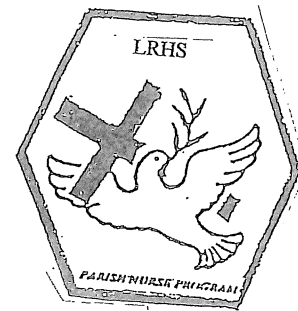


May
2016

Greetings!

NEWSLETTER FROM YOUR PARISH NURSE



I'd like to share with you some thoughts about "Prayer Walking."

We have been told over and over that walking is good for you. We've been told all the benefits of walking and there are many. Today I'd like to tell you about the enormous benefits of "Prayer Walking". This information is excerpted from a small book called "Prayer Walking" from Rodale Books.

Just how does "Prayer Walking" condition your body and soul? In my research I found at least 14 ways that prayer walking does just that.

- It reduces stress and anxiety. It has a relaxing effect, reducing muscle & mental tension
- It helps control weight. A ten year study of 44,000 women, found that walking 4 hours a week reduced their risk of gaining weight around their waists by 16%.
- It boosts self-esteem. According to some anecdotal accounts people lost weight and gained self-esteem.
- It puts prayer out in the streets where it belongs. Great prayer, like great art wasn't intended to be just in monasteries or museums.
- It strengthens your bones, reducing the risk of osteoporosis. Women over age 50, who walk 30 minutes a day are 20% less likely to develop a dowager's hump from osteoporosis.
- It builds aerobic capacity. Prayer walking help you to use oxygen more efficiently.
- It brings you a sense of peace & harmony. In a world where you can't hear yourself think, praying and walking can be a welcome change.
- It soothes headaches. If caught early enough, some people find activity staves off a headache. Even a short walk could help.
- It reduces your risk of developing diabetes. Research at the National Institutes of Health, shows that even casual walking, can lower your risk for diabetes.
- It relieves arthritis pain. Walking burns calories to help lighten the load on your joints and builds muscle to protect those joints. Walking cleans and feeds foot, leg and hip joints. Cartilage has no blood supply so it relies on movement to squeeze out waste products.
- It helps prevent high blood pressure. And lowers blood pressure that's too high.
- It reduces your risk of heart disease. Regular walking lowers triglycerides and "bad" cholesterol and increases "good" cholesterol levels.
- It improves eyesight. Walking 40 minutes three times a week can reduce eye pressure by 20% thus reducing the threat of blindness from glaucoma.
- It wards off colds. A 45 minutes walk can bolster the immune system & ward off the viruses that cause the common cold before they attack you.

Prayer Walking fits us because it fits our culture so perfectly— our culture that wants to accomplish two or more things at once. The other reason that prayer walking is so right for us and our times is that it lets us get spiritual. It lets us get out into creation and see that God is not just in heaven or in church but here in front and behind and alongside of us as we walk. God is in our relationships and in our hearts.

Lets go for a walk.

If you want more information about prayer walking give me a call.

Hazel Croy, Parish Nurse

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