

EVE

The cover of EVE magazine features three young women with long dark hair, smiling and posing in front of a wood-paneled wall. The woman on the left is wearing a black off-the-shoulder top and a necklace. The woman in the middle is wearing a black tank top and a necklace. The woman on the right is wearing a bright blue sleeveless top and jeans. The magazine title 'EVE' is written in large white letters at the top left, and 'Issue 27' is written below it.

Issue 27

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The Two Kinds of

Husbands

By Lesley Dornen, *Redbook*

Most of us were brought up to believe there was a single entity called a “good husband.” Yet there are actually two very different kinds of good husbands: The Boyfriend and the Husband. The former is everything you’ve wanted since you were 15: sexy, spontaneous, irresistible. He makes you laugh, makes you shiver, makes you mad as anything. The thing is, he never quite pictured himself as a husband and father, and deep down he still doesn’t. When you’re trying to explain the concept of equal parenting or picking up his wet towels from the floor or refusing to sit through one more action movie, you wonder: Did I make the biggest mistake of my life?

The Husband is your best buddy, a man you can count on to walk the baby at 3 AM, hang up his shirts and even buy you Tampons on the way home. Yes, sex is more tender than thrilling, but isn’t that to be expected with time? (And tender counts for a lot.) Still, sometimes you wonder if this cozy security is all it’s cracked up to be.

Shouldn’t marriage have more pizzazz, electricity, mystery?

Well, yes. And Boyfriend husbands should stay home more often, too. But just as there is no one good marriage, there is no one good husband: Even the best have a B side.—Part of the work of marriage is developing that other side.

Easy to say. But how do you learn to love and nourish the good marriage you’ve got? Read on to find your kind of guy, and the road to happiness with him.

He’s Such a Bad Boy: From the outside looking in, we envy the Boyfriend Marriage—and from the inside out, it does feel as good as it looks.—Romantic. Spontaneous. Magical. Right. At its best, it feels the way you were always told marriage should feel. No matter what else is going on—kids, work, family—the marriage itself is always front and center.

Passion—the glue of the Boyfriend Marriage—has a downside, and it resides in its very origin: The flame that fuels it is either unfamiliarity or uncertainty. And as much as we love

our husbands, they do not remain an endless series of brand new revelations. Which leaves us uncertainty: Maybe you’re older now, but the dynamics haven’t changed much since your dating days. The same questions still rivet you, just beneath the surface of your everyday lives: How does he feel? How do you feel? Is he still attracted to you? Do you still love him?

He’s as Comfy as a Teddy Bear: There’s no question: Being married to a Husband is easier on the psyche than being married to a Boyfriend. “It felt real good, but I had to decide to pursue it. I wasn’t swept away,” says Victoria.

Experts tell us that the best predictor of marital success isn’t sexual passion at all, but a couple’s ability to negotiate conflict and resolve differences. Nor does sex top the charts when most of us name our most important quality in a mate. One of the things we seek in marriage is a haven. We want the feeling that home is a safe place to go. Friendship seems to provide a more stable base for

that than sexual passion and uncertainty. By definition, there is a certain amount of tension lacking, which is freeing. As one woman puts it: "Because I know my husband is there for me, I can venture out, explore the world, grow as an individual. And he can do the same. It doesn't lessen our bond; it strengthens it."

The downside of the Husband Marriage? The yearning to be swept away by a tidal wave of passion. When people say that sexual passion declines sometime after three years, the Friendship Marriage is what you have left. And although that might be a good trade-off, it doesn't mean there isn't a sigh, a pang—and sometimes more—for what you lost or had to let go of.

How to Love the One You're With: No matter what the style, good marriages are based on chemistry, commitment and communication. And optimism: It helps to look at your marriage as half full rather than half empty. Loving your husband and yourself at the same time depends upon seeing him as clearly as possible, trying to forgive him for what you see that you wish you didn't, and trying to live with him in spite of it. Accept who he is by seeing who he is in the most positive light. Ironically, the very qualities about him that bug you (his

restlessness or his stability) may be what you secretly wish for yourself. Developing that other side in yourself can change the balance in your marriage for the better.

Given how different the Husband Marriage is from the Boyfriend Marriage, you'd think they'd require vastly different strategies for long-lasting happiness. Not so.

There are two ways to change your relationship: Talk to yourself differently and talk to your partner more effectively. Don't compare him to your best friend's husband. Stop catastrophizing every small disappointment. Above all, don't expect your marriage to satisfy all of your emotional needs. Realize that a good marriage has both intimacy and independence.



Dad speaking

There's some good advice in this article, although of course it neglects to mention the most important counsel there could possibly be for how to help your marriage: Pray and get the Lord's advice and instruction, tailor-made for you. It's so easy to give up when things start getting tough, when you hit snags and rocky roads in your life as a couple. But don't give up! You can make it work, because the Lord can help you and do the miracles through you. Keep your eyes on the positive, love one another, and love the Lord most of all, because He is the glue that will bind you together.

Another thing to remember here is that keeping the Lord in first place is the primary key that will help you not to expect too much of your mate. When you realize and recognize that your mate is not *supposed* to be everything and your "all in all," because the *Lord* wants and needs to have that first place; it can help take some of the pressure off.—Because as much as you each try to do the right thing in your relationship, no one is perfect.—And if that's what you're looking for, then you're going to be disappointed sooner or later.

So the real key to a long and lasting, happy and fruitful relationship is keeping the Lord at number one, and building your relationship with each other around your relationship with Him.

How Five Frenzied Minutes Can Fire Up Your

SEX Life!

From *Cosmopolitan* magazine

Speedy sex can be arousing for women and for men. And in this day and age, when everyone is pressed for time, at times a quickie can be just what the doctor ordered.

Now, be careful not to incorporate quickies all the time, because that could leave the very affectionate starved and unhappy. But you could and should use the beloved quickies to enhance your sex life. That said, here's how to have successful "quickie sex":

1. Agree on a Quickie Code. This way if the urge sneaks up on you in the unlikeliest of situations, you and your partner will be

ready to go in 15 seconds flat. But the code must be agreed upon and not something that you will easily forget or get confused by. Create a secret handshake or maybe a raised eyebrow. It says: "You. Me. Here. Now." (*Eve: You might also want to consider a counter-code, whereby if one partner is in the mood for a quickie, but the other is in the middle of something important or at an otherwise inopportune moment, this can be communicated without hurt feelings. Sometimes it just doesn't work out to drop everything right then, so having a way to communicate this simply can save a lot of tension*

and frustration in both parties.)

2. Conjure Up Sexy Thoughts. For women, especially, this is necessary. It's hard for them to go from washing the dishes, doing laundry or budgeting on a computer to steamy sexual excitement in the next second. So be ready to pull up a favorite fantasy or particularly arousing pictures in your mind. If they're good ones, just quickly thinking them up will get your endorphins and adrenaline pumping.

3. Be Creative. A quickie does not always have to include intercourse. You can include whatever satisfies your partner and yourself.

4. Be Prepared to Arouse. For women, this can mean wearing sexy lingerie under your clothing at times so if the mood strikes, you can just whip off the outer layer for a visual feast. For men, silk boxers might do the trick or sexy cologne. Just be ready!

Dad speaking:

Thank God for the freedoms and beauties of sex! Isn't it wonderful? This little article has some fun tips, but just remember to be considerate as to what your partner might be involved with at that moment. There are certainly times when sneaking off together for a few minutes here and there can add a little rush of spice and excitement to life.—But of course there are plenty of other times when it just wouldn't be appropriate. So when in doubt, shoot up a prayer and find out. Have fun!

What Does It Mean to Be a

Lover?

By Barbara De Angelis

From Elise, Chile

I thought this article was so beautiful—not only for our earthly lovers, but most of all for our Lover of all lovers!

What does it mean to be a lover? It is more than just being married to or making love to someone. Millions of people are married, millions of people have sex—but few are real lovers. To be a real lover, you must commit to and participate in a perpetual dance of intimacy with your partner.

You are a lover when you appreciate the gift that your partner is, and celebrate that gift every day.

You are a lover when you remember that your partner does not belong to you—he or she is on loan from Heaven.

You are a lover when you realize that nothing that happens between you will be insignificant, that everything you say in the relationship has the potential to cause your beloved joy or sorrow, and everything you do will either strengthen your connection or weaken it.

You are a lover when you understand all this, and thus wake up each morning filled with gratitude that you have another day in which to love and enjoy your partner.

When you have a lover in your life, you are richly blessed. You have been given the gift of another person who has chosen to walk beside you. He or she will share your days and your nights, your bed and your burdens. Your lover will see secret parts of you that no

one else sees. Your lover will seek you out where you have been hiding, and create a haven for you within safe, loving arms.

