

JOEL FUHRMAN, MD

Solving the problem of sitting all day

Long periods of sedentary time, whether it is sitting at your desk at the office or on the couch watching TV, is associated with greater risk of diabetes, cardiovascular disease, cardiovascular and all-cause mortality, colon, endometrial and lung cancers.

Today it is common to have a job that involves sitting at a desk for eight hours each day.

One of the major lessons that has come out of the research on sedentary behavior is that exercising before or after work (although beneficial in itself) does not undo the damage done by sitting all day.

However, the research has also found that simply interrupting sitting time with standing or walks may prevent the

negative health effects of a sedentary job.

A relatively short period of sitting-5 consecutive hours, less than an eight-hour work day-increased insulin resistance compared to five hours of sitting interrupted every 20 minutes with a two-minute walk.

Participants consumed a 760-calorie meal at the start, completed one of five-hour patterns, and then the other pattern on the following day. The results showed a more than 20 percent decrease in plasma glucose and insulin levels on the day with walking interruptions.

Another interesting study compared a single block of 30 minutes of walking to a total of 30 minutes of walking spread

out over a day of sitting. In this 2013 study published in the American Journal of Clinical Nutrition, 70 healthy normal weight adults performed each of these three different patterns in random order: 9 hours continuous sitting; uphill walk on a treadmill for 30 minutes, then 8.5 hours of continuous sitting; a 9-hour period of sitting, interrupted by 100 second walking breaks every 30 minutes (30 minutes total walking).

The participants were given three meals each day throughout the experiment.

Regular walking breaks reduced plasma glucose by 37 percent and plasma insulin by 18 percent. The most notable result from this study was that the regular walking breaks pro-

duced greater reductions in plasma glucose and insulin than the 30 minute block of physical activity.

Standing and sit-to-stand (height-adjustable) workstations are being used as tools for reducing prolonged sitting time at work.

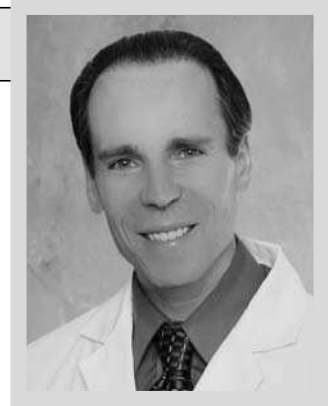
When we are sitting our muscles are idle, but once we stand up, there is measurable electrical activity in the large muscles of our legs-we use these muscles when we are standing. Standing for at least a portion of the day increases total calorie expenditure.

It is still advisable to take occasional walk breaks, even if you do work at a standing or sit-stand workstation. When we stand, we naturally shift weight

and move around. Additional movement, even light movement, will increase metabolic activity, potentially enhancing the benefit.

Standing while working-and alternating standing and sitting-have been found to reduce plasma glucose levels compared to sitting while working.

For optimal health you not only have to get exercise, you also have to avoid prolonged, uninterrupted sitting time. If it is available at your work place, try standing for a significant portion of the day with a sit-to-stand desk. If active workstations aren't available, set timer to remind you to take 1-2 minute walk breaks every 30 minutes.



Take phone calls standing up. Walk up and down the stairs a few times a day. Walk to a colleague's office instead of sending an email.

In other words, take every opportunity throughout the day to stand up and move-remember, even light activity makes a big difference.

Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine.

Soup's On to discuss living in a diverse world

On Monday, Dec. 21, at 6:30 p.m., everyone is invited to join a group of friends from diverse spiritual paths who enjoy discussing a variety of spiritual topics.

This week, Soup's On will discuss living in a beautiful, diverse world, and almost each day of the year is a sacred time for someone, somewhere. They will also share an inclusive religious calendar for nine major world religions: Baha'i, Buddhism, Christianity, Hinduism, Jainism, Judaism,

Islam, Paganism, Shinto and Sikhism.

The evening will begin with bowls of African potato stew, warm home-made bread and vegetables followed by the evening's topic until 8:30 p.m.

The gathering will end with prayers for the requests left in the Prayer Pole in the garden of the Florence Playhouse and those shared by the group.

