

This is my story...

MAY 2007

“Our Body is His Temple”

Everyone is faced with the adversity of life, but what happens when that adversity is affecting your entire family. How do you change your life to overcome the health problems that are killing your family? One woman has found the answer.

Mrs. Jamil Chapman, of Windsor, NC, has been faced with many health problems and has seen the battle and lost many family members to health problems. Her mother lives with diabetes, as does many others in her family; her dad died of a brain aneurism; her grandfather died of a heart attack, and others in her family have taken on cancer and leg/arm amputations due to diabetes. Her greatest inspiration for health is her grandmother who lived to see 100 years of life and her children of whom she would like to be an example for.

At the age of 39, she has not always practiced healthy eating or exercising. However, after a severe depression episode and the lost of her father, she new she had to make some changes. Mrs. Chapman exercises regularly, usually by walking, and has changed much of her diet. She now buys a lot of healthy foods such as fruits and vegetables, no sodas, no pork, no eggs, and very small amounts of bread. She has also begun to drink lots of water.

In January 2006, Mrs. Chapman had knee surgery and the doctor asked her to stop her exercise routine, which caused her to gain weight. In the past few months the change and passion for health she has seen in her Pastor and First Lady at Indian Woods Missionary Baptist Church has re-sparked her desire to live a healthy lifestyle. She has lost 14 pounds with a recent release from her doctor and now exercises again. When asked how these changes have helped her life,

Mrs. Chapman stated that she now has a better, positive attitude and it has helped her mood and depression.

She wants you to know that:

- You too can have a better healthier lifestyle,
- If you lose weight, you can breathe better, and
- You won't have to worry about so many knee problems.

As she depends on the support of her kids and nephew to keep exercising and doing physical therapy, she wants to remind you that “The Lord said that ‘Our body is His Temple.’ So, we much take care of it.”

