



CHIP CHAT

FOR ALUMNI & FRIENDS - MARCH 3, 2003

One of my Valentines gifts to Shirley was the #1 New York Times Bestseller, “**Get With the Program**” by *Bob Greene*... he is Oprah’s personal trainer/coach. I have to read it when Shirley is sleeping... she seems to be reading it most of the time we aren’t working on projects. If you need a boost to help you get moving and exercising more, this should do it... if it doesn’t you better order your casket!

This is a great book with a common sense approach to overcoming the objections to why you aren’t getting more exercise. Bob Greene is more about exercise than food, which is what both Shirley and I seem to need right now. It’s one thing to make these exercise resolutions and aim at getting 60,000 steps a week of activity... that’s equivalent to about 4½ miles a day for six days (see Oprah Magazine March 2003, page 144)... but it’s another thing to do it consistently. Once you start finding excuses to not exercise every day, you soon are “Off the Program.”

Get With the Program is all about patience, persistence and pacing. It’s about self-discipline, self-control and personal commitment. Most of all, it’s about feeling good about yourself and taking good care of yourself. This program is a realistic life-changing process –for life! Isn’t that what we all need?

The goals for Phase One of the program are:

- Explore your beliefs, attitudes, and behaviors that relate to yourself and the process of change.
- Learn all about the process of how you gain and lose weight.
- Make a personal pledge to “Get with the Program” by signing a contract with yourself.
- Start drinking a minimum of 6 eight-ounce glasses of water a day.
- Start to improve your functional fitness by moving more and performing some basic exercises.
- Prepare yourself for a lifetime of being healthy and fit.

This book has given Shirley and me a new boost to get with it again... and hopefully stay with it for the long term. It has lots of pictures and exercises that one can do without going to a gym, which is helpful for us... we enjoy getting a workout without an audience.

Sherwin Goerlitz chipchat@sdachip.org

Quotable Quotes

“You don't have to see the whole staircase, just take the first step.” –
Martin Luther King (shared by Marcia Nahorney, Brooks, Alberta)

“I am a great believer in luck, and I find the harder I work the more I have of it.” –*Thomas Jefferson (1743 - 1826)*

“Exercise and recreation... are as necessary as reading. I will rather say more necessary, because health is worth more than learning.” –*Thomas Jefferson*

“Caring about yourself and doing good things for yourself is not only your right, it's your responsibility.”

Did You Know?

Stay Slim with Breakfast

If you want to boost your weight loss efforts, be sure to catch your morning meal. A recent study revealed that people who had lost weight and were successful at keeping it off tended to eat breakfast each day. Over 75% of the people in the study who were successful in keeping weight off for one year reported eating breakfast every day of the week. –*RealAge Tip of the Day, Feb. 12, 2003*

[Read more](#) about this tip.

Cool Websites

Vegetarian & Vegan Recipes, Articles and Health Resources:

<http://www.vegsource.com/>

Check out the interesting article here on the McDonalds Settlement: A Study in Greed, Corruption and Heroism:

http://www.vegsource.com/articles2/mcdonalds_lawsuit_hearing2.htm

This Week in Pictures:

<http://www.msnbc.com/modules/theweekinpictures/default.asp?0nl=-11>

The best dozen photos every week selected from 10-20,000 submissions. Also, great news clip on current events. Check out the Space Shuttle Disaster.

Disclaimer: Links to any websites referred to in this newsletter do not necessarily constitute endorsement by the Adventist Chip Association for all of the content therein.

CHIP Happenings

Red Deer, Alberta We started our first CHIP program January 27, 2003. We had 26 participants. We had one lady go down one size in two weeks, go off all sleeping medication (and slept 10 hours the first night)! We had one gentleman go off all his blood pressure medications, plus his pulse went down 15 beats a minute! We have many other stories... the progress is WONDERFUL!

