

REMARKS NEWSLETTER

Don't Be Shy, Understand B.M.I.

**A publication of the
Remarkable Woman:
That's You! Program**

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REMARKABLE

That's you.

**Program Coordinator
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*Buffalo
Urban League
Mission*

To enable
African Americans,
other minorities, and
disadvantaged groups to
secure economic self-
reliance, parity, power
and civil rights.



B.M.I. is a term that we have all heard more than once in the *Remarkable Woman: That's You!* Program. Still many of us may have questions about what exactly B.M.I. is and what it means from a healthy life-style standpoint.

B.M.I. is the common acronym given to Body Mass Index, a number calculated from our weight and height that roughly correlates to the percentage of total weight that comes from fat, as opposed to muscle, bone or organ.

The higher a person's B.M.I., the higher the percentage of fat in the body. If your B.M.I. is under 20, you might be underweight. Between 20 and 25, you are probably at a good healthy weight for your height. A B.M.I. over 25 is considered overweight, and over 35 is considered obese.

Understanding what our B.M.I. is helps in planning a course of action, if you are considered overweight or obese.

The clinical definition of overweight is an individual weighing 10% or more of what is considered his or her recommended healthy weight (as determined by large-scale population surveys).

The definition of obese is an abnormal accumulation of body fat,

usually 20 percent or more over an individual's ideal body weight. Morbidly obese is an individual's weight is about 50 to 100% more than that of his or her ideal weight.

Despite these alarming descriptions, we are now better equipped to combat the dangers of unhealthy B.M.I.'s.

Even though our official eight week program is over— we now have a strong foundation to maintain **Remarkably** healthy lives— Good Luck!

A SPECIAL THANK YOU FROM ALL THE REMARKABLE WOMEN PARTICIPANTS TO :

Brenda McDuffie, Grace Tate, Alva Johnson, Urban League Staff and our partners from the Morehouse

Community Voices Program

FOR HELPING US TO RECOGNIZE JUST HOW
REMARKABLE, WE ARE!



OUR FUTURE LOOKS BRIGHT!!

FUTURE

Is

Defined

AS

***that is to be or
come; of days,
months, or
years ahead***

***The past can't see
you, but the future
is listening***

- Still to Come:***
- June– Nutrition Class
 - July– Graduation Event
 - July/August
 - Health Screenings
 - Other health events
as scheduled

We'll Keep In Touch!

By Nedda Bone

Let's keep in touch and do a new thing, as the program session appears to be coming to an end. We ask that you come together as a Remarkable group, a strong link in the community...to make a mark on society today. If each person in this group makes one or two lifestyle changes it will create a mighty link. It will impact your home, job, wherever you or your family go. It will be a link of positive choices. One link by one —a mighty chain will be formed joined with purpose, promise and provision. It will be an even mightier link when backed by coalescing, commitment and camaraderie. Join the link and see what a Remarkable woman you can be.

We are looking to stay committed and connected ,but we need your help. Do you have articles or ideas for the newsletter? Email krb823@hotmail.com with the subject Remarkable Woman.

Is there someone that needs company to bike ride or work out with? Do you want to exercise, or uplift someone?—then call upon one of your Remarkable sisters from Remarkable Woman!

Remember to start to collect phone numbers, email addresses, home addresses or whatever it takes to stay in touch with each other...just because the program is coming to an end —the friendships that we have built do not have to ..

Remember, once Remarkable—Always Remarkable!



**Check us out looking simply,
Remarkable!**



DELLA'S DEBRIEF

Submitted by Della Miller:

When asked to share the impact of her Remarkable Woman! Experience, the enchanting Della Miller responded in this way :

- I am remarkable because:

I am a child of God, who has given me strength, knowledge and desire to accept my body, mind and spirit as I go through my life's journey.

One thing I would like to tell everyone about this program is:

There are many good things about this program. It is hard to state just one.... This program promotes health in an enjoyable environment that educates, gets you movin', gets you thinking about how important you are and that you can make and take time for yourself and have "good old fun".