Your lover offers you an abundance of miracles every day. He has the power to delight you with his smile, his voice, the scent of his neck, the way he moves. She has the power to banish your loneliness. He has the power to turn the ordinary into the sublime. She is your doorway to heaven here on earth.

How Do You Greet Your

Spouse?

From Mark Merrill,
the Family Minute

So you're standing at the kitchen sink when he walks in the front door. Do you holler out, "I'm back here"? Or maybe you're sitting in your favorite chair reading when he or she gets home. Do you mumble over your page, "Hi"?

Well, try to make a habit of greeting your spouse at the door. Whoever gets home first gets to make the move. When you hear that your spouse is home, stop what you're doing, walk over and give him or her an enthusiastic hug. It will make you both feel great, and will help the tensions of the day melt away.

The Beauty Contest

Sent in by Rejoice Iowa, USA

(I read this article in Chicken Soup for the Woman's Soul, Second Edition, and I liked it. —As the quote goes, "Beauty is in the eye of the beholder.")

A successful beauty product company asked the people in a large city to send brief letters about the most beautiful woman they knew, along with the woman's pictures. Within a few weeks, thousands of letters were delivered to the company.

One letter in particular caught the attention of the employees, and soon it was handed to the company president. The letter was written by a young boy who wrote that he was from a broken home, living in a rundown neighborhood. With spelling corrections, an excerpt from his letter read:

A beautiful woman lives down the street from me. I visit her every day. She makes me feel like the most important kid in the world. We play checkers and she listens to my problems. She understands me and when I leave, she always yells out the door that she's proud of me.

The boy ended his letter by saying, "This picture shows you that she is the most beautiful woman. I hope I have a wife as pretty as her."

Intrigued by the letter, the president asked to see

this woman's picture. His secretary handed him a photograph of a smiling, toothless woman, well advanced in years, sitting in a wheelchair. Sparse gray hair was pulled back in a bun and wrinkles that formed deep furrows on her face were

somehow diminished by the twinkle in her eyes.

"We can't use this woman," explained the president, smiling. "She would show the world that our products aren't necessary to be beautiful."

—Carla Muir



"This is why so many love me, because they know that I love them—really love them, and really would prefer their happiness to my own, their enjoyment to my own, their fulfillment to my own, their comfort to my own, their satisfaction to my own, their safety to my own, their pleasure to my own. Because I really enjoy seeing others happy, and I enjoy most of all making them happy, for that is my happiness—and it could be yours! Life, liberty and the giving of happiness to others: These are things that only God can give, and the only things that will ever satisfy your spirit! So if you want to be happy and make a mate happy, seek the satisfaction of the spirit in both of you in God! For the fashion of this world passeth away and the lust thereof, but he [and the love] that doeth the will of God abideth forever!" (1Cor.7:31 and 1Jn.2:17).—Dad



Food Sources of Mineral Nutrients

By Dr. Tom Lee, Web reprint

Calcium: Almonds, figs, beans, carrots, pecans, raisins, brown rice, apricots, garlic, dates, spinach, sesame seeds, brazil nuts, cashews, papaya, avocados, celery, broccoli, Brussels sprouts.

Chromium: Brewers yeast, cheese, corn oil, whole grains.

Copper: Soy beans, Brazil nuts, bone meal, raisins, legumes, blackstrap molasses

Iodine: Kelp, seaweed (such as dulse and Irish Moss), beets, celery, lettuce, grapes, mushrooms, oranges.

Iron: Kelp, raisins, figs, beets, soybeans, bananas, asparagus, carrots, cucumbers, sunflower seeds, parsley, grapes, watercress.

Magnesium: Honey, almonds, tuna, kelp, pineapple, pecans, green vegetables.

Manganese: Celery, bananas, beets, egg yolks, bran, walnuts, pineapples, asparagus, whole grains,

leafy vegetables.

Phosphorus: Mushrooms, cashews, oats, beans, squash, pecans, carrots, almonds.

Potassium: Spinach, apples, tomatoes, strawberries, bananas, lemons, figs, celery, mushrooms, oranges, papaya, pecans, raisins, pineapple, rice, cucumbers, Brussels sprouts.

Sodium: Turnips, raw milk, cheese, wheat germ, cucumbers, beets, string beans, lima beans, okra, pumpkins.

Sulphur: Bran, cheese, eggs, cauliflower, nuts, onions, broccoli, fish, wheat germ, cucumbers, turnips, corn.

Zinc: Mushrooms, liver, soybeans, sunflower seeds, Brewer's yeast.

Slash Your Disease Risk

From *Eat Smart Strategies*

You need at least five servings of fruits and vegetables daily. Boost your intake with these tips:

Breakfast: Add a large banana to your cereal, stir a quarter cup of raisins into your oatmeal, have some orange juice, add fruit or raisins to your yogurt. (*Eve: Or have a fruit salad.*)

Lunch: Add veggies to your pizza toppings, snack on celery and carrot sticks, garnish your sandwich with lettuce and tomato.

Dinner: Start with a small salad, add half a cup of beans to your soup or stir-fry, and have applesauce for dessert.

How to Trim Your Bangs at Home

Third Age Web site

1 Begin with damp bangs. Spritz them with a water bottle or use a wet comb.

2 Pull a small section of your bangs (no more than a quarter-inch wide) down toward your nose, twisting the section slightly. (The twisting helps the end result not look "chopped off," and to be a tiny bit tapered.)

3 Gently cut the ends of the section just below your eyes. Remember, damp bangs will spring up a bit when dried, so err on the conservative side and don't cut them too short. Repeat this process until all your bangs are done.



Dad speaking

These are some good and fun tips to boost your fruit and veggie intake. It's good to have that frame of mind, to try to work in fruits and vegetables as much as you can into your diet. Of course, not all the tips above will be workable in some of our bigger communal Homes. But if you pray, the Lord can show you the way to apply this to your life. Is your Home a little short on fresh produce? Why not make it a special prayer request, and go on the attack to find new friends and contacts to help with this? The Lord wants to supply everything that you need to keep your body working well and in tiptop shape, so quote His Word and hold Him to His promises.



Expectant Exercise

Heart

Rate Regulations?

Question

I had a question regarding exercise during pregnancy. I have heard so many opinions about what you should and should not do. I know it's fine to walk and swim and do light PG aerobics, and this is what I did during my last pregnancy. My midwife said it is not necessary to get your heartbeat up while pregnant, but she herself isn't so into exercise so I wonder if that is true. Then I read in a book about running that it is fine to run every day the whole way up until you have the baby!

Well, I did pray about that one and the Lord told me that the author of that book only had one baby and the people that follow her advice are mainly women who have only two or three kids, and space them far apart. He told me that it was not good advice for His Brides who have so many beautiful children, one after another.

I am curious to know though if getting your heartbeat up as much as you usually would is necessary, and also if other things such as lifting light weights are okay. I would very much appreciate any and all counsel on this subject.

—*Shine (of Tim), USA*

Answer

(Eve:) God bless you for doing your part to stay healthy through regular, moderate exercise during pregnancy, even though it's not always easy to do, especially as the baby gets bigger! It is wise not to get your heart pumping *too* fast during pregnancy, as that can sometimes cause problems. A good rule of thumb is that you're exercising too hard if you can't keep up a normal conversation.

For most healthy people, the American Heart Association recommends an exercise target heart rate during pregnancy ranging from 50% to 75% of your maximum heart rate, which is normally calculated as the number 220 minus your age. But the views on this differ as far as actual numbers that are considered "safe" to reach; the best thing to do is to counsel with the Lord first of all,

and with your midwife (or doctor) as pertains to your particular pregnancy, current fitness level, and so on.

All forms of exercise, including weight lifting and jogging, would be primarily dependent on your fitness level and involvement in these activities *prior* to pregnancy. In general, jogging and running are among the forms of exercise which involve jarring movements and are not so comfortable for many pregnant women, and certainly not recommended if your body isn't at all used to this type of exercise. You would not want to begin a running or jogging program during pregnancy if your body was not previously accustomed to it. However, if you have already been in the habit of taking a daily jog, and if the Lord and your doctor or midwife confirms it, it could be fine to continue light jogging as long as it is comfortable for you.

The same goes for lifting weights.—If you are already used to it, lifting light weights should not cause any problems during pregnancy. But please be

prayerful, keep in close counsel with the Lord and others, and be mindful of any of your body's signals that you might be overdoing it or need a break. Pregnancy is not the time to push yourself, so take it easy.—Get the exercise you need, but take it slow and have fun.

We are including below a few more articles on the subject of exercise during pregnancy. Please see also *CCHB1* for more on this subject. We love you!