Red Deer's main industry is beef and dairy, so we have our work cut out for us, but we are doing it, and getting the medical community interested at the same time. Because of their interest, our next CHIP program may be catered just to the medical profession. –*Randa Dahr, Director*

March 2 **Simi Valley, CA** –starting Chip 2 –Bob Stotz, *Director*

March 3 **Calgary, Alberta** –starting CHIP 3 –Ron Blaney, *Director*
New Westminister, BC –starting CHIP 3 –Lilliana Spasojevic, *Director*

March 6 **Maple Ridge** –starting CHIP 2 –June Brake, *Director*

March 10 **Wayland, NY** –starting first CHIP –Nancy Schmieder, *Director*

March 17 **Calistoga CA** starting second CHIP –Janet Larsen, *Director*
Moab Utah –starting second CHIP –Iris Skobow, *Director*
Rockford IL –starting CHIP 4 –Eric Shadle, *Director*

March 23 **Dalton, GA** –starting first CHIP –George Lee, *Director*

March 24 **Adairsville, GA** –starting first CHIP –Eric Taylor, *Director*
Astoria, OR –starting first CHIP –Susan Armstrong, *Director*
Overland Park –starting first CHIP –Carol Blackwell, *Director*
Surrey, BC –starting CHIP 3 –Ketti Goudey, *Director*

March 31 **Kansas City, KS** –starting first CHIP –Vivian Neuharth, *Director*

What's happening in your area? Why not drop me a note so I can share it? Let us know when your next CHIP program is scheduled so we can post it on our web site. –Sherwin Goerlitz: chipchat@sdachip.org

Looking for a CHIP Program?

Check out the CHIP Website to find the location and date of the next CHIP closest you and share it with your friend or family member.

<http://sdachip.org/locations/>

Recipe of the Day

Mexican Black Bean Soup

Here is a really tasty soup that we often make up extra and put some in the freezer for emergencies... which could be just about anytime! I love it with warm whole-wheat toast and just a few corn chips... and tofu sour cream.

3 cups black beans
1 tbsp olive oil
3 cloves garlic
2 chopped onions
2 stalks celery chopped
2 tsp chili powder
2 tbsp lime juice
2 tsp chopped fresh jalapeno
1 tsp dried oregano
1 tsp ground cumin
6 cups “chicken” broth*
1 –14 oz can diced tomatoes
sea salt and pepper to taste

Rinse beans in large pot. Cover beans with 3 times their volume in water, bring to a boil, cover and cook for 2 minutes. Remove from heat and let stand for 1 hour.

Heat oil, cook garlic, onions and celery stirring occasionally until onions are softened. Add spices and cook for one minute. Add beans and stock, bring to a boil. Reduce heat, cover and simmer for an hour plus, until beans are tender. Add tomatoes, salt and pepper and cook for 10 more minutes. Stir in lime juice to taste.

Some may prefer to puree this soup... we have done it both ways. If you start with already cooked beans, it will save a lot of time. We like to cook a large amount of beans ahead of time so we can take them out of the freezer and use them in a variety of recipes... and it costs less!

Question of the Week

More of us are realizing that breakfast is the most important meal of the day... but how can we make it more exciting? **What is your favorite breakfast** that doesn't include cereal? Tell me what you like and I'll post the ideas in the next edition. I think we are getting close to having a Chat page on our web site... so soon we all can post questions and get help from all the readers... but this week just email me.

Laugh a Little

CLEVER SHOES



Deciding to take up jogging, the middle-aged man was astounded by the wide selection of jogging shoes available at the local sports shoe store.

While trying on a basic pair of jogging shoes, he noticed a minor feature, and asked the clerk about it. "What's this little pocket thing here on the side for?"

"Oh, that's to carry spare change, so you can call your wife to come pick you up when you've jogged too far."

Closing Thought

"The older a man gets,
the farther he had to walk to school as a boy."

What is CHIP? CHIP stands for **Coronary Health Improvement Project**. The Adventist CHIP Association is an international, non-profit, grassroots and volunteer-driven organization whose mission is: *To inspire, equip, and support local Seventh-day Adventist churches to develop CHIP programs that model the healing ministry of Jesus Christ.* To find out more about CHIP or the next CHIP program nearest you check out Adventist CHIP Online at <http://www.sdachip.org>

CHIPCHAT is published bi-weekly by the Adventist CHIP Association for CHIP Directors, team members and alumni & friends. We encourage you to **forward this newsletter to anyone who you think would appreciate this message.**

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