until he found out what the research assistant had done. This experiment suggests that even though people are exposed to lots of stress, if there is support and empathy from friends and family, the harm done by stress can be reduced.

Do members of the congregation have support from family, friends, colleagues and church?

b) 討人喜悅

有些人只懂得討好別人，看重別人對自己的接納與評價，不敢說「不」，結果為了滿足別人、讓別人喜歡自己，使自己常活在忙亂中，承受很大的壓力。

有一個故事說及一個父親，帶著兒子和驢子，從一個城到另外一個城去。把兒子放在驢駒上，自己拉著驢駒步行。

走了不久，聽見一個途人說：「這個兒子確實不孝順，豈可自己坐驢，讓父親走路。」

那父親為了不被人批評，於是把兒子放下來，自己騎驢。走了不遠，聽見途人說：「世上竟然有如此父親，要小兒子走路，自己坐驢駒那麼自私！」

父親聽了，索性把兒子也抱上驢子，二人一起坐。

走了不遠，又聽到有途人說：「這個人真是虐待驢駒，二人同坐在其上，驢駒那般瘦！」

父親聽了，想想也有道理，於是父子二人都下來，拖著驢駒一同走路。走了不遠，又聽到有途人說：「哪有這樣笨的人，有驢駒不坐，竟各自辛苦走路！」

如此，那人為取人喜悅，自己沒有做事原則，活得很可憐，很有壓力。

c) 完美的要求：

有些人凡事要求完美，往往思想來，思想去，反覆計劃，再三盤算，仍未真正落手做事，本來做事要求盡善盡美是好的，但過分完美的要求，令自己承受很多壓力，並且一事無成。

中學時曾唸過一個故事，講及四川有兩個和尚，一個窮、一個富。二人皆想往江南遊玩。富和尚反復籌劃，總覺得不夠完備。幾年過去，窮和尚憑著有限的資源和行乞，下過江南十次，而富和尚卻一次也未能成行。

3. 建立良好的支持系統

曾經有一位教授，想研究壓力對動物的影響。他用老鼠來作實驗。方法是把老鼠分為兩組：第一組，研究助理員每天都不停地給牠們壓力，例如：把牠們提到半空，再拋擲回籠裏，或向牠們不停閃光等；第二組，卻沒有受到這樣的對待，而且好吃好住。經過一段時期後，教授解剖兩組老鼠，發覺常被拋擲的那一組，大部份都患上胃潰瘍，而第二組則沒有這個情況。

教授想重複這個實驗，於是找來另一批老鼠及一位研究助理員。這位研究助理員是個心地善良的女孩子，她對自己每天「虐待」老鼠感到很歉意，於是在教授下班離去後，偷偷的回到實驗室，把白天受壓的老鼠從籠裏拿出來，抱在懷中輕輕撫慰，天天如是。經過一段時期後，教授又再解剖兩組老鼠。出乎意料之外，常受壓力的那一組老鼠，這次竟沒有很多患上胃潰瘍，這令教授百思不解。後來，當知道了那位研究助理員每天安撫老鼠一事，才有所明白。從這實驗證明了另一個事實，縱使人們承受了很多壓力，只要得到家人朋友的關愛與體諒，壓力所造成的傷害便減低許多。

你教會的會友有得到家人、朋友、同事、教會的支持嗎？

4. Change of Perception -- Stories of Positive Thinking

Thomas Edison was a famous inventor. Although he was successful, his success was preceded by many failures. He was once asked by an interviewer how he dealt with his failures. He answered, "I've never failed—every time I couldn't do certain things, I succeeded in learning that that's not the right way to do it." This is an example of positive thinking and reframing. It means that we can look at things from a different and positive perspective.

Doris K. So, Ph.D., LMFT, Marriage & Family Therapist, author of the Emotional Health section of this manual, mentioned that a few years ago, she had to move 3 times in 2 years and she felt very annoyed. Then, it occurred to her—moving had some good things to offer. Moving provided an opportunity for her to throw away non-useful things and begin again in a new environment. Once she changed her perspective, the stress was much reduced.

A 102-year-old lady lost her 82-year-old daughter. Someone asked her how she felt. She said, "I feel grieved about losing my daughter, but then I thought to myself, how many people can spend 82 years with their child? I feel that I'm very blessed by God!" Her words have inspired many people.

Some people describe life as a half-filled cup of water. If people focus on the half that they don't have, they will feel miserable, but if they focus on the half that they still have, they will feel much happier.

5. Build Up a Healthy Self Image

People with low self-esteem always compare themselves with others and feel pressured to perform. When they are not as good as others, they may feel inferior, jealous and angry. The truth is, every one of us is unique. Comparing ourselves with others is like comparing an orange with an apple, which is meaningless. We only need to try our best and that is enough.

Doris's daughter was in competitive swimming. In the beginning, she did not do very well. One time Doris watched her competition and she finished last. As she came out from the swimming pool dispirited, her coach came up to her and greeted her with a hand shake, to Doris's surprise. Later, she told Doris that the coach congratulated her because her time was better than her last one by one second. Doris was very much touched. The coach had taught her a precious lesson: she does not have to win to feel valuable. As long as she tried her best and broke her record, that was good enough.