Know

Your Limits

Tips for a Safe Workout

By S. Jhoanna Robledo,
Babycenter Web site

Medical experts can't say enough good things about exercising during pregnancy, as long as it's moderate and doesn't put you at risk for slips and falls. Such activities as swimming, walking, and low-impact aerobics are good choices.

Even if you're normally quite graceful, *relaxin*, a hormone that relaxes the pelvic joints in preparation for childbirth, also loosens all ligaments and joints, making you more susceptible to sprains and other injuries. That's why it's doubly important to pick the right activity.

If you're committed to keeping fit, do so on a regular basis. According to the American College of Obstetrics and Gynecology, it's best to exercise at least three times a week. Working out sporadically can put you at risk for injury; plus, you don't benefit from exercise by working out only once in a while.

Check with your doctor or midwife before starting an exercise program.

(*Eve: And most importantly, check with the Lord.*) If you have always been active, you can probably continue your exercise regimen while you're pregnant, providing your pregnancy isn't considered high risk. That said, it can't hurt to check with your doctor or midwife to make sure the activities you participate in are right for you. And, if you've never been the athletic type, your healthcare provider can give you some helpful tips for getting started.

Wear loose-fitting, breathable clothing and supportive shoes. To avoid overheating while you work up a sweat, layer on clothes so they're easy to shed or wear outfits specially designed for exercise.

According to the American College of Obstetrics and Gynecology, your temperature (taken under the arm) should be less than 101 degrees Fahrenheit (38.3

degrees Celsius) after exercising. Also make sure your maternity bra offers enough support.

You'll also need athletic shoes that fit your feet properly to help support ligaments and tendons. If your shoe size has changed because of mild swelling, stash away your pre-pregnancy sneakers and try to find a new pair that's comfortable.

Warm up before exercising: Warm ups do just that—they warm up your muscles and joints to prepare your body for exercise, and help build your heart rate up slowly. If you skip the warm up and jump into strenuous activity before your body is ready, you could strain your ligaments and hurt yourself.

Keep moving: Standing motionless for prolonged stretches, which certain stretching and dance positions call for, can decrease blood flow to the uterus and cause blood to pool in your legs, making you dizzy. The moral: Keep moving—switch positions or walk in place.

Avoid exercising while flat on your back after the first trimester. Besides being uncomfortable, this position can cause dizziness. It puts your uterus square on top of the vena cava, a major blood vessel, diminishing blood flow to your brain and womb. Sit

I totally agree on how important it is to exercise while expecting. It can really help to give physical stamina during labor. My last labor was very short, less than two hours, but it was much stronger than my first. The contractions came very fast at the end. I am sure glad I had been faithful with my daily walks during my pregnancy! I think if I hadn't exercised during the pregnancy I would have had a very, very hard time. But because of the Lord's mercy and me doing my part to exercise, my body was ready for this very hard physical work of labor.

From Mary, Holland

up on your elbows instead, or lie on your side.

Don't do deep knee bends, lunges, or full sit-ups. These positions can cause ligament strain, and may increase the chance of tearing in the pelvic area. Instead, switch to other activities that tone the same muscles. "Swimming and

These are all good tips for you dear pregnant women to keep in mind when exercising. And most importantly, ask the Lord for His specifics for you. Ask Him what form of exercise would be best for you. Ask Him how much you should do every day—or on a weekly basis. Ask Him what to do when you feel pain or when you're not sure if something is safe or not. He knows your body better than you do, and will tell you all that you need to know to keep you and the little one growing inside you in tip-top shape.

speaking

walking will work the quadriceps and buttock areas just as well as lunges and knee bends," says Baby-center fitness expert Jill Stovsky.

Avoid overdoing it:

Don't go for the burn and don't exercise to exhaustion. Because you have less oxygen available for aerobic exercise during pregnancy, you should generally stick to 60% of your maximum pre-pregnancy heart rate while pregnant. A good rule of thumb: Slow down if you can't comfortably carry on a conversation.

If you feel uncomfortable or are in pain, stop immediately. Listen to your body. When something hurts, something's wrong, so stop. You should feel like you're working your body, not punishing it.

Drink lots of water before, during, and after exercising. If you don't drink plenty of fluids, you can get dehydrated, which can cause contractions and

raises body temperature, sometimes to levels that are dangerous for you and the baby. The American College of Sports Medicine suggests drinking about two glasses of water two hours before you begin exercising. Drink 5 to 12 ounces every 15 to 20 minutes during your workout. Drink at least two more glasses of water after you're done.

Get up from the floor slowly and carefully. Your center of gravity shifts during pregnancy, so take great care when you shift positions. Getting up quickly can make you dizzy, and cause you to lose your footing and fall.

Skip outdoor activities when it's hot and humid. Pregnant or not, take it easy when the sun is blazing hot and the air is as humid as a thick, wet blanket. Weather like this makes you prone to overheating. On particularly hot or humid days, skip your workout or exercise indoors in a well-ventilated room.

Steer clear of dangerous sports. Because your joints are looser than normal, it's best if you avoid any activity that could make you slip or fall, upping the risk of injury to your abdomen. Horseback riding, downhill skiing, mountain climbing, and most contact sports (football, basketball, and soccer) are on the avoid list. Racket sports such as tennis

and squash are no-nos, too, especially during the second and third trimesters, because the side-to-side movements can be hard on the knees, and the ball—traveling at whiplash speed—could hit your tummy.

Cool down. Walk in place for a few minutes or stretch. It gives your heart rate a chance to gradually return to its normal pace.

Moderate Exercise Helps Ensure Healthy Baby

Reuters Health

Moderate exercise is healthy for pregnant women and their babies, but exercising too much or too little could raise the risk of bearing a low birth weight baby, Canadian researchers report.

The investigators found that women who exercised strenuously five or more

times a week during the last trimester of their pregnancy had four times the risk of having a low weight baby. Women who exercised fewer than three times a week were twice as likely to have a low birth weight baby. Low birth weight babies are believed to be more likely to have subsequent health problems.

Pregnant women who exercised three or four times a week seemed to have the best chance of having a healthy weight baby.

“Pregnancy is not the time to exercise excessively, but it is also not the time to be sedentary,” Dr. M. Karen Campbell, from the University of Western Ontario, told *Reuters Health*. “We can say conclusively that moderate exercise three to four times a week is perfectly safe—and even beneficial.”

Water Exercises in Pregnancy

From the Active Birth Center Web site

In pregnancy, water can help you to feel energetic and have a positive attitude towards your body, and your baby. When, like your baby, you are in water yourself, it enhances your sense of connection with your child.

Water exercise combines well with other land exercises; in fact, it is still necessary to practice some basic land exercises in addition to your water exercises. Some specific exercises to open the pelvis and relax other parts of the body must be done with the help of gravity on land to be truly effective. You will find that many of the basic exercises can be done on land and in water and it is ideal to do both. Similarly, walking in the open air is excellent and combines very well with swimming.

Benefits of water exercise

Cardio-respiratory: Your heart is the most important muscle in your body. Swimming and water exercise are ideal for the heart and lungs or cardio-respiratory system during pregnancy. The buoyancy of the water reduces your weight to just a few pounds so that movements that may otherwise be strenuous are easy to do.

This gently improves your fitness and aerobic capacity, i.e., the ability of your heart and lungs to transport oxygen and nutrients to your body tissues and also to your baby, and to remove waste products via your bloodstream. The water pressure against your skin also stimulates your circulation and improves your breathing.

Dr. Roger

The goal is to be moderate in all things. It's important to have good exercise when pregnant, but it's also important to be sure you don't overdo. There's a fine line, and if you ask the Lord, He'll show you the perfect balance.

speaking

Pregnancy and Childbirth

Flexibility: The warmth of the water generally increases the elastic quality of your muscles and enhances flexibility of the joints. Some of the water exercises involve stretching which will improve movement at the joints and reduce muscular stiffness. These should be practiced on land as well as in water for best effect.

In pregnancy, the extra weight you carry may increase stress on your body—particularly the spine, pelvis, sacroiliac and pubic joints, and the knees. Water exercises help to strengthen these areas and reduce the effects of stress. The increase in flexibility improves mobility and ease of movement which helps to prepare you to use comfortable upright positions in labor and birth—whether on land or in water.

Strength and endurance: In water your body moves

against constant resistance to the water in all directions. Due to the feeling of weightlessness it is much easier to build up your strength without stress, and increase your physical endurance and fitness level. Water exercise has a gentle, but powerful, toning effect on your muscles.