The Heintz home is at 875 Seventh St. For more information, call Suzanne Mann-Heintz at 541-590-0779.

Churches to host 'Blue Christmas' service Monday

New Life Lutheran and the Florence United Methodist Church are hosting a "Blue Christmas" worship service Monday, Dec. 21, at 2 p.m.

This worship will be at New Life Lutheran, 21st and Spruce streets, and will be a service of remembrance, rest and reflection.

For many of us, Christmas is a bittersweet time of year. It is a time for remembering both persons and events that have been part of our lives in the

past that are now changed or gone. It is a busy time that can feel overwhelming.

Come for a special Advent service of quiet worship to take time for prayer, reflection, remembering and preparing for the coming of Christ.

A time of fellowship and refreshments will follow the service.

For more information, call Florence United Methodist at 541-997-6025 or New Life Lutheran at 541-997-8113.

FUUF to celebrate solstice at Sunday meeting

It's the Yule, Solstice is Monday, Dec. 21, and festivals of light are happening the world over.

On Sunday, Dec. 20, starting at 10 a.m., at the Unitarian Universalist Fellowship, Rev. Ruth Miller will discuss rediscovering the magic and wonder of light in the deep dark of the

year with stories, songs, explanations and a journey thru time.

Bring greenery to help "deck the halls."

The UU Fellowship Hall is at 87738 Highway 101, at Heceta Beach Road.

For more information, visit www.florenceuuf.org or call 541-997-2840.

ASK THE DENTURIST..

Q How often should I replace my dentures?

A Dentures should be replaced every 5-7 years and relines done every other year. See your dentist on a yearly basis for a checkup. This schedule of care will maintain the fit of your dentures and catch any problems before they become serious.



Shawn M. Murray
D.D.

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- Dentures on Implants



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www.naturaldentures.com

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Join Us In Worship
4 lines, approx 15 words, \$10 a week
4 week Minimum
Deadline 3 p.m. Mondays.

To be included in this directory contact
the Siuslaw News at 997-3441, or drop off
information at 148 Maple St., Old Town, Florence.

JOIN US IN WORSHIP

WATCH! 3 ANGELS BROADCASTING NETWORK
(3ABN) TV UHF Channel 48.

24 hour Christian TV highlights Bible studies of prophecy, inspirational music, health lectures, healthy cooking and more.

BAY BERRY CHRISTIAN FELLOWSHIP SINGSPIRATION

You are invited to come and sing your favorite old time gospel hymns
Every Friday night at 7pm • Non-denominational
Bay Berry Square; 101 at Sutton Lake Dr. /milepost 185 N.
For more information, please call 541-997-2681

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Located at Munsel Lake Road and North Fork Road
Worship Services 10:00 AM Sunday
All are welcome! 541-997-7268

COMMUNITY BAPTIST CHURCH

4590 Hwy. 101, Across from Fred Meyer — 997-7418
Sunday School, 9:30a.m. — Worship, 10:45
Wed. Prayer - 6:00 p.m. —Wed. Ministries 1-8 Grade 7 p.m.

CROSS ROAD ASSEMBLY OF GOD

Corner of 10th & Maple — 997-3533
Bible Study at 9:00 A.M.
Services: Worship, 10:30 A.M.
florencecrossroad.org • office@florencecrossroad.org

FIRST BAPTIST CHURCH - SBC

1935 25th St. — 997-7660 • Pastor, Dr. Marvin Owen
Series "Through the Bible" on Wednesdays 6 p.m.
A friendly place to worship, vacationers welcome.
Sun.: 11am & 6pm, Sunday school 9:45am.

FLORENCE CHRISTIAN CHURCH

2nd & Ivy — 997-2961 —Non-Denominational
Worship Service: 9:00 am & 10:30 am
Middle School and High School youth groups meet on Wednesday.