6. Live in Today

Some people live in the past. They regret what they have done or feel sad that they can no longer achieve their past glory. What's worse is they remember how others have hurt them and harbor that bitterness inside.

Some people live in the future and worry about tomorrow. Will I get a stroke, heart attack, cancer, Alzheimer's? Will we have an earthquake? Will I get married? Can I keep my job?

Live in today. Both types of people neglect the present and miss the blessings surrounding them today. No one knows what will happen tomorrow or the next minute. Why waste your energy worrying? While you still have your health, mobility, family, and friends, enjoy what you have. Do what you should today and try to be a blessing to others.

Doris shared this story: Some years ago, I hurt my right thigh and found my hip bones were deteriorating. The doctor suggested walking less because my hip bones could be impacted and would cause pain. I felt very worried and distraught. What if I can't walk and take care of myself in the future? The more I thought about it, the more fearful I became. Luckily, I was able to switch my perspective. I thought to myself, "I can still walk today; I am still healthy today. Why should I worry about the future that I don't know and cannot control?" I decided to stop worrying and gave thanks to God daily for being able to walk.

4. 轉念——積極正面的想法

愛迪生是著名的發明家，在他成功之前，經歷過無數次的失敗。一次有人訪問他，是如何面對失敗，他答道：「我想我沒有失敗！每一次我發現某一個方法行不通的時候，我豈不是成功地領悟這個做法是行不通的嗎？」這就是轉念了。轉念是叫我們從另一角度去看事物。同樣的事情是可以不同的角度去看的。

撰寫本指南心理健康部份的蘇劉君玉博士指，她曾於兩年內搬三次屋，本來覺得很煩、很有壓力。但回心一想，搬屋可使她有一個新環境，還可把舊的東西趁機丟掉，也可發現一些遺忘很久沒拿出來用的東西，這樣一想，壓力減少了許多。

一位102歲的婦人，剛失去82歲的女兒，當她接受訪問的時候，被問及失去女兒的感受，她說：「失去女兒，我當然感到難過。然而，我回心一想，神讓我與我的女兒共度了八十二年之久，這真是難得和值得感恩啊！」她的話啟發了很多人。

她的話鼓勵了我們要從正面看人生。人生不如意的事，十常八九。如果我們老是看著負面、不如意的事，哪有樂趣可言呢？相反，如果我們能從正面看事物，人生便快樂得多。有人形容人生就好像半杯水，假如我們的著眼點是那沒有的一半，那便感覺痛苦；但假如我們的著眼點是還有的那半杯，那我們便是快樂的。

如果人們集中在他們得不到的東西上，他們會不快樂。但是，如果他們集中在得到的東西上，他們會感到更快樂。

5. 建立健康的自我形象

自卑的人往往與人比較，比不上他人時便覺得沮喪、妒忌、和憤怒，做甚麼事都給自己很大的壓力。其實我們每一個人都是獨特的，世界上只有一個你，毋需與人比較，我們只需盡力做到最好便足夠了。

蘇劉君玉博士的女兒曾多年參予游泳比賽，初時成績往往不如理想。在一次比賽中，她竟是游得最慢的一個，當她沒精打采地從泳池上來時，她的教練竟上前跟她握手道賀。原來教練恭賀她今次的速度比以前快了一秒，鼓勵她繼續努力，破自己的紀錄。

蘇劉君玉博士很受感動，教練教了她女兒一個寶貴的功課，就是她不需要贏得獎項才覺得自己是一個有價值的人，她只需盡力而為，與自己比較便夠了。

6. 活在今天

有些人活在昨天，常常後悔自己所作的事，又或懷緬過去的榮譽與成就，嘆息今不如昔，活在自憐中。

有些人卻活在明天，常常為明天憂慮：明天我會失去健康嗎？會失明、失聰、患癌、患心臟病、或中風嗎？明天會有地震、水災嗎？會找到結婚對象、或工作嗎？

活在昨天和明天的人，都忽略了今天的責任，也不懂得珍惜今天的福氣。我們要學習把握今天，去行善並享福。今天我有幫助人的能力，我便盡力去幫助人；我擁有健康、生命和家庭，衣食住行都豐足，便存感恩的心去享受這些福氣。能為今天所擁有的感恩，不為沒有的沮喪；能為昨天和今天神的保守感恩。不為未知的明天憂慮，這就是快樂的人生。

數年前我因為扭傷了右大腿而需要照X光，一照之下，發現原來骨頭有退化的現象，醫生吩咐我要少走路，否則將來坐骨、盤骨也會受影響而疼痛。我聽了十分憂慮，也十分沮喪。要是將來不能走動，怎辦？連最基本的起居也不能照顧，怎辦？越想我就越害怕。幸好再回心一想，現在不是仍能走動嗎？為什麼我不好好去作我應作的事，享受我仍擁有的健康？如此一想，憂慮和沮喪便漸漸消失，我更學會每天為自己仍能夠走動而感謝神。

7. Have a Thankful Heart

In Mexico, there is a place with both a hot and cold spring side by side. Many women wash their clothes there. One tourist passed by one day and commented, “You are so lucky to have both hot water and cold water for washing clothes!” But the women answered, “But Mother Nature hasn’t provided us with soap! In other places of the world, women have washing machines!”

