In the blink of an eye, we will be out of the snow and into the shiny spring. In the meantime as the days and months change, we want to be by your side to encourage you with your New Year’s resolutions. We hope you have made healthy, attainable, and enjoyable goals. Resolutions should not only be for your physical well-being, but also emotional and spiritual. Have you heard of Mind-Body-Soul?? Well let us get ROLLING!

CBHC Barbershop/Salon Program
January 2016
VOL 1 ISSUE 6

Just for the HEALTH of it!

BARBERSHOP PROGRAM
PARTNERS AND COLLABORATORS

American Heart Association
American Diabetes Association
KPCO African American Center of Excellence
Center for African American Health
KPCO Prevention Department
Inner City Health Center
Park Hill Seventh-Day Adventist Church

BARBERSHOP PROGRAM
PARTNERS AND COLLABORATORS

Colorado Black Health Collaborative
Achieving health equity in Colorado’s Black community

www.coloradoblackhealth.org
info@coloradoblackhealth.org
This month we will be focusing on how to take care of our physical body? Have you heard of the saying what you put in is what you get? Are you always on the run such that you would not even recall what you swallowed? Remember You have power to control your blood pressure, sugar level, cholesterol, and weight to lead a healthy life!

Do you pay attention to how much you are consuming daily?

Q. Do you know the maximum amount of sodium you should consume each day?
   A. 2 grams  B. 7 grams  C. 10 grams  D. 6.5 grams

Q. What is the maximum amount of added sugar you should have in a day?
   A. 2 cubes sugar  B. 4 cubes sugar  C. 7 cubes sugar  D. 9 cubes sugar

Do you prefer and over

Q. How many servings of fruits and veggies should you eat per day?
   A. 1-3  B. 3-5  C. 5-9  D. 11-13
Meet Tank

Tank is one of our barbers and a real champion for the cause. Tank is the owner at the World Class Barbers. We will share more of Tank’s story during 2017. But let me give you a sense of what Tank is all about…………

We were in the shop doing some screenings, grooving to the great music flowing through the shop. Tank had encouraged several men to sit down at our table and get their blood pressure checked. Several young entered the shop. One of the young men, a regular customer, greeted Tank. Tank returned the greeting with a command--you all need to hit the floor and give me some push-ups. They had broken the rule of no sagging in the shop. Tank reminded the young man that he should have told his friends about this rule before they came in. The young men weren’t happy but they all completed the push-ups that they owed tank.

Life Lessons!

CBHC Mission
To achieve health equity in Colorado’s Black Community

............the Body

Q. How many glasses of water should you drink per day?
A. 2-5 B. 6-8 C. 9-11 D. 12-14

White bread tastes good, but it is full of salt. How about whole-grain for a change?

Q. How much of starchy carbohydrates (potatoes, bread, rice) should you have in your daily diet?
A. 1/3 B. 1/4 C. 1/2 D. 2/3

Q. How many whole-grain servings should you have per day at a minimum?
A. 1 serving B. 2 servings C. 3 servings D. 4 servings

Did you know that protein should be your part of diet? What is the main source of your protein?
Q. What should be your daily protein intake per day?
A. 46-56 grams B. 68-79 grams C. 25-38 grams D. 80-95 grams

Take care of your body it is the only one you have.

Answer Key: Page 4
**CBHC BARBERSHOP PROGRAM**

**BE ON THE LOOK OUT FOR THE FEBRUARY EDITION –MIND-BODY-SOUL**

CBHC WELCOMES VOLUNTEERS - HAPPY TO TRAIN YOU!

ARE YOU READY TO DO SOMETHING GREAT FOR YOUR HEALTH

We are already walking for the APHA 1Million Step Challenge

Join our team "CBHC Stepping for the Health of it!"

[https://stridekick.com/tc/apha](https://stridekick.com/tc/apha)

**PLEASE CONTACT US:** COLORADOBHC@YAHOO.COM

**PHONE:** 720-579-2126

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**MLK DAY 2017**

**Answers**

1. 2 grams of sodium
2. 7 cubes of sugar
3. 5-9 servings fruit/vegetable
4. 6-8 glasses of water
5. 1/3 starchy carbohydrate
6. 3 servings whole grain per day
7. 46-56 grams protein per day

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**Colorado Black Health Collaborative**

[www.coloradoblackhealth.org](http://www.coloradoblackhealth.org)

info@coloradobhc@yahoo.com

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**We will be the Healthiest Black folks in the Nation!....Are you with us?**

*ChooseMyPlate.gov*

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**Just for the HEALTH of it!**