

LIFESTYLE

9 of the Worst Habits for Belly Fat

Belly fat is the most dangerous kind of fat since it settles around your organs and affects your risk for heart disease, diabetes, and other serious health issues. These bad habits can increase your chances of developing belly fat or prevent you from losing it.



1. You are a Social media Junkie

If you can't stay away from Facebook and Instagram, you may not notice yourself packing on the kilograms. Scientists suspect that social network influences what people perceive as normal and acceptable—if you see your “friends” and followers getting heavier, you feel like it's OK if you do too.

2. Fruit juice is a diet staple

If drinking fruit juice is how you get your daily serving of fruit, you're doing more harm than good. Fruit juice is generally high in calories and sugar, lacks the fiber and other vitamins and nutrients you'd get from an actual piece of fruit AND the number of cups of orange juice you'd have to drink to reach your daily serving exceeds how many sliced oranges it would take to get there.

3. You're a snack addict

Snacking all day means you're ingesting extra calories that can be hard to keep track of, (unless you are munching on fruits or almonds you packed the night before), you're likely reaching for sweets or processed foods lying around the office, which can be high in fat, sugar, and salt.



4. Your exercise routine is irregular

Aside from diet, exercise has the biggest impact on gaining or losing belly fat. “When you exercise, muscles use energy instead of

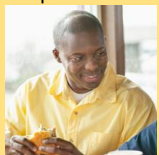
it being stored in belly fat. That's why when you start exercising, many people notice they lose inches from the waist first.

5. You don't meal plan

Be a mindful eater instead of a mindless one. When you don't plan what you're going to eat and when, you end up eating whatever is available. Plan what you'll eat for breakfast, lunch, and dinner the night before. If you have the time, take it one step further and use your weekend to shop for groceries for the week or prepare some meals you can keep in the fridge.

6. You're a fried food fanatic

If you can't stay away from dodo or mosa, expect to see your waistline expand. Fried foods are filled with the worst type of fat, trans fat, which triggers weight gain around the belly. Unless you eat your fried rice with a large helping of salad, the fat is almost immediately absorbed - fast into the bloodstream without a moderating effect. Vegetables help with digestion and metabolism because they have vitamins and antioxidants that help clean up the bad ingredients ingested.



7. You don't eat enough veggies

If at least half your plate isn't filled with vegetables (yes: potatoes or sweet potatoes count), you could be sabotaging your weight. Dr. Kazlauskaitė advises starting your largest meal of the day with a hearty helping of fiber-filled vegetables, which leaves less room for other foods that aren't as healthy.

8. You're a soft drinks lover

A mineral a day definitely won't keep the weight away. It's well documented that sugary drinks are linked to obesity, and the reason is clear: one can of soft drink is equal to 10 teaspoons of sugar and has 150 calories, all of them empty since you're not getting any nutrients.

9. You rely on sit-ups to get a six-pack

Unfortunately, sit-ups or crunches aren't the magic answer to a flat stomach if they aren't accompanied by cardio. Those exercises tone abdominal muscles but don't burn fat, which is key to eliminating belly flab.

Extracted from www.msn.com/en-us/health/nutrition

JOKE OF THE MONTH

Dear Son...

An old Arabian in central USA wants to dig his garden to plant tomatoes. He e-mails his son, who studies in Paris: “Dear Son, I wanted to plant tomatoes in my garden today, but I am too old and weak to dig. If only you were here to help me. Allah be with you. Your father.”

A few hours later, he gets an e-mail back: “Dear father, Please do not dig in the garden. It's where I hid...The THING!”. Allah be with you, Your dear son.”

15 minutes later, the cops, the FBI and the CIA are at his house digging around his garden. When they didn't find anything, they left disappointed.

One hour later, the father receives another mail: “Dear father, I assume your garden has been dug by now. Hope you remembered to tip the FBI. Allah be with you. Your dearest son.”

This Month in History

Oct. 20, 1920: Mass meeting at Christ Church School room to discuss plan for a Cathedral estimated at £20,000.

Oct. 28, 1942: Cathedral Standing Committee encourages formation of Societies from among Cathedral members.

Oct. 28, 1944: First consecration of a Bishop (Rt. Rev. S. C. Phillips in West Africa.

Oct. 21, 1879 - Thomas Edison successfully tests an electric incandescent lamp with a carbonized filament, keeping it lit for over 13 hours.

Oct. 24, 1929 - "Black Thursday" occurs in the New York Stock Exchange. Nearly 13 million shares in panic selling.

Oct. 25, 1993 - A ragtag group of young people under the name of Movement for the Advancement of Democracy (MAD) hijacks a Nigerian airliner to Niger in order to protest official corruption.

Oct. 28, 1886 - The Statue of Liberty is dedicated NDon Bedloe's Island in New York Harbour. The statue was a gift from the people of France commemorating the French-American alliance during the American Revolutionary War.

Oct. 31, 1984 - Indian Prime Minister Indira Gandhi is assassinated by three Sikh members of her bodyguard while walking in her New Delhi garden.

Nov. 1st - All Hallows Day, known as All Saints Day among Roman Catholics, commemorating those who have no special feast day.

Nov. 3, 1534 - King Henry VIII becomes Supreme Head of the Church of England following the passage of the Act of Supremacy by Parliament.

Nov. 5th - Remembered as Guy Fawkes Day in Britain, for the anniversary of the failed "Gunpowder Plot" to blow up the Houses of Parliament in 1605.

Nov. 10, 1995 - Saro-Wiwa and eight other MOSOP leaders (the "Ogoni Nine") are killed by hanging at the hands of military personnel.

Nov. 11, 1992 - The Church of England vote allowing women to become priests.

Nov. 12, 1974 - The U.N. General Assembly suspends South Africa over its policy of apartheid.

Nov. 17, 1993 - General Sani Abacha, Defence Minister in the interim government and most senior officer, seizes power from Shonekan, abolishing constitution

We

Serve

Newsletter of Group D, Guild of Stewards of the Cathedral Church of Christ, Lagos

October 2016

VOL. XXXX NO. 11

Hello hello hello

How have you been? Good I hope. The year end looms and it seems the only thing making new which most Nigerians have already taken a position! By the next time we meet, a new American President should be in sight and we can get on with our lives.

We welcome and again congratulate our newly married brethren - Jide and Damola as they trudge along their wonderful mystical world of matrimony. May God guide you both.

Seems that all is but set for the 70th Anniversary of the Cathedral Guild of Stewards. By the next time we serve, we would be having the Anniversary Heritage Concert, where a