There are 2 kinds of people in this world: ones who always complain about everything and ones who give thanks for everything. People who always complain are never happy.

The other kind gives thanks, realizing that nothing should be taken for granted. We have food to eat, clothes to wear, a comfortable place to stay, freedom, health, transportation, medical services, people who love us – all these are blessings. Think about those who live in extreme poverty with no medical care, no clean water to drink, no warm clothing, no chance to get an education, no job, no income – shouldn’t we be thankful for what we have?

8. Meaning of Life

Victor Frankl was a Jewish psychiatrist and neurologist. During World War II, he was imprisoned in a Nazi concentration camp where his parents, wife, and many relatives died. He was able to survive. After the war, he came to the US and developed a new approach to psychotherapy called Logotherapy. He emphasized in his approach that even in the worst situations, people still have choices that no one can take away. Another emphasis he advocated was the need to have meaning in one’s life. If you are under enormous stress, knowing the meaning of that stress will help you endure stressful times.

Besides having a meaningful life and aspirations, we also need to ask in the midst of hardship, “What can I learn from what I am experiencing?”

Stress is unavoidable, but living a happy life is your choice!

May you have physical, psychological and spiritual health and live a happy life!



7. 凡事謝恩

在墨西哥一個地方，溫泉與冷水並存，婦女常在此洗衣服。一位遊客經過此處，對婦女們說：「真羨慕你們這般幸運，有天然冷熱水來洗衣服。」她們卻回答說：「可惜老天爺沒有給我們洗衣粉！在世界其他地方，還有洗衣機呢！」

世界上有兩種人，一是凡事埋怨、一是凡事謝恩。凡事埋怨的人，永遠看到負面的一面，常常不開心，雨天嫌濕，晴天嫌熱。凡事感恩的人，常常看到正面的一面，所以，開心積極的生活。其實，我們有飯吃、有屋子住、有衣穿、有工作、有家人、有車代步、有醫療服務，這一切都不是理所當然的。很多人在貧窮中掙扎、沒有工作、缺乏醫療、沒有清潔的食水、沒有乾淨保暖合身的衣服，更沒有受教育的機會，我們豈不是應該每刻感恩嗎？

8. 人生意義

Victor Frankl 是一個猶太裔的精神科醫生及腦科醫生。第二次世界大戰時被納粹黨囚在集中營，他的父母、妻子和親人都死在集中營，他卻能生存，最終到了美國，創立了一套心理治療法，名叫 Logotherapy。這套心理治療法，強調人即使在最艱難、最惡劣的環境中，仍可有選擇，這是沒有人能奪去的。還有，人需要有意義(meaning)，才能生存得好，即使在極大的壓力下，假如你知道是為了甚麼，那巨大的壓力也不能把你打倒。

我們除了需要有人生意義和目標外，還需要在身處逆境和壓力下，嘗試尋找當中的意義。我們可以問：「我在這困境中，學了一些甚麼？」

壓力在所難免，但快樂生活是你的選擇！

盼望你可擁有身、心、靈的健康，快樂地生活！



Physical Activity

How Much Physical Activity Is Needed?

Adults

30 minutes of moderate-intensity aerobic activity most days of the week (or at least 2 hours and 30 minutes total per week), AND muscle-strengthening activities at least 2 days a week (1 to 3 sets of 10 repetitions for each exercise is effective).

Children and youth (aged 6 to 17 years)

At least 60 minutes a day of moderate or vigorous activity, including muscle and bone-strengthening activities at least 3 days a week.

Moderate-Intensity Activities

- Yijin
- Tai Chi
- Hiking
- Bicycling
- Brisk walking
- General gardening

Vigorous-Intensity Activities

- Dancing
- Games involving running or chasing
- Jumping rope
- Sports such as soccer, basketball, tennis, swimming

Muscle-Strengthening Activities

- Lifting weights
- Push-ups, sit-ups
- Yoga
- Working with resistance bands

體力活動

我需要多少的體力活動？

成年人

每天做30分鐘的中等帶氧運動（或每星期至少2個半小時），且每星期至少2天做增強肌肉鍛鍊的活動（如果想見效，每個動作重複10下，做1-3次）。

兒童和青少年（6至17歲）

每天至少做60分鐘的中等或劇烈運動，包括每星期至少3天做增強肌肉和骨骼鍛鍊活動。

中等體力活動

- 易筋
- 太極
- 爬山/行山路
- 騎自行車
- 快步步行
- 整理園子

劇烈體力活動

- 跳舞
- 跑步追逐遊戲
- 跳繩
- 足球、籃球、網球、游泳

肌肉增強活動

- 舉重
- 掌上壓、仰臥起坐
- 瑜珈
- 用阻力帶做運動



Benefits of Physical Activities

- Lower the risk of developing high blood pressure, heart disease, stroke, diabetes, and some cancer
- Build and maintain healthy bones, muscles, and joints
- Help lower the risk of overweight problems in children and adults
- Reduce anxiety and depression
- Increase energy
- Reduce stress
- Promote opportunities to bond with friends and family and can be fun
- Boost self-confidence
- Promote better sleep