The “water resistance effect” massages your whole body as you move, improving circulation and making you feel more vigorous, energetic and alive. This kind of exercise is completely painless and easy to do but, nevertheless, highly effective. In pregnancy, slow movements are most suitable and will prepare you for the physical demands of giving birth and for mothering.

Body composition: Water exercise helps your body to maintain the right balance between fat and muscle. You should not diet during pregnancy or while you are breastfeeding, and this kind of exercise will help you to burn off calories you don’t need and avoid them being stored as excess fat which may be hard to lose after the birth.

For women who are very unfit and overweight or uncomfortable during pregnancy, water exercise is the best way to feel light and graceful and improve

your health and fitness level without stress. Start very gradually with the program, pacing yourself slowly according to your ability and you will soon improve.

Posture: Your body undergoes considerable change in pregnancy. The exercises will help your spine to accommodate the extra weight and are designed to reduce stress on the lower back and strengthen the abdominal muscles to improve your posture.

Whether in water or on land, always avoid extreme arching positions of the back. Keep your lower back long and your pelvis tucked under in every position. Take care to keep your feet parallel, as turning them out when you stand, exercise or walk will weaken your lower back.

Discomforts of pregnancy: Common symptoms such as backache, swelling, heaviness or nausea can be helped by water exercise.

Breathing: A good, rhythmic breathing pattern is important for good health. Most of us breathe too shallowly and too fast. This program will help you to breathe deeply and fully. Holding your breath for a short time while swimming underwater helps to improve your aerobic capacity.

Your oxygen requirements in water are far less

You still need to drink lots of water during your workout to keep your core temperature within a safe range. You also need to pay close attention to your exertion level.—If you cannot carry on a conversation comfortably while exercising, then you’re working out too hard and need to bring it down a level or two.

Note

than on land since you do not need to support your body's weight. Use slow, rhythmic breathing, focusing on the exhalation when swimming or exercising unless specific instructions are given.

Useful tips

Water temperature:

This should be 78-84 degrees Fahrenheit (25-28 degrees Celsius). Hot tubs, saunas or hot Jacuzzis are not recommended in pregnancy (although Jacuzzis with just tepid water are fine).

Depth: Most of the exercises should be done in shoulder-high water. The more your body is submerged the better.

Swimsuits: Wear a well-fitting maternity swimsuit with inner support for your breasts for comfort in the pool.

Water Aids: Flotation

devices such as polystyrene kick boards or rubber inner tubes can be very useful—especially in late pregnancy when your body is heavy and it's more difficult to float. Wax earplugs can be obtained from a pharmacy if you prefer to use them, but they are not necessary.

Non-swimmers: The water exercise program is not done in deep water and many of the movements can be done holding onto a wall. You do not need to know how to swim to do them. Try them in the shallow end of the pool to begin with until you feel more confident and relaxed.

How often: Three times a week is ideal if you can find the time. On the days in between, practice some basic exercise postures on land.

Lap swimming: This is excellent exercise in pregnancy and can be done as

a gentle warm-up before your exercise program. Choose any stroke you enjoy—sidestroke, crawl or backstroke. Swim slowly, breathing at a comfortable rhythm, and stop before you get tired, or rest between laps. The number of laps you do is up to you, so long as you do not get out of breath or tired.

Gentle jogging: Jogging in water on the spot or across the width of the shallow end is much easier than jogging on land, and is energizing and great fun when you are pregnant.

Water walking: Walking in water is relaxing, easy to do and good for you!

Play: It's joyful to simply play in the water, so don't be too serious about your water exercise. Take time to be a whale, a mermaid or a dolphin sometimes, and to surrender your body to the waves.

A Basic Water Exercise Session

Motherhood Web site

Your pool session should last between 30 to 40 minutes. You would reap the most benefits if you go two to three times a week. Throughout the exercise, avoid holding your breath, breathe naturally, but enjoy your exercise and have fun! Below is an exam-

ple of how you can sequence your program:

○ Start with warm-up exercises, like a brisk walk around the pool for 5 to 10 minutes.

○ Follow up with a few light stretches before entering the pool.

○ In the pool, start with general exercises like walking in the water, moving on

to a light jog. If you are fairly fit, exercise for about 10 to 20 minutes. The ideal water height for these exercises is about chest level. Monitor your pulse rate.

○ Proceed with the conditioning exercises mentioned in this article.

○ End off with some cool down exercises and stretches.

Cardiovascular Segment

Walking in water: Start gently for a few minutes, gradually increasing your speed. Alternate the arms and the legs. Intensity can be increased by pushing your arms further out in front of your body or by bringing it up to a jog. Those who are familiar with exercising in water can do this in deeper water. This exercise not only improves cardiovascular endurance, while making your way through the water, the abdominal muscles and the back muscles both work to stabilize the trunk.

Add variations if desired—walking sideways or backwards. Avoid any jarring movements or walking at too high an intensity.

Conditioning Segment

(Ideally, the water should be at chest level. If not, you can either squat or kneel.)

Tummy Tucks: Start in the deeper water, preferably at least neck deep. If you are a confident swimmer, this exercise can be tried in deep water. Have your arms along the edge and your back against the wall of the pool. With your knees together, bend and pull them up towards the chest, then push them down again.

An alternative to the exercise would be pelvic

tilts, later on in the pregnancy when the womb increases in size and the full range of motion is hindered. This exercise works the rectus abdominus and the pelvic floor muscles.

Hug the Back Wall: Start with your feet shoulder width apart, arms apart. Slowly bring your palms towards each other behind the back, driving the arms in from the elbows, not the hands, to better feel the contraction. While executing the movement, squeeze the shoulder blades together. This exercise works the latissimus dorsi and the rhomboids, which help with good posture.

Straight Arm Cross: This exercise can be done one arm at a time, or both together. Start with a split stance for better stability. With arms extended at the side (no further than the ear to prevent hyper-extension), slowly bring the arms together, palms facing each other. This exercise works the deltoids and the pectorals.

Bicep Curls: With a split stance, start with the elbows in by the side. Work their way up to just below the water surface.

Tricep Extension: This is a continuation from the bicep curl. The palms are then faced down and the hand is extended till it reaches the thigh. This

exercise works the biceps and the triceps respectively.

Precautions

○ Before embarking upon any exercise program, it is vital to obtain the green light from your midwife or doctor.

○ If at all possible, have someone with you (or nearby) when you are in the pool.

○ Pool temperatures should not be too high. If it feels like bath water, it is probably too warm.

○ Always listen to your body. If you're unwell or particularly tired, do not exercise.

○ Stop exercising immediately if you experience any discomfort or unusual changes, and consult your doctor right away. The discomfort and unusual changes mentioned would include:

— Chest pain, headache, or any other pains

— Uterine contractions

— Nausea or vomiting

— Vaginal bleeding or leaking fluid

— Shortness of breath or palpitations

— Dizziness

— Pain in the low back or pubic area

○ It is best to have a bottle of water handy to replace lost fluids during exercise and to prevent dehydration.

○ Monitor your own heart rate. Never exceed

140 beats per minute or to a level where you are unable to speak. This is especially crucial in the first two months of pregnancy where the developing embryo is most susceptible.

Upper Body Water Workout

This mini-workout focuses on the upper back and chest. If you have a kickboard or a flotation device, bring it into the pool with you. Stand with your feet a little wider than hip width, knees slightly bent, abdominals tight, in water that is about shoulder deep. Hold the kickboard or floater in front of you at chest level underneath the water. Your elbows should be bent out to the sides (parallel with your shoulders) and your hands shoulder-width apart.

As you exhale, extend your arms, pushing the board straight in front of you and contracting the chest or pectoral muscles. Inhale as you pull the board back to the starting position, contracting the upper back. Try to do three sets of 8-12 repetitions, resting for 30 seconds to one minute between sets.

After you complete your chest and back exercise, move into shallower water, approximately waist deep.

To stretch your chest, clasp your hands behind your back with palms facing you.

Take a deep breath in and, as you exhale, slowly lift your arms behind you. Pull your shoulder blades back and down and think about opening up your chest. Hold that position for about 20 seconds as you continue breathing. Slowly lower the arms.

To stretch your upper

back, inhale as you reach your arms above your head. Clasp your hands with palms facing the bottom of the pool. As you exhale, slowly round your back forward, bringing your arms in front of your chest. Let your chin drop onto your chest. Continue breathing as you hold the stretch. Slowly return to an upright position, bringing your head up last to prevent dizziness.

Practical Guide to Exercise During Pregnancy

By Lisa Stone, American Council on Exercise

Aerobics

Walking: There are many types of aerobic activities to choose from during pregnancy. If you were not exercising before becoming pregnant, walking is your best bet for beginning your fitness program. Start by walking at a brisk pace for 20 minutes three times every week. In addition, you'll want to include five minutes of warm-up time (walking at a slower pace) and five minutes of cool-down time (also walking at a slower pace).

