



## PHYSICAL ACTIVITY: IT'S BOTH A GOAL AND A GIFT, ALL FOR GOD'S GLORY

By Dr. Dean Mancheski

*Your body is a temple of the Holy Spirit* (1 Cor. 6:19). Keeping that body functional should be a goal throughout our lives, and being physically active is an integral part of that goal. Physical activity can be fun, improve your mood and energy level, and make you feel better and function better.

The benefits of physical activity are well documented (Mayo Clinic, CDC, NIH) for all ages and many subgroups of people. For our youth, Phy. Ed. classes, recess, and classroom activity breaks have been shown to improve concentration, help children stay on task, decrease disruptive behavior, and help improve academic performance. For adults, physical activity improves cognitive function, mental health, sleep, and balance. In older adults, it decreases the risk of falling, prevents weak bones and muscle loss associated with aging, and helps maintain independent living. Physical activity is used to treat many chronic conditions, but it can often actually be used to prevent them altogether. It decreases the risk of heart disease, diabetes, early death, and certain cancers (including breast and colon). Unfortunately, physical inactivity and unhealthy weights keep many doctors in business.

Current aerobic activity recommendation for children ages 6-17 is 60 minutes per day of moderate intensity activity. For adults, the recommendation is 150 minutes per week of moderate intensity activity (i.e. brisk walking). Adding stretching, muscle strengthening, and balance exercises is also valuable for adults. Almost any activity involving safe movement is helpful.

Of course, not everyone can be as active as another. If you have arthritis, participating in joint-friendly (low impact) activities can improve your arthritis pain and function. People with disabilities have limits as well, and focusing more on the non-aerobic exercises may be better for them. Regardless of your age or ability, any activity is better than none. Remember the old adage: *use it or lose it!*

How to be physically active while social distancing or during the winter months can pose a challenge, but below are several options:

- family play time in the home (cautiously, of course!)
- exercises during TV commercials
- dancing (my grandkids laugh hysterically at me)
- home exercises with or without equipment (free weights, resistance bands, etc.)
- house cleaning
- yard work
- walking
- stretches or chair exercises at work

As Pastor Gary has taught, we have flexible methods (for physical activity) in fluid times (social distancing, winter). Certainly the current inactivity of our tech-absorbed society did not occur in Jesus' time and not even 100 years ago during the time of our farming forefathers. The good news is that it can be reversed with proper motivation (probably the main barrier).

Physical activity (no matter how minimal it may be) is a gift from God. Because one of my younger sisters was stricken with polio at age 2 (now almost wheelchair-bound), I feel blessed with my activity level and thank God almost every day for it. Let's use this gift and keep our "temple" physically active to better serve God and His people!

## GET TO KNOW DR. MANCHESKI

**Personal Background:** I was born in Manitowoc to two wonderful, Christian parents and raised in Green Bay with 5 siblings. I attended college at UW-Green Bay, medical school at Madison, family practice residency at Wausau, and my only post

-collegiate job was at Marsho Family Medical Group for approximately 39 years. I am blessed with my wife of 47 years, Sandi; 2 children, Tony and Stacie; son-in-law Jordan; and 3 grandchildren so far: Greta (8), Mosi (5), and Anders (3). My mother's career as a special education teacher and my younger sister developing polio were two of the factors that influenced my interest in medicine.

**As a Doctor:** Family medicine allowed me to care for all aspects of a person's life, from birth to death. The joy of being the attending physician for approximately 3,000 deliveries (including some of those babies' babies), watching many of those children grow up, and caring for the more mature adult toward the end of this life were all very rewarding. Having a family that put up with such a demanding and unpredictable schedule was one of my greatest blessings in life. I thank an awesome God for all of this.

**Lessons I've Learned:** The most important thing you take from growing up, from your job, and really from life in general, is relationships – relationships with family, friends, neighbors, coworkers, patients, really all people, but most importantly with God. You cannot put a value on that. Furthermore, I want to live like eternity matters, because it certainly does. Finally, being recently retired will allow new adventures like "smelling the roses" of all God's creation, trying to get reacquainted with my amazing girlfriend of 47 years, trying to be a good "Papa", and continuing to serve as God directs.



## FCN COORDINATOR UPDATES

Kristie Ahlborg has now been on staff as our Faith Community Nursing Coordinator for 5 years! As she carries out her many roles (oversight of the FCN team, synchronizing church family medical needs and provisions, and patient advocacy and education to name just a few!), you'll always find a smile on her face as she works for the glory of God. Next time you see Kristie, thank her for all she does for our church family!



Speaking of seeing Kristie, with the goal of being more accessible to the church family, she recently changed her weekly office hours to Wednesdays, 10:30am-12:30pm, which overlaps with several morning Bible studies that day. Feel free to stop by for a blood pressure check, help with an Advance Directive, advice on navigating the medical network, or with other questions.

Kristie is also now FEMM-Certified. FEMM (Fertility Education & Medical Management) is a knowledge and prevention-based reproductive health program which teaches women to understand and monitor their hormonal and other vital signs of health at all stages of reproductive life. Since the body functions as an integrated whole, reproductive health affects one's overall health, giving such understanding life-long value.

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FCN is thankful to welcome Dean Mancheski, MD, and Andrea Meerdink, LPN, to the team serving our church family! Look forward your chance to "meet" Andrea in the next issue of the Honeycomb!

## GIVING CAN MEAN SAVING!

Mark your calendar now for Tuesday, November 1 – a date you can take specific action to help save a life! FCN is hosting another blood drive so we can help maintain local blood stores. We're looking for at least 35 (we'd love more!) people committed to helping our community (including family, friends, and neighbors) in this way.

The drive will be open from 9am-1pm. Sign up today and watch for more details as the date approaches!

To sign up, visit:

[https://donate.communityblood.org/donor/schedules/drive\\_schedule/34219](https://donate.communityblood.org/donor/schedules/drive_schedule/34219)

[https://donate.communityblood.org/donor/schedules/drive\\_schedule/34219](https://donate.communityblood.org/donor/schedules/drive_schedule/34219)

You can also sign up by calling 800.280.4102.

Thanks to generous hearts, our FCN medical supply/equipment closet is currently well stocked! We are not taking any additional donations at this time, but will let you know when needs arise. Thank you!