Physical Activity Ideas

- CALORIES IN must equal CALORIES OUT for a person to remain at the same weight.
- Limit time on video games, TV and computers to less than 2 hours a day.
- Bike or walk to work and school.
- Use the stairs instead of the elevator.
- For beginners, start with 10 to 15 minutes of physical activity a day and work up to 30 to 60 minutes a day.
- Do household chores that include physical activity, such as walking the dog, washing the car, vacuuming or doing yard work.
- Yijin exercise**

**To learn more about the benefits of Yijin exercise, please refer to [page 80](#).

體力活動的好處

- 減低高血壓、心臟病、中風、糖尿病和某些癌症的患病風險
- 強健骨骼、肌肉、及關節
- 幫助減低兒童和成人身體過重的可能性
- 減輕精神緊張和抑鬱感
- 使精力充沛
- 減低壓力
- 提供機會與家人和朋友愉快相聚，增進感情
- 提升自信
- 促進睡眠

體力活動提議

- 為了保持體重不變，熱量吸收和熱量消耗要相等。
- 每天使用電腦遊戲、電視和電腦的時間應少於2小時。
- 步行或騎自行車去上班和上學。
- 爬樓梯代替乘電梯。
- 初學者一開始做10至15分鐘體力活動，逐漸增加到每天30至60分鐘。
- 做需要體力的家務，例如：遛狗、洗車、吸塵或整理園子。
- 易筋運動**

**如果你想知多一點有關易筋運動的好處，請參考第81頁。

Appendix A Planning Materials

Planning Form for Healthy Church Activities

Please check the activities that you are planning to do to help your congregation become healthier.

• Food & Beverages

- Healthy Snack for afterschool programs/Sunday school/fellowship
- Healthy luncheon
- Offer healthy food choices in addition to/replace usual choices
- Offer flavored water at church functions/events

• Physical activity

- Incorporate Yijin exercise into regular fellowship/outreach clubs
- Praise Dance
- Walking Clubs
- Walking Prayer Group

• Events

- Healthy Cooking training for food prep team
- Healthy Sunday (healthy eating messages in sermon/food tasting/exhibit)
- Health fairs
- Nutrition/physical activity workshop

• Others

- Introduce Chinese Body, Mind & Soul program to church leadership
- Introduce Chinese Body, Mind & Soul program to church congregation
- Post nutrition/physical activity posters in kitchen/dining area

Date: _____ **Name of Church:** _____

Name of Church Leader: _____

Signature of Church Leadership: _____

附錄A：策劃材料

教會健康活動計劃表

你可選擇舉辦以下的健康活動，幫助教會的會友活得更健康。

· 食物和飲品

- 健康小吃—課後班/主日學/團契
- 健康午餐
- 在聚餐時換為更健康的飲食，或提供一些健康食品的選擇。
- 在教會活動中，提供自製蔬果味水

· 體力活動

- 將易筋運動融入團契/外展活動中
- 舞蹈班
- 步行組
- 步行禱告組

· 活動

- 準備食物團隊的健康烹飪培訓
- 健康主日（講道、品嚐美食、健康飲食展覽）
- 社區健康同樂日
- 營養或體力活動工作坊

· 其他

- 推介華人身心靈健康計劃給教會領袖
- 教會領袖推介華人身心靈健康計劃給會友
- 在廚房和用餐的地方張貼健康飲食或活躍生活的海報和資訊

日期：_____

教會名稱：_____

教會領袖名稱：_____

教會領袖簽名：_____

Nutrition Workshop Satisfaction Survey

(Name of Church)

(Name of Event)

(Date)

Age: Below 21 21 – 35 36 – 60 Above 60
Gender: Male Female

1. How would you rate the quality of this workshop?

	Excellent	Good	Satisfactory	Poor
a) Speaker's professional ethics, attitude & knowledge.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) Appropriateness of room setting & activities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c) The contents & topics of this workshop met your expectation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d) Workshop location is convenient.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e) Overall, how would you rate this workshop?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2a. Please list three new things you have learned today.

2b. Describe how you will apply what you learned today in your daily life.

3a. Do you like the “_____”(healthy snack)?
 Yes No

3b. Would you make it at home?
 Yes No

4. What are the new healthy habit(s) that you can confidently apply in your daily life? Check all that apply:

Healthy Habits	Confident before workshop	Confident after workshop	Still not confident after workshop
Read food labels			
Choose low-sugar, low-fat healthy food choices			
Use “Choose MyPlate” to plan meals			
Eat more fruits and vegetables			
Limit sweetened beverages, such as soda and milk teas			
Control portion size			
Use healthy cooking methods			
Focus on a balanced diet			
Increase physical activity (eg.: Yijin Exercise)			
Limit screen time			

5. Please list any suggestions you have to improve the workshop:

THANK YOU VERY MUCH!