As you become stronger, increase the pace of your walking, the duration of your walks, and/or the

number of hills included in your route. Gradually work up to walking at a quicker pace for 30 minutes on a relatively hilly terrain.

Stepping: If you were active before getting pregnant, then you have lots of aerobic exercise options available. My favorite activity while pregnant was prenatal step aerobics. The step is an ideal apparatus for pregnant women because, depending on how you are feeling on a given day, you can adjust the height of your step to compensate. On low-energy, morning sickness days, use a 4-inch step (or maybe even do without a step that day). On high-energy, 2nd trimester days, go for that 6- or 8-inch step.

To keep your step rou-

tine pregnancy-safe, avoid any leaping movements. Also, leave out the pivots and other quick directional changes. Take frequent water breaks to keep your core temperature within a safe range, and do not work out to the point of exhaustion: 20-25 minutes of stepping is enough to reap the benefits of aerobic training without overdoing it.

Strength Training

Squats: There are also many different exercises you can do to increase your muscular tone and strength during pregnancy. One muscle that you'll definitely use during your labor is your quadriceps, or front of the thigh. During the pushing phase of your labor, getting yourself into the squatting position is a wonderful way to help your baby come into the world.

A great way to strengthen your quads is with squats (if you have knee problems, skip this exercise). Start in a standing position with feet a little wider than hip width and toes pointing straight ahead. Maintain good posture by pulling in your abdominal muscles (visualize pulling your belly button in toward your backbone), pulling your shoulders back and down, and opening up your chest. Take a deep breath in

and slowly bend your knees, pressing your buttocks toward the back of the room as if sitting into a chair. Exhale as you squeeze your buttocks, slowly returning to a standing position. Repeat for three sets of 12 repetitions. As you become stronger, increase the number of repetitions to 15 per set.

Arm muscles: This strength training segment will focus on the upper body, namely the biceps and triceps. If you have hand weights (no heavier than 10 pounds each), now is a good time to put them to use. If you don't have any weights, just go to your pantry and grab a couple big cans of tomatoes or soup to use as resistance.

Stand with your feet a little wider than hip width apart (spread your toes out in your shoes to give yourself a wider base of support to help compensate for your changing center of gravity). Your knees should be slightly bent and your abdominals pulled in tight. Take one weight in each hand with your palms facing up. Slowly curl the weights upward toward your shoulders, squeezing your biceps at the top of the contraction. Turn your palms facing downward as you slowly lower the weights to the starting position, squeezing the

backs of your arms (triceps) as you press the weights down. Turn the palms back up and repeat the entire sequence 8-12 times.

Flexibility Training

Leg stretches: In addition to keeping your heart and muscles strong, you also need to maintain flexibility in your muscles and joints by doing gentle stretches after each exercise session. One word of caution, however: During pregnancy, your body secretes a hormone called *relaxin*. The purpose of relaxin is to loosen your pelvis to make room for your growing uterus and to allow your baby to fit through the birth canal. Unfortunately, relaxin doesn't limit itself to your pelvis, and all of your joints will loosen as your pregnancy progresses. So when you do these stretching exercises, take the stretch only to the point of feeling it and hold the position no longer than 20 seconds. Also, avoid bouncing during the stretch so that you don't overstress your loosened joints.

Since you've worked your quads with the squats described above, let's start with a nice stretch for that muscle. Lie down on one side with both knees bent and hips stacked. Reach around and grab onto your top foot, and pull the

foot back toward your buttocks, keeping the knee in alignment with the hip (your thigh should be parallel to the floor). You should feel a nice stretch in the front of the thigh. Continue breathing throughout your stretch to bring oxygen to the muscle. Hold the stretch for 20 seconds and then repeat on the other side.

Arm stretches: To stretch your biceps and triceps, start by clasping your hands behind your back with your palms facing in toward your body. Slowly lift your arms behind you as you pull your shoulder blades back and down, feeling the stretch in your upper arms as well as your upper chest. Hold for a count of 10 as you continue breathing, and then slowly

lower the arms. Next, inhale as you lift both arms above your head. Exhale as you bend the right elbow, reaching your right hand behind you toward your left shoulder blade. You can support your right elbow with your left hand if that's more comfortable. Hold the stretch for a count of 10 and then repeat with the left arm.

Five

Relaxing Moves for an Expectant Mother

Your Baby Today

You can do the exercises below as a series or you can “mix and match,” depending on how you feel on a particular day and your time constraints. All the movements should be done gently, never forcing a stretch. Listen to your body to best determine which postures to do, how long to hold them, and the number of repetitions. During the movements, breathe in slowly through your nose, feeling the air come into your lungs, and then breathe out gently through your nose. Connect one breath to another fluidly.

Half Neck Rolls

Benefits: Relieves tension in the neck and shoulders. Relaxing.

Timing: Anytime.

Description: Begin in a standing or seated position. Inhale. As you exhale, bring your chin to chest. Inhale and bring head back up to center. Exhale, and bring your right ear towards right shoulder. Hold this position for approximately 15 seconds, breathing during this time. Inhale and slowly raise your head back to center. Exhale slowly and repeat movement with left ear and left shoulder.

Repetitions: Three times on each side.

Shoulder Rolls

Benefits: Opens up the chest and upper back, relieves tension in shoulders and upper back. Relaxing.

Timing: Anytime.

Description: Begin in a standing or seated position. Rest fingertips of each hand on respective shoulder,

thumb towards back. As you inhale, bring elbows forward and lift them towards the ceiling. Exhale and bring elbows back behind you and down. As elbows come forward, feel your back opening up. As elbows come back, feel your chest opening. Make three backward circles. Repeat three times in a forward motion

Repetitions: Three circles in each direction.

Cat and Cow

Benefits: Stretches back and strengthens abdominal muscles. Great for relieving aches in lower back. Relaxing and energizing.

Timing: Morning, afternoon or early evening.

Description: Get on floor on all fours. This is a great position because the baby is no longer resting against the nerves in your back.

Bring hands forward, palms touching the floor, and raise your buttocks and back so you form a tabletop, with your hands under your shoulder and knees below hips.

Inhale. Exhale and bring tailbone slightly back, bringing energy through your spine. Your back should be very slightly curved. Let your head hang down, looking at your knees. Inhale, bringing tailbone slightly forward as you lengthen your spine and lift head towards ceiling. Exhale and repeat.

Repetitions: Three times.

Child's Pose

Benefits: Expands chest and opens up lower back. Relaxing.

Timing: Anytime.

Description: Go onto floor on all fours, open up the knees, toes together, heels separated. Sit back on heels. Lower yourself down onto forearms and lower forearms to the floor. Bring forehead to the floor. As your belly gets bigger, you can put a pillow under your forehead. Breathe and relax. Stay in this position as long as it is comfortable, concentrating on slow, rhythmic breathing. Walk hands up to chest and inhale into sitting position.

Repetitions: Once.

Squats

Benefits: Strengthens legs and opens up pelvic area. Energizing.

Timing: Morning, after-

noon or early evening.

Description: Inhale. As you exhale, bend knees and bring them over your toes. Lower your buttocks towards the floor. The soles of your feet should be flat on the floor as you go into your squat. Bring elbows to the inside of your knees and bring hands into prayer position. If this position is too strenuous on your legs, sit on a pillow. Keep back straight and hold for about 20 seconds. Bring hands behind you, sit on your buttocks. Stretch your legs and move them up and down to release any tension.

Repetitions: Once, increase the length of the hold slightly as you get more comfortable with the position.

Belly Boosters

Question

I am interested in exercises for the stomach when pregnant, to strengthen the tummy muscles since they tend to get weak. If those muscles are strong, it helps your back to feel better and helps you to carry the baby better.

—From Renee, Panama

Answer

(By Lisa Stone, American Council on Exercise:) During pregnancy, abdominal exer-

cises can help preserve muscle tone and take strain off the lower back. Through your first trimester you can continue doing whatever regular ab exercises you have been previously accustomed to doing (crunches, reverse curls, leg lifts, etc.).

After your first trimester you can and should continue working your abs, *just not in the traditional way*. You shouldn't do any exercises in a back-lying position at that point, because your heavier uterus could compress your *vena cava* (the main source

of blood return), causing abnormally low blood pressure and restricting the amount of oxygen getting to the baby.

Here are a couple of exercise suggestions for the 2nd and 3rd trimesters:

○ To effectively work the entire abdomen, start out in a quadruped (on all fours) position with abdominal, pelvic floor, and buttocks muscles relaxed. Exhale as you tighten the abs, pulling the belly button in toward the backbone, and inhale as you release.