FLORENCE CHURCH OF CHRIST

Pre-Denominational (Romans 16:16)
1833 Tamarack Street (2 blocks east of Hwy. 101 on 18th St.)
Bible Study: Sunday 10 a.m.; Worship: Sunday 11 a.m.
www.churchofchristflorence.org

FLORENCE CHURCH OF THE NAZARENE

12th and Nopal —997-9020
Worship Service 10:30 a.m.
Youth Group Wed. 7-8:30 p.m.
Online Worship Service@ www.florencenaz.com

FLORENCE EVANGELICAL CHURCH

1318 Rhododendron Dr. — 997-2523 — Worship at 11:00 AM — Sunday School
at 9:30 AM — Variety of Sunday evening activities - 5 PM
Wed. Bible & Children classes at 6:00 PM
Call for details.

FLORENCE SEVENTH-DAY ADVENTIST

4445 Hwy 101 (South of Fred Meyer) — 997-3951
Worship on Saturday 10:30 A.M.
Adult/Children's Sabbath School 9:15 A.M.



Watch
"In Search of the Lord's Way"
Sunday, 7:30 AM
KMTR Channel 12



Then visit the
Florence church of Christ
1833 Tamarack
Florence, Oregon

and experience the joy and simplicity of
pre-denominational New Testament Worship. (Romans 16:16)

Bible Study: Sunday, 10:00 am
Worship: Sunday, 11:00 am

www.churchofchristflorence.org

FLORENCE UNITARIAN UNIVERSALIST FELLOWSHIP

N.W. Corner of Heceta Beach Road & Hwy. 101
Every Sunday at 10 a.m.
All are welcome. (541) 997-2840

FLORENCE UNITED METHODIST CHURCH

1st Sunday of Month Worship 10:30
All other Sundays Worship 9 A.M. & 10:30 A.M.
2nd & Kngwood • (541) 997-6025
"Open Hearts, Open Minds, Open Doors"

FOUR SQUARE CHURCH

1624 Highway 101 (next to A&W) — 997-6337
Pastor George Pagel — Something for the entire family.
Sun. Services: 10:45 a.m., Wed. Bible Study 7 p.m. — Youth Group: Sat., 6 p.m.
Website: florence4square.com

FLORENCE VINEYARD (GOD'S POWER HOUSE)

2610 Kingwood, Florence • 541-268-2025
Sunday Worship @ 10:00 a.m., experience the Power of the Holy Spirit
Pastors: George & Beverly Sisemore
Intercessory Prayer & Worship, Thursday night @ 5:00 pm
florencevineyardchurch.com

NEW LIFE CHURCH-UPC

1525 12th St., Suite 24 •541-991-9398
Sunday Services: 10am and 6pm
Tues. Bible Study 7:00pm

NEW LIFE LUTHERAN CHURCH, E.L.C.A.

21st & Spruce Street — 997-8113
Adult Forum 9 a.m. — Sunday School 10:30 a.m.
Worship services; Sun. 10:30am & Wed. 6pm.
Pastor Lori Blake
www.lutheranchurchofchristflorence.com

PRESBYTERIAN CHURCH OF THE SIUSLAW

Traditional Worship Service 10:00 a.m., Reverend Greg Wood
Sunday School and Nursery — Organ and Choir
All Welcome. Come as you are.
3996 N Hwy 101 997-7136

RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

"War is still not the answer." FCNL
We worship in homes at 11am Sundays
Call 997-4237 or 902-9511 for locations.

RESURRECTION LUTHERAN CHURCH, L.C.M.S.

Every Sun., Bible Class 9 a.m., Worship Service 10 a.m.
85294 Hwy. 101 S. — 997-8038
DVD of Weekly worship service available.
Pastor Randy Benscoter

ST. ANDREW'S EPISCOPAL CHURCH

2135 19th St. — 997-6600
The Rev. Georgia C. DuBose, Vicar
8:30am, Tuesdays, Morning Prayer
Sunday Services: 8 a.m. and 10 a.m. — Wed, 11 a.m.
Everyone Welcome — Come walk our Labyrinth.

SAINT MARY, OUR LADY OF THE DUNES CATHOLIC CHURCH

Masses: Sat. 5:30 p.m., Sun. 11:00 a.m.
1.5 miles south of river on Hwy 101 — 997-2312