教會營養講座調查表

教會名稱 _____

活動名稱 _____

活動日期 _____

年齡： 21歲以下 21-35歲 36-60歲 60歲以上
性別： 男 女

1. 你對這個講座有甚麼評價？

	非常好	好	滿意	有待改善
a) 主講者的專業操守、態度和知識	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) 講座場地的設計和活動	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c) 講座的內容跟題材達到你的要求	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d) 講座的地點很方便	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e) 整體來說，你對這個講座的評價是：	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2a. 請列出在今天的講座中你學到的3個健康心得。

2b. 在以上的健康心得中，你會把哪些應用在日常生活中？

3a. 你喜歡_____ (健康小吃)嗎？

喜歡 不喜歡

3b. 你會在家裡做這個小吃嗎？

會 不會

4. 你有沒有信心把下列的健康技巧應用在日常生活中？可選擇多項，在以下空格內“✓”：

健康技巧	講座之前 有信心應用	講座之後 有信心應用	講座之後 仍沒有 信心應用
閱讀食物標籤			
選擇低糖低脂肪的健康食物			
用“選擇我的餐碟”計劃餐單			
多吃蔬菜水果			
減少飲用含附加糖份的飲品，如汽水和奶茶			
控制食物份量			
健康烹調			
注重均衡飲食計劃			
增加體力活動（如易筋運動）			
限制螢光幕時間			

5. 請列出改善講座的提議：

多謝！

The Holmes – Rahe Life Stress Inventory

INSTRUCTIONS: Mark down the point value of each of these life events that has happened to you during the previous year. Total these associated points.

Life Event

1.	Death of spouse	100
2.	Divorce	73
3.	Marital Separation from mate	65
4.	Detention in jail or other institution	63
5.	Death of a close family member	63
6.	Major personal injury or illness	53
7.	Marriage	50
8.	Being fired at work	47
9.	Marital reconciliation with mate	45
10.	Retirement from work	45
11.	Major change in the health or behavior of a family member	44
12.	Pregnancy	40
13.	Sexual Difficulties	39
14.	Gaining a new family member (i.e. birth, adoption, older adult moving in, etc.)	39
15.	Major business readjustment	39
16.	Major change in financial state (i.e. a lot worse or better off than usual)	38
17.	Death of a close friend	37
18.	Changing to a different line of work	36
19.	Major change in the number of arguments with spouse (i.e. either a lot more or a lot less than usual regarding child rearing, personal habits, etc.)	35
20.	Talking on a mortgage (for home, business, etc.)	31
21.	Foreclosure on a mortgage or loan	30
22.	Major change in responsibilities at work (i.e. promotion, demotion, etc.)	29
23.	Son or daughter leaving home (marriage, attending college, joined mil.)	29
24.	In-law troubles	29
25.	Outstanding personal achievement	28
26.	Spouse beginning or ceasing work outside the home	26
27.	Beginning or ceasing formal schooling	26

28.	Major change in living condition (new home, remodeling, deterioration of neighborhood or home etc.)	25
29.	Revision of personal habits (dress manners, associations, quitting smoking)	24
30.	Troubles with the boss	23
31.	Major changes in working hours or conditions	20
32.	Changes in residence	20
33.	Changing to a new school	20
34.	Major change in usual type and/or amount of recreation	19
35.	Major change in church activity (i.e. a lot more or less than usual)	19
36.	Major change in social activities (clubs, movies, visiting, etc.)	18
37.	Taking on a loan (car, tv, freezer, etc.)	17
38.	Major change in sleeping habits (a lot more or a lot less than usual)	16
39.	Major change in number of family get-together	15
40.	Major change in eating habits (a lot more or less food intake, or very different meal hours or surroundings)	15
41.	Vacation	13
42.	Major holidays	12
43.	Minor violations of the law (traffic tickets, jaywalking, disturbing the peace, etc.)	11

Now, add up all the points you have to find your score.

150 points or less means a relatively low amount of life change and a low susceptibility to stress-induced health breakdown.

150 to 300 points implies about a 50% chance of major health breakdown in the next 2 years.

300points or more raises the odds to about 80%, according to the Holmes-Rahe statistical prediction model.

What is your score?

In this inventory, we note that “change” is the main source of stress. Not only do negative changes bring about stress, but positive changes such as getting married, vacations, festivals, job promotion, addition of a family member, and outstanding personal achievement also bring about stress.

Disclaimer: The Holmes-Rahe Life Stress Inventory is not a diagnostic instrument and is only to be used by you if you are 18 years or older. It is only a screening tool. If you have any concerns about your results or if you are experiencing an exceptional level of stress, you are encouraged to share your results or your concerns with your physician, your pastor, or a mental health professional.