A woman who is having a normal, healthy pregnancy should be perfectly capable of continuing belly dancing throughout the term. Of course, you should check with your doctor to be sure, but as long as your doctor says it's safe for you to get low-impact, moderate exercise, then belly dancing should be fine.

You probably won't want to practice vigorous drum solos with aggressive hip snaps during your eighth month, so just apply common sense. Listen to your body and avoid any moves that feel "wrong." In truth, continuing your dance might actually be beneficial! Some women have reported that selected belly dance moves such as figure eights and hip circles were helpful during labor.

Concentrate on just tightening the abdominals without tightening the pelvic floor or gluteals as well.

○ You can work your obliques (the abdominal muscles that run diagonally across your torso) by starting in a side-lying position with knees bent and at a 45-degree angle. Exhale as you lift your head and rib cage toward your hip bone, squeezing in the waist line,

and inhale as you lower to the starting position.

○ After you complete the abdominal workout above, get back into the quadruped position. Open up your knees wider than hip-distance and reach your arms above your head. Take a deep breath in, and as you exhale press your hips back, letting the weight of your baby come off your back and feeling the stretch through your torso. Continue

breathing as you hold the stretch. Return to the starting position and take a deep breath in. As you exhale, arch your back up like a cat, tilting your pelvis forward, and feel the stretch in your lower back. Continue breathing as you hold this stretch.

You should also combine these exercises with pelvic floor or Kegel exercises to get maximum benefit.

Shake It Up

From mom Robin Burton:

"My midwife cautioned against crunches after the belly rose above the pubic bone, saying that the stress this caused was a factor in abdominal separation. I found that an excellent way of exercising the abdominals during pregnancy was belly dancing! The dancing strengthens the muscles of the abdomen with very little strain and the movements help during labor, too."

Workout Videos

Does anyone know of any worthwhile and recommended pregnancy videos?

—From Renee, Panama

Answer

(Eve:) There are a number of pregnancy workout videos available, and a lot depends

on your current level of fitness and how active you want to get. Here are a few which have been tried by some of our editors and which they found helpful, although there may well be other good ones too. We pray that this will be a blessing to you.

○ *Kathy Smith's Pregnancy Video (1989, U.S.)* Kathy Smith and five workout buddies (all well

past the fifth month of pregnancy) demonstrate a 50-minute prenatal workout, with an ample warm-up period, a cardio section that includes upper-body work, plenty of safe abdominal and pelvic-floor exercises, and an active relaxation period. There's also an excellent section on getting back up to working out postpartum, with a set of

I have been having a lot of trouble with sore legs and generally being uncomfortable in my pregnancy. I had sort of resigned myself to my fate, thinking, *This is probably part of expecting number 13, and the hot weather, etc.* However, when I started having better get-out, using a PG workout video and my prenatal water exercise book, it really helped—the water exercises (*The Complete Water Workout Book*, by Helga Hughes) especially worked well, even just doing them once or twice a week. I just brought the book to the pool with me on WNRs and Family Days.

From Joanna, Thailand

simple exercises that can be done within a day or two after delivery. Gynecological authorities appear in the video as well to give advice on prenatal exercise and to answer common postnatal questions on such topics as resuming exercise after a

C-section and timing exercise around breastfeeding.

○ *Buns of Steel 8—Pregnancy Workout (1994, U.S.)* This 45-minute, high-energy workout should appeal to anyone who enjoys the quick-paced repetition of basic or step aerobics. Fif-

teen minutes of aerobic activity is followed by about 10 minutes of toning; a modest but effective amount of tucks, squats, and bun-burning exercises is included.

○ *Fit for 2 Step Aerobic Workout for Pregnancy (1994, U.S.)* This physically demanding but easy-to-follow prenatal exercise program includes a 44-minute workout with a warm-up filled with familiar steps: step-touch, hamstring curls, grapevine. The three 7-minute step segments are conducted with several other pregnant women in the background, including one in her ninth month who demonstrates versions of all the exercises without a stepper.

From Heaven's Doors

The Fruit

of the Womb Is His Reward

From Faith Newlife, Taiwan (Eve:) The following testimony was written a few years ago, but we wanted to include it for you anyway, as it contains a wonderfully inspiring account and beautiful lessons.

When my story begins, I was doing great physically, full of energy in spite of my age and a big workload. But suddenly I realized that I was slowing down, feeling

sick most of the day, having sharp pains in my abdomen that lasted for hours, and high fevers that also lasted for a few hours or a few days at a time. My period was five weeks late, and I assumed I was starting menopause.

I finally decided to go to the doctor, who suggested I take a pregnancy test. In my mind that was not a possibility, being sure that I was past the age of having babies. But when I phoned

for the results, the nurse calmly said, "It's positive, and we would like you to come for your ante-natal check." I asked them to do the test again, as I really thought it was a mistake. But positive it was.

My world collapsed around me. Here I was, about to go to a new field! I had open doors in a few countries, plans and dreams of "serving the Lord" and "being a blessing to many."

A baby simply did not fit in my life. I was as rebellious as could be. Being single on top of it didn't help matters.

"How can You do this to me?" I asked the Lord. "Don't You know that I already had my share of raising kids, and now that they are more grown up [my youngest was 7 at the time] I'm really free to serve You?"

I wondered if the Lord was punishing me for my many sins, but someone sweetly pointed out to me that this didn't fit with the Word. They reminded me of the verse Psalm 127:3 that says, "The fruit of the womb is His reward."

Well, this is only the beginning. The horror stories started when I began to visit the doctors. (I was living in Europe at the time.) They strongly suggested that I terminate this pregnancy, as first of all there was a high risk of having a Down syndrome baby, or a baby with some sickness. They also suggested different tests that are very risky for the baby.

I was quite weak spiritually at the time, and instead of looking to the Lord and His Word and seeing His love for me through all this, I went into depression. As Dad has said, in that state we sometimes even reject the love and help our loved ones are trying to give us.

Well, the Lord in His love and mercy did many miracles for me. He also gave me lots of encouragement

through the Word and the precious Family around me. After a while I was able to accept the pregnancy as His will and start to see it as a blessing. One thing that helped me a lot was that I felt loved. The doors the Lord had opened for me were still open; my pregnancy didn't change that. Also, though I wasn't able to do as much fundraising in the "arm of the flesh," the Lord supplied all our needs and funds miraculously.

Just before leaving to my new field, the doctors in England warned me that there was a high risk I would die in giving birth. They explained it to me very plainly and logically and they seemed to be right. I somehow knew, though, that once I got to the field things would be different. I wasn't going to let the Enemy scare me and stop me from obeying the Lord's call.

After arriving in my new field, the Lord led me to a sweet Christian doctor who was very positive and encouraging. He had delivered many of the Family's children here. He did prepare me for the possibility of hemorrhaging and the need for a blood transfusion, but after visiting him a few times I knew everything was going to be okay. The Lord told me not to worry about the Enemy's lying vanities.

Many people were praying for me as I neared the due date. My sweet little girl was

born after a short labor and an easy delivery, with no complications. In fact, it was my easiest labor and delivery! The Lord blessed me with a healthy baby. He wonderfully answered every prayer.

I feel so blessed to have this love gift that it's difficult for me to believe that I went through battles about having her. The Lord is using her to give me a new vision for my life here and it's almost like having a new start. He truly knows what's best for us.

Testimony to Faith

From Isaac, Meekness and Natacha, Reunion Islands

Marie-Claire (21) was told that she was endangering her life by getting pregnant, as she has a serious heart malformation. She was being followed up on as a seriously risky case, and the doctors were preparing for the worst.

The facts of faith: Marie-Claire had a very short labor for her first delivery. The baby came out very easily with her barely having to push. Her heart hardly had time to get strained, and she and the baby are doing extremely well. Thank the Lord for the wonderful life of faith we live that allows us to challenge all the worst prognoses!

Setting smart fitness goals you can keep

By Carol Krucof, Web reprint

While “fitness dropouts”

tend to berate themselves for not being able to keep up their exercise program as planned, the real problem is often a poorly made resolution that’s a setup for failure.

For example, a sedentary person who decides to jog three miles a day has made the classic mistake of trying to do too much, too soon. The resulting pain and injury are likely to make that person give up jogging—and probably all other forms of exercise as well. Resolving to drop a clothing size in a week is unrealistic; resolving to beat the local pro may be unachievable. When you fall short, you may decide you’re a “fitness failure” and go face down in a bowl of ice cream.

The secret to achieving your fitness goals is to formulate well-considered resolutions you can keep. Changing habits isn’t easy, particularly if your activity has been limited to diving into meals or surfing the Web. In fact, research shows that adopting a healthy habit like exercise can be as tough as breaking an unhealthy one.

