



PHAMILY PHITNESS

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THE MENTAL HEALTH OF MEN.

OUR SOCIETY HAS PLACED GREAT PRESSURE ON MEN TO PERFORM, AND NEVER LET THEM SEE YOU SWEAT. THIS APPROACH HAS LEAD A MANY OF GOOD MAN TO HIS GRAVE NEVER REALIZING THAT WHICH HE WORKED SO HARD FOR.

THE MAJORITY OF PEOPLE ARE DIAGNOSED BY A PROFESSIONAL WITH DEPRESSION. AFRICAN AMERICANS ARE LESS LIKELY TO BE DIAGNOSED, AND AFRICAN AMERICAN MEN ARE USUALLY DIAGNOSED FROM THE LETTER THAT IS LEFT AFTER THEY HAVE COMMITTED SUICIDE. THE STIGMA THAT IS ATTACHED TO DEPRESSION IS ONE OF UNFAIRNESS, AND INSENSITIVITY. IT HAS BEEN SAID THAT BEING DEPRESSED FOR A MAN IS SHOWING A SORT OF WEAKNESS, I SAY A MAN WHO REACHES OUT WITH ANY HARDSHIP, IS SHOWING STRENGTH.

BRETHREN, IF YOU FEEL THE THINGS YOU USE TO LOVE PASSIONATELY ARE NO LONGER ENJOYABLE, YOU ARE WITHDRAWN, HIGH-TEMPERED OR FIND YOURSELVES MORE EMOTIONAL THAN USUAL? IT MAYBE A GOOD TIME TO VISIT YOUR PHYSICIAN. OH!!!! AND THE DON'T LET THEM SEE YOU SWEAT THING? I SAY, DON'T LET THEM SEE YOU DEAD.

FITNESS TIP

- WATER IS A GREAT WAY TO KEEP YOURSELF REGULAR, IN ADDITION TO AIDING IN THE PROCESSING OF MEDICINES AND SUPPLIMENTS.

SWEAT, THE BODIES COOLING SYSTEM.

WHEN YOU WORKOUT AND SWEAT, OR SWEAT FROM VARIOUS ACTIVITIES, IT IS AN INDICATION THAT THE BODIES COOLING SYSTEM IS WORKING EFFICIENTLY. WHAT SWEAT IS NOT, IT'S NOT A WAY TO DETERMINE THAT YOU ARE BURNING FAT. THE ILLUSION THAT YOU ARE BURNING FAT, HAS TO DO WITH THE AMOUNT OF WATER THAT IS LOST WHILE EXERCISING. YOU WILL REHYDRATE AND REPLACE THE WATER YOU LOSE WHEN YOU DRINK IT.



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Men's Health

Bro. Rickey B. Roach #40- Chairman

PM Carlos Hudson #58- Member

WM Kenneth Golden #28- Member

EXERCISE SUPPORT.

ONE OF THE TOUGHEST THINGS TO DO WHEN IT COMES TO EXERCISE, IS GETTING STARTED. WHAT TO DO, WHEN TO DO IT, AND HOW MUCH TO DO? ARE NORMAL QUESTIONS TO ASK. IT IS NO HARM IN SEEKING OUT ASSISTANCE FROM TRAINERS OR OTHERS IN THE SPORTS RELATED INDUSTRY. GOING IT ALONE CAN BE A CHORE NO MATTER WHAT LEVEL YOU ARE AT. IN ORDER TO CONTINUE OR BEGIN A FITNESS PROGRAM, SUPPORT IS ALWAYS AVAILABLE AND NEEDED.