自我檢測：Holmes-Rahe生活壓力測量表

以下是一些在生活中經常發生的事。如果在過去一年裡，你曾經歷過這些事情的話，請圈上該事件的分數，然後把總分加起來。

事件

1.	配偶離世	100
2.	離婚	73
3.	分居	65
4.	入獄	63
5.	至親的人離世	63
6.	嚴重受傷或疾病	53
7.	結婚	50
8.	遭解僱	47
9.	與配偶復合	45
10.	退休	45
11.	家人在健康或行為上有重大轉變	44
12.	懷孕	40
13.	在「性」方面有困難	39
14.	家庭人數增加（添丁、領養、親戚來寄居等）	39
15.	生意上有重大改變	39
16.	經濟上有重大改變（或好或壞）	38
17.	好朋友離世	37
18.	轉行	36
19.	與配偶爭吵的次數有改變（或多或少，如：為教養孩子問題或個人習慣問題）	35
20.	計劃抵押或按揭（房屋、生意等）	31
21.	因不能歸還貸款而遭「封樓」	30
22.	在工作責任上有重大改變（如升職、降級等）	29
23.	子女離開（結婚、上大學、當兵入伍等）	29
24.	姻親問題	29
25.	卓越的個人成就	29
26.	配偶開始或停止工作	29
27.	開始或完成學業	26

28.	居住環境重大改變 (新居、裝修、家居/居住環境變差)	25
29.	個人習慣重大改變 (服飾改變、社交圈子、戒煙)	24
30.	與老闆發生問題	23
31.	工作的環境或時間重大改變	20
32.	搬屋	20
33.	轉校	20
34.	康樂習慣重大改變	19
35.	教會活動重大改變 (比平常多或少)	19
36.	社交活動重大改變 (電影、探人、新會籍等)	18
37.	借貸 (買車、電視、冰箱等)	17
38.	睡眠習慣重大改變 (比平常多或少)	16
39.	家人團聚次數重大改變	15
40.	飲食習慣重大改變 (比平常多或少、改變餐飲的時間或環境等)	15
41.	放大假	13
42.	重大節日	12
43.	輕微犯法 (如被抄牌、違反交通規則等)	11

總分

計分辦法：
 總分150或以下屬於低分：代表生活改變較少，因此而來的壓力而引致重大健康問題的機率很低
 總分150-300分屬於中等：在未來的兩年內，約有50%的機率會引發重大健康問題
 總分300分或以上屬於高分：在未來的兩年內，約有80%的機率會引發重大健康問題

你的分數是什麼？

從這個測量表我們留心到，「轉變」是帶來壓力的。還有，不但是負面的轉變會帶來壓力，正面的、快樂的轉變也會帶來壓力的，例如：結婚、放假、節期、升職、家庭成員增加、超卓的成就等。

免責聲明：Holmes-Rahe生活壓力測量表並非診斷工具，也不適用於十八歲以下人仕。Holmes-Rahe生活壓力測量表只是一個甄別檢查工具。假如你對測量結果有疑問，或察覺自己有異常壓力的情況，請務必尋求醫生、牧師、或精神健康專業人仕幫助。

The Benefits of Yijin Exercise

Developed by Master Paul Tam, Yijin Exercise is a new approach to your health. This is a complex series of exercises consisting of four major components: Zhuang, Yijinfa, Brocade Aerobics and Taijiquan.

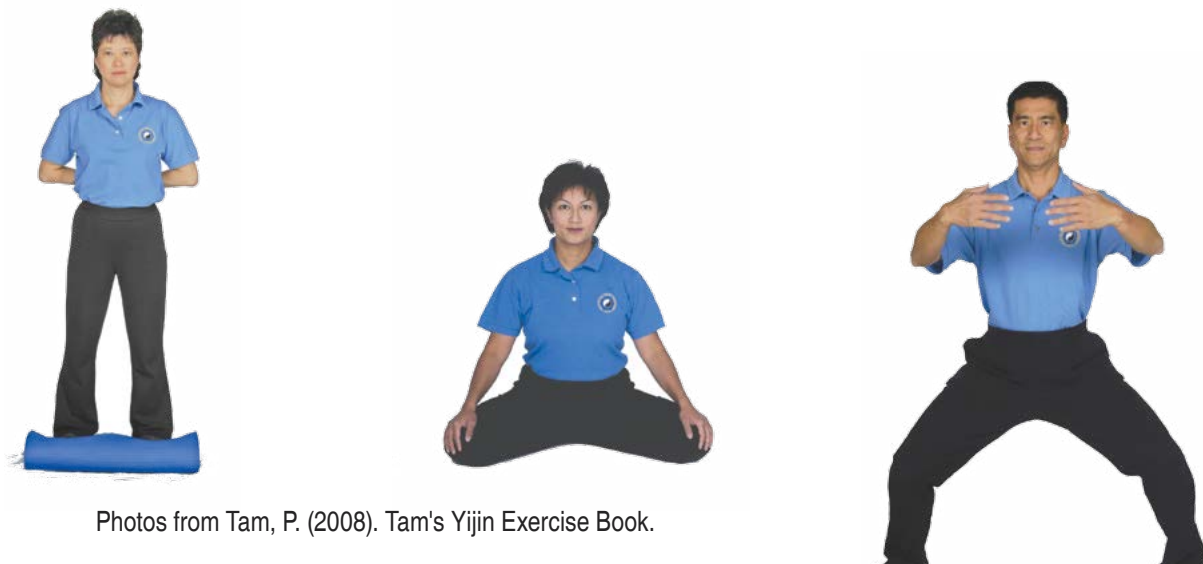
In Zhuang, with endurance and perseverance, one maintains his specific body postures for a period of time. By regularly practicing this type of exercise training, one can build up body strength and endurance while maintaining good posture and alignment.

