

SUNDAY MORNING

HEALTH CORNER

Women's Health and Fitness

African American women are at a greater risk of developing health issues. Black women are more likely to suffer from the following health conditions at a more disproportionately rate than any other race:

- Heart Disease
- Stroke
- Breast Cancer
- Cervical Cancer
- Fibroids
- Premature Delivery
- Sickle Cell Disease
- Mental Health Issues

7 things to do to Improve Your Health and Fitness

- **Eat Some Superfoods.** Superfoods such as broccoli, apples, and turnips can help in weight loss, fight colds, and help you live longer.
- **Get Some Rest.** Take this time to rest; take a nap! Sleeping is good for your heart, mind, weight, and more.
- **Ask a Friend to Workout.** Exercising with a friend can help you stay motivated and lose more weight than those who go alone.
- **Give Yourself a Healthy Beauty Treatment.** Do a face mask, get a facial, and try to check yourself for skin cancer.
- **Stay Hydrated.** Water has many health benefits and can aid in weight loss and help increase energy levels.
- **Relieve Stress.** Prolonged stress can take a toll on your body and lead to weight gain, hair loss, and blood sugar swings.



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