Here are some SMART fitness goals:

- *Specific*: State precisely what you want to accomplish. “Lose some weight” is too general. “Drop five pounds” is more specific.

- *Measurable*: Effective goals can be measured, so there’s no question as to whether you’ve achieved them. Examples would be to successfully complete a 5-km walk or run, to attain a specific percentage of body fat or to achieve a higher rank in a martial art.

- *Attainable*: Resolving to look like a supermodel is unrealistic. It’s better to set a goal you can achieve with a reasonable amount of effort. Too easy goals don’t motivate. Too hard goals may frustrate.

- *Relevant*: Consider your interests, needs and abilities. If you don’t care whether or not you can do 15 pull-ups, it’s not a relevant goal for you.

- *Time-Bound*: Setting a deadline gives extra motivation and helps overcome procrastination.

If weight loss has been a long-term struggle, many health experts recommend that your goals focus on behaviors, which you can control, rather than out-

comes, which may be out of your control. Most sedentary people who start to exercise will lose some weight and improve their blood cholesterol, blood pressure and blood sugar.

However, genetic predisposition may make it difficult—or impossible—for some people to reach “idealized” weight goals. But this doesn’t mean that larger people can’t become more fit. Despite America’s preoccupation with the cultural misconception that “thin equals fit,” fitness has less to do with your scale weight than with your ability to climb stairs, carry groceries, open jars and—when necessary—scamper across a busy street or run after a child.

That’s why behaviorally oriented, smart fitness goals speak more to your health than to your appearance.

Examples:

- I resolve to be able to walk three miles in 45 minutes by April 1.

- I resolve to progressively adopt a cycling program so that I can successfully complete a one-week bicycling trip this summer.

• I resolve not to let the sun go down on my day without doing something active, even for just 15 minutes, so that by the annual summer picnic I will be able to join in the dancing instead of just watching.

Once you set your fitness goal, put it in writing. As the Chinese proverb states:

“The palest ink is better than the best memory.” Have a supportive friend sign as a witness.

As an added incentive, promise to reward your triumph with a healthy indulgence like a massage or new exercise gear. Or, if you blow it, decide on a self-imposed “fine” as a deterrent.

While it’s important to

do your very best, accept the fact that there will be days when you “just skip it.” That’s no big deal, as long as you don’t skip it too often. The best way to stick with exercise is to stop thinking of it as a “work-out” and find an activity you enjoy that becomes a welcome “play break” in your day.

pain relief from above

From Pandita Wild Wind, Japan

I hurt
my foot

about six months ago while exercising. The pain continued for about five months, and I couldn’t stand up without it hurting. I had the Home pray for me a few times, and the Lord was slowly healing it. TYJ! But after about five months I started to wonder if this pain was going to be permanent. One day at preschool devotions we read how David’s foot was crushed by a car, but was then completely healed in answer to his parents’ prayers (“Feet of Faith,” KTK 1, pg. 131). This gave me the faith that if I prayed with the children, that the Lord would heal me completely in answer to their prayers. Well, we prayed—and I was completely healed! TYJ!

Dr. Koger speaking

It’s not that smelling peppermint or any other extract is necessarily going to help you to exercise harder or enjoy your workout more. It’s just that exercising in a nice environment—including the smells—does make it more pleasant. That’s why one of the best places to exercise is outside, in the Lord’s creation, smelling His plants and flowers and breathing in His fresh air. You don’t need expensive oils to make your get-out successful, because the Lord has given you something far better that doesn’t cost anything—His wonderful creation.

better smell, better workout

By Maria Noel Mandile, Natural Health

A study published in the *International Sports Journal* found that athletes had more enjoyable workouts and were able to exercise harder while smelling peppermint essential oil (*mentha piperita*). Researchers evaluated 40 athletes and asked them about their moods during four 15-minute treadmill runs.

During each treadmill run, athletes wore a different adhesive strip—scented with peppermint extract, jasmine, dimethyl sulfide (smells like old socks), or nothing—taped beneath their noses. The athletes reported that they were able to run more easily and more vigorously with the peppermint strip. Apply peppermint extract to your T-shirt collar next time you hit a slump, and enhance your workouts.

S.h.a.d.e.

By Carol Krucof, *Washington Post*

Heat illness is one

of the most serious conditions facing people who exercise in hot weather—and in extreme cases it can be fatal. So if you're going to be out in the heat, remember to seek S.H.A.D.E., an acronym for these important heat-safety strategies:

- *Sun protection.* The sun is typically strongest at midday, so try to schedule exercise for the early morning or late afternoon. But even at those times, be sure to wear sunscreen and, if your sport permits, don sunglasses and a light-colored hat with a wide brim.

- *Hydration.* Have water readily available and drink small amounts at frequent intervals. Guidelines from the American College of Sports Medicine advise exercisers to drink about 17 ounces of fluid two hours before exercise, five to 12 ounces every 15 to 20 minutes during activity and more after finishing the workout.

- *Acclimation.* Most people don't even notice acclimation, the subtle process by which the body changes its physiological responses to adapt to heat. But for a dramatic example, taste your sweat early in the spring and see how salty it is. Then taste it again in mid-

August and you'll find that it's much more diluted. The difference is due to changes in the sweating process that occurs during acclimation, which happens naturally when you're active in the heat and takes about 10 days to two weeks to complete. If your body isn't acclimated to hot weather, you're at higher risk for heat injury. This is why most heat illness occurs in the first days of training. To acclimate, exercise in the heat for shorter periods and/or at a lower intensity, gradually increasing time and intensity as you begin to feel comfortable.

- *Dress properly.* Wear clothing that is lightweight, light-colored and porous—such as comfortable shorts and a thin, loose cotton top—to allow evaporation. Avoid taping, padding and nonessential equipment such as bandannas and gloves. If a helmet is necessary, remove it during breaks.

- *Environmental check.* You've heard that "it's not just the heat, it's the humidity." This is especially important when it comes to exercise, since high humidity can hamper the body's ability to cool itself by evaporation. That's why a very humid

but mildly warm day can be more dangerous for exercisers than a very hot, dry one.

As a rule of thumb, "any time the humidity added to the temperature in degrees Fahrenheit equals or exceeds 150, racing and vigorous outdoor physical activity should be avoided by people of any age, but particularly children," advises Kenneth H. Cooper in his book *Kid Fitness*.

Children and the elderly are at greater risk of heat injury as are people with certain conditions, such as obesity and diabetes, and those taking certain medications.

Heat illness ranges from the mild condition of heat cramps to the life-threatening emergency of heatstroke. Early symptoms of heat injury include clumsiness, stumbling, headache, nausea, dizziness, excessive sweating or cessation of sweating. If you suspect that someone is suffering from heat illness, have him stop activity and lie down in a cool, shaded place and drink water. If this doesn't relieve the symptoms or if you suspect heatstroke—which is characterized by mental confusion and hot, dry skin—seek medical help immediately.

CruciferousCures

By Rebecca Wood, *Veggie Life* magazine

In terms of medical prowess, the cabbage family is the most valuable vegetable family. From fighting cancer to battling obesity, this vegetable clan is good for just about whatever ails you. Crucifers are also a valuable source of calcium and vitamins A, B6, D, K, U, folic acid and fiber.

- *Bok Choy*: Cultivated in China for 1500 years, bok choy comes in a head, like celery, has white celery-like stems, and large, broad, dark-green leaves. The whole head may be a foot long or as small as four inches. The juicy stems taste like a delicate cabbage—sweet but slightly sharp—and the leaves are more mild.

Energetically and nutritionally, bok choy is similar to cabbage or kale.

In Western herbology and natural healing systems worldwide, people have discovered that a food's appearance often indicates its medicinal potential. For example, a beet's red color indicates that it is good for the blood, and it is. The leaves of bok choy—and all vegetables—are extremely rich in

chlorophyll. As chlorophyll is to a plant what blood is to an animal, eating leafy greens supports blood formation and liver function. In addition, leaves also breathe by converting carbon dioxide into oxygen, so eating leafy greens supports our lungs. Greens with greater surface area like bok choy and cabbage offer more lung and liver support than narrow leaves like scallion or skimpy broccoli leaves.

- *Broccoli and Broccoli Rabe (Rapini)*: There are many broccoli varieties, from purple to white. All types are easier to digest when cooked. Select broccoli that has a fresh smell,

bright and compact green florets, and firm stalks.

The sulfur compounds in broccoli block the production of tumors triggered by many different carcinogens. They inhibit the formation of carcinogens and detoxify many potential carcinogens.