Yijinfa is a type of stretching exercise. The major characteristic of this type of exercise is its collaboration of systematic stretching from head to toe with deep breathing. Coordinating with prolonged exhalation, one can slowly and gradually stretch and lengthen muscles and ligaments in different parts of the body where they seldom have the chances of being exercised in activities of daily living. The exercise improves joint flexibility, decreases muscle tension, helps reduce aches and pain, and improves functional capacities.

Brocade Aerobics is an aerobic exercise. The rapid rhythmic movements help build muscle strength in different parts of the body. With its rapid movements it also improves blood circulation, better cardiovascular system and strengthens the body. It can help people to shed a few pounds if the repetitions increase gradually.

Taichiquan is also known as Tai Chi. With slow and gentle movements of the body and its extremities, one can enhance balance, stability and coordination. Due to its gentle and slower paced movements, this type of exercise is very suitable especially for the elderly and individuals with different physical abilities. However, many younger people get their share of health benefits, too.

Each of the components of Yijin exercise provides different benefits to the body. One can do all or mix and match with the four different components. The Yijin complex exercise is very convenient to do. It does not require any expensive equipment or going any special places. One can do it at the comfort of one's own home, at work or even while during vacation.



易筋運動的好處

由譚豐雅師父所發展出來的易筋運動，是一種新的保健方法。易筋綜合運動有四個主要部份：樁功，易筋法，活力八段錦和養生太極拳。

樁功通過忍耐力和持久力，學習者維持身體在某些指定姿勢一段時間。經常操練這種運動可以增強體能和持久力，以及良好姿勢和定位。

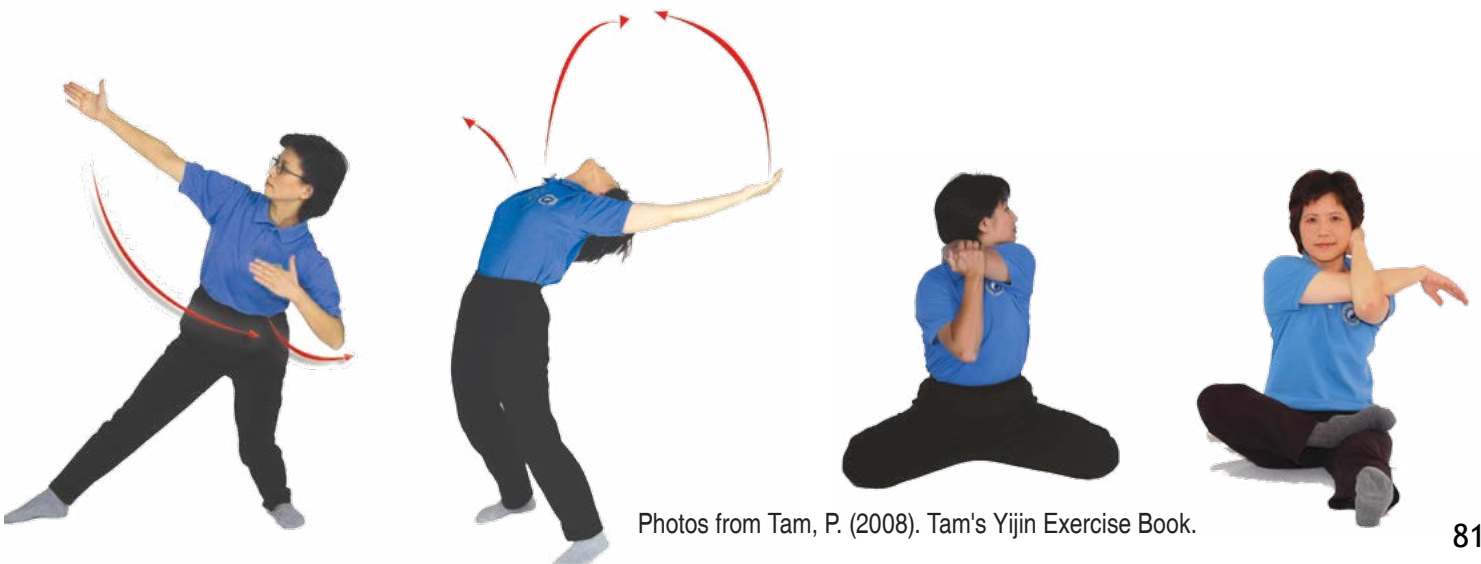
易筋法是一種拉筋運動。它的主要特點是透過深呼吸配合由頭到腳有系統性拉展。配合延長呼氣的長度，學習者可以慢慢地逐漸伸展、拉長身體那些在日常生活中很少用到的肌肉和韌帶。易筋法能夠改善關節的靈活性，降低肌肉緊張，有助於緩和疼痛，以及提高行動能力。