Also :

I have seen a special "twinkle of light in the eyes" of women who attend the sessions. Women are exchanging positive thoughts and experiences with other likeminded women.

DELLA ALSO OFFERS THIS EYE-OPENING HEALTHY LIVING TIP:

When trying to decide between butter and margarine,
Select butter, just use it sparingly—
Margarine is just one chemical away from being classified as plastic.

Memories by Marianne

Submitted by: Marianne Partee, Ph.D. :

To Be Forewarned is To Be Forearmed

At the beginning of the Remarkable Woman Program some facts were addressed that pertained to African American Women. The information was alarming. Yet, as the over whelming truths were spoken, our program coordinator, Ms. Tate provided us with words of inspiration. We were encouraged to do something to change the statistics.

We have spent the last 8 weeks thinking about ourselves.

Yes, that is correct. We decided to be selfish and invest in ourselves.

We have affirmed one another.

We have laughed.

We have discussed.

We have committed to improving our own well being.

We have enjoyed our sisterhood.

It has been remarkable. ...

We will end, but there is a life line that will continue.

We share a common goal

We will remember each other....

And that may be with a smile, a word of encouragement, a dance move, or water stroke, but we will remember.

We will go from here informed....

Some with new information and others with information that reinforced what was already understood.

This Remarkable Experience has left us off:

We will think of what we eat.

We will think of how much we move or need to move.

We will think of how we must schedule our health and wellness screening appointments.

We will think of how we can improve our quality of life.

We will think our success.

We will stay remarkable.



We are Remarkably Grateful!

Looking Back To Move Ahead

Nedda Boone, Remarks Editor says: **REMARKABLE WOMEN**

Remarkable Women, that's you
 We're Remarkable because of what we do
 There are many faces, shades and sizes that make up our groups
 With the help of God, we chose to do something new
 Remarkable Women that's you
 It takes a mighty woman to take a stand
 It takes a Remarkable one to hold up another and understand.
 Everybody joined for different reasons and goals
 With the core message of gaining control
 Remarkable Woman:
 Celebrate each others best efforts to start
 Remarkable Woman
 Console each other in the issues of the heart
 Remarkable Woman:
 Confide in someone with the struggles we face
 Remarkable Woman:
 Commit to each other in this race
 We're Remarkable, that's you
 We're Remarkable because of what we do
 We're in a position to make a change
 With the help of God and this program—we will not be the same
 Remarkable Women will start to be in control
 As lifestyle changes are made in our world

We have so many responsibilities to juggle,
 With help; weight, self-esteem and
 confidence will no longer be a struggle.
 Remarkable Women, that's you
 We're Remarkable because of what we do
 In the midst of the trials, obstacles and
 adversity
 We pass on for the sake of our family
 Remarkable Woman, that's you
 We're Remarkable because of what we do
 So as Remarkable Women we will keep,
 keeping on
 Remember our bodies did not change
 overnight
 It took years of choices that weren't always
 right
 Yet as Remarkable Women
 We are committed day by day
 To make the necessary changes to lengthen
 our stay
 Remarkable Women that's you
 We're Remarkable because of what we do.

Karen Brown, Remarks Editor says Hello Everyone, recently while doing some bible study I was drawn to Matthew 18, which talks about the power of agreement. The idea of agreement reminded me of the Remarkable Woman! Program. I thought I would share with *'my new sisters'* what I learned about the multitude of blessings that come into our lives when we stand in agreement— Agreement will bring **Victory**, Agreement will bring **10 Fold Increase in Power**, Agreement will **Help You Make Right Choices**, will bring **Great Power**, Agreement will **dom**, Agreement will bring **Deliverance**, **tation...**

*Isn't it wonderful to be a part of the
 was unleashed in our lives through the*



*transformation— as the power of agreement
 Remarkable Woman! Program?*

I would also like to thank everyone for your heartfelt submissions and overwhelming appreciation of the newsletter . It has been an absolute joy putting the information together...**TO GOD BE THE GLORY.....**

Again I say unto you, that if two of you shall agree on earth as touching anything that they shall ask, it shall be done for them....Matthew 18:19