Broccoli is thermally cooling; it treats the eyes and helps reduce eye inflammation. It is slightly diuretic in action. Broccoli contains twice the vitamin C of an orange, almost as much calcium as whole milk—and its calcium is better absorbed. Broccoli also contains selenium, is a modest source of vitamin A and alpha-tocopherol vitamin E, and is an anti-

EavesofLeaves

Parenting magazine

Q Is it safe to eat lettuce with brown spots?

A Yes. When lettuce sits near certain fruits in the refrigerator, the leaves may start to brown in reaction to ethylene, a harmless gas emitted by apples, melons, peaches, pears, bananas and tomatoes as they ripen. To prevent lettuce from spotting, keep it in a separate crisper in the fridge. The leaves may also turn brown as they age. These are safe to eat as well, but once they start to look slimy and wilted, toss them.

Fabulous Spinach Salad

1 bunch fresh spinach—torn, washed and dried

10 fresh mushrooms, sliced

1 onion, thinly sliced

4 eggs

4 tomatoes, chopped

salt to taste

1/3 cup olive oil

1/8 cup rice wine vinegar

1. Place eggs in a saucepan and cover with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

2. Combine the spinach, mushrooms, onion, eggs and tomatoes; toss together and sprinkle with salt.

3. Whisk together the oil and vinegar. Pour over salad and toss to coat.

oxidant. It is also an excellent source of dietary fiber.

• *Cabbage*: As a kitchen remedy, think of cabbage as cooling and refreshing. Thus it treats overheated conditions such as a dry throat and indigestion which causes swelling, flatulence, acidity, burning and inflammation (as in gastritis and ulcers). Cabbage also treats constipation, the common cold, mental depression, and irritability. It also purifies the blood, acts as a *vermifuge* (medicine that expels intestinal worms), and was used by the Romans as a hangover cure.

Raw cabbage juice is a super ulcer remedy—drink one-half cup between meals two to three times per day. Red cabbage contains

phenolic compounds that are antioxidants. Cabbage is higher in vitamin C than oranges.

• *Chinese Cabbage (napa cabbage)*: Juicier, sweeter and more tender than common cabbage, Chinese cabbage forms a head, like other cabbages, but it's elongated, like Romaine lettuce. Its pale-green, crinkly leaves have a sweet, mild flavor.

Because Chinese cabbage is much more cooling than cabbage, use it moderately for people with chronic low energy or for people who are frail and have cold extremities, according to Chinese medical text. It treats fever and other inflammatory symptoms including burning or dif-

ficult urination. Chinese cabbage is considered beneficial to the lungs, stomach, and liver systems, and its moistening properties ameliorate cases of constipation due to dryness.

Very low in calories and in sodium, Chinese cabbage is an excellent source of folic acid and vitamin A and a good source of potassium.

• *Daikon*: This giant, pearly-white root that's shaped like a carrot is another version of small red radishes, and they share many medicinal properties. Daikon is an amazing digestive tonic that contains the digestive enzymes *diastase*, *amylase* and *esterase*. Imagine its action to be like an emulsifier and that, just like a bar of soap, it breaks down fats, mucus, and toxins into smaller particles that can then be eliminated. Daikon acts as a diuretic and decongestant and is effective against many bacterial and fungal infections. It is also an anti-carcinogen. It helps clear the sinuses and sore throats and relieves indigestion and abdominal swelling.

Serve a mound of raw grated daikon with a fatty meal to aid digestion. To help dissolve gall bladder or kidney stones, eat a slice of daikon or a red radish on an empty stomach for several weeks. This is not recommended for people who are frail or have cold-like symptoms.

Kale and collards: Kale

is the most hardy and frost-resistant of the green cabbage-family members. Its blue-green color and curled leaves are sweetest after a frost. More thermally warm-

ing than cabbage, kale helps ease lung congestion due to colds. It supports liver and the immune function. Kale juice, like cabbage juice, treats stomach and duodenal

ulcers. Nutritionally, kale is superior to crucifers with less leaf surface (like broccoli), or to those with pale green leaves (Chinese cabbage or cabbage).

Nutritional Comparison of Vegetables*

Sent in by Dawn, FCF

Item	Serving	Cal.	Fat (g)	Fiber (g)	Prot. (g)	Carb. (g)	Iron (mg)
Asparagus	3 med. spears	11	0	1	1	2	0.5
Beans, Snap	1 cup	34	0	3.5	2	8	1
Broccoli	1 bunch	170	2	18	18	32	5
Brussel Sprouts	1 sprout	8	0	0.5	0.5	1.5	0
Cabbage	1 med. head	227	2.5	21	13	49	5
Carrot	1 med.	26	0	2	0.5	6	0
Cauliflower	1 med. head	144	1	14	11	30	2.5
Celery	1 med. stalk	6	0	0.5	0	1.5	0
Corn	1 med. ear	77	1	2.5	3	17	0.5
Cucumber	1 med.	39	0	2	2	8	1
Garlic	1 clove	4.5	0	0	0	1	0
Lettuce, Iceburg	1 med. head	64	1	7.5	5.5	11	2.5
Lettuce, Looseleaf	½ cup shred.	5	0	0.5	0	1	0
Lettuce, Romaine	½ cup shred.	4	0	0	0	0.5	0
Mushrooms	1 cup sliced	17	0	1	1.5	3.2	1.0
Onion	1 med.	41	0	2	1	9.5	0
Peas	1 cup	117	0.5	7	8	21	2
Pepper, Hot Chili	½ cup diced	30	0	1	1.5	7	1
Pepper, Sweet	1 med.	32	0	2	1	7.5	0.5
Potato	1 med.	96	0	2	2.5	22	1
Potato, Sweet	1 med.	136	0.5	4	2	31.5	1
Radish	1 med.	1	0	0	0	0	0
Spinach	1 bunch	75	1	9	9.5	12	9
Squash, Summer	1 cup, sliced	22	0	2	1.5	5	0.5
Squash, Winter	1 cup, cubed	43	0	1.5	1.5	10	0.5
Squash, Zucchini	1 cup, sliced	15	0	1.5	1.5	3.5	0.5
Tomato	1 med.	26	0.5	1.5	1	5.5	0.5

Source: USDA - Nutrient Data Lab (Sept. 1996)

*All data is based on raw vegetables—rounded to nearest 0.5

Mediterranean Spinach Salad

1 bunch fresh baby spinach (can use normal spinach as long as it's very fresh)

5 smoked bacon slices

½ cup grated cheese

5 tbsp olive oil

3 tbsp lemon juice

2 tsp salt

2 tsp coarsely ground pepper

1. Fry the bacon till it's very crispy. Set it aside to cool, then crumble into small bits.

2. In a separate bowl mix olive oil, lemon juice, salt and pepper with a fork, until well blended.

3. Wash the spinach leaves and shake off excess water. If you're using normal spinach, break into bite-sized pieces, leaving out the stems. Put the spinach into the bowl with the dressing mix.

4. Add the grated cheese and crumbled bacon bits to the spinach. Toss with a spoon and fork till the dressing is well distributed. This makes an excellent summer lunch when served with bread and cheese.

Pen Pals

Nina Servant: To guys and girls, from all corners of this world: I'm a young person, and I've been going through a rough time and kind of need a distraction. Do you like to write? Don't have enough pen pals? I'm not an expert writer, but I love to write. Are you interested? If you want to know more about me, you'll just have to write to find out! Write to: ninucupid@hotmail.com

Marie: Age 20. I'm looking for people to write to, so if you'd like a pen pal, then just drop me a line and I'll be more than happy to write you back.— Preferably the opposite sex! ☺ Contact me at: befree981@hotmail.com

Damaris: Age 18. Sagittarius. I would like to correspond with other people in my age range. I like to dance, read, cook, do any type of exercise, hear from the Lord ... and most of all enjoy life! My e-mail is drhome@ig.com.br. So if you feel like corresponding with me, don't hesitate! I'm anxious to hear from you!

Sunny YA: I recently lost my six-month-old baby in an unexpected and sudden illness. The Lord has given me a lot of grace and is helping me through this major trying time in my life. He has given me a lot of promises to hang onto. But I wanted to ask others who

have gone through the same thing if they could write their testimonies of how the Lord helped you through. What gave you the strength to go on with life, and how did that event help you in your service for the Lord now? Please contact me via ASCRO (PH22).

(Eve:) We would love to be able to print testimonies about the Lord's help in the Homegoing of children, as we imagine that they could be a blessing to many. If anyone has any articles on this topic that he or she would also like to contribute to *Eve*, please send them our way. Thanks! We love you!

Cover photo: Iris (24), Paloma (22), Celeste (18), Juliana (13), four sisters, Brazil.

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