活力八段錦是一種帶氧運動。通過快速節奏動作，幫助建立身體不同部份的肌肉力量。它的快速動作也能改善血液循環、心血管系統及使身體強壯。多做八段錦亦有助減磅。

養生太極拳亦稱為太極。在身體和四肢緩慢和輕柔的動作下，學習者可以增強平衡性、穩定性和協調性。這類溫和慢動作運動，非常適合長者及不同體能的人士。然而，我們已經看見越來越多年輕人打太極，從而獲得健康的益處。

易筋綜合運動每一個部份都為身體提供不同的益處。學習者可以選擇做全部或混合其中部份加以操練。易筋綜合運動是十分方便練習的，它不需要任何昂貴的設備或要到任何特殊的地方。學習者可以在自己舒適的家中，在工作間，甚至在渡假中也可以練習。



Photos from Tam, P. (2008). Tam's Yijin Exercise Book.

Appendix B: Resources

附錄B：資源

This section contains a list of organizations that provide information on nutrition and health. Many of these organizations have state or local affiliates that can also provide speakers or programs. Connect with community hospitals and state or local health departments in the area for materials and presenters.

Academy of Nutrition and Dietetics

120 South Riverside Plaza, Suite 2000

Chicago, IL 60606-6995

1-800-877-1600, www.eatright.org

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.

American Cancer Society

250 Williams Street NW

Atlanta, GA 30303

1-800-ACS-2345, www.cancer.org

The American Cancer Society is passionately committed to saving lives and creating a world with less cancer and more birthdays by helping people stay well, helping people get well, by finding cures, and by fighting back against cancer.

American Diabetes Association

1701 North Beauregard Street

Alexandria, VA 22311

1-800-DIABETES, www.diabetes.org

The American Diabetes Association leads the fight against the deadly consequences of diabetes, fights for those affected by diabetes, funds research to prevent, cure and manage diabetes, delivers services to hundreds of communities, provides objective and credible information, and gives voice to those denied their rights because of diabetes.

American Heart Association

7272 Greenville Avenue

Dallas, TX 75231

1-800-AHA-USA-1, www.heart.org

The American Heart Association is devoted to fighting cardiovascular disease, funds innovative research, fights for stronger public health policies and provides lifesaving tools and information to save and improve lives.

California Department of Public Health

The Nutrition Education and Obesity Prevention Branch
www.cdph.ca.gov/programs/NEOPB

The Nutrition Education and Obesity Prevention Branch creates innovative partnerships that empower low-income Californians to increase fruit and vegetable consumption, physical activity, and food security with the goal of preventing obesity and other diet related chronic diseases.

Centers for Disease Control and Prevention

1600 Clifton Road

Atlanta, GA 30333

1-800-CDC-INFO, www.cdc.gov

The Centers for Disease Control and Prevention (CDC) works to protect America from health, safety and security threats, both foreign and in the U.S. Whether diseases start at home or abroad, are chronic or acute, curable or preventable, human error or deliberate attack, CDC fights disease and supports communities and citizens to do the same.

Dietary Guidelines

www.health.gov/dietaryguidelines

The Dietary Guidelines for Americans encourages Americans to eat a healthful diet, one that focuses on foods and beverages that help achieve and maintain a healthy weight, promote health, and prevent disease.

National Cancer Institute

9609 Medical Center Drive

Bethesda, MD 20892-9760

1-800-4-CANCER, www.cancer.gov

The National Cancer Institute is part of the National Institutes of Health, which conducts and supports research, training, health information dissemination, and other programs with respect to the cause, diagnosis, prevention, and treatment of cancer, rehabilitation from cancer, and the continuing care of cancer patients and the families of cancer patients.

National Heart, Lung, and Blood Institute

Building 31, Room 5A52

31 Center Drive MSC 2486

Bethesda, MD 20892

1-301-592-8563, www.nhlbi.nih.gov

The National Heart, Lung, and Blood Institute provides global leadership for a research, training, and education program to promote the prevention and treatment of heart, lung, and blood diseases and enhance the health of all individuals so that they can live longer and more fulfilling lives.

Physical Activity Guidelines

www.health.gov/paguidelines

The Physical Activity Guidelines for Americans provide science-based guidance to help Americans age 6 and older improve their health through appropriate physical activity.

Produce for Better Health Foundation

7465 Lancaster Pike

Suite J, 2nd Floor

Hockessin, DE 19707

1-302-235-2329, www.pbhfoundation.org

Produce for Better Health Foundation is a nonprofit organization whose mission is to achieve increased daily consumption of fruits and vegetables for better health by leveraging private industry and public sector resources, motivating key consumer influencers, and promoting fruits and vegetables directly to consumers.

United States Department of Agriculture

Choose My Plate

3101 Park Center Drive

Alexandria, VA 22302-1594

www.choosemyplate.gov

Choose My Plate provides practical information to individuals, health professionals, nutrition educators, and the food industry to help consumers build healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information.

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鳴謝

《華人身心靈健康計劃》參考美國國家癌症研究所和美國癌症協會在2004年編寫，針對非裔美國人教會的《身體與靈魂：慶祝健康飲食及生活》“Body & Soul: A Celebration of Healthy Eating & Living”並根據華裔文化而作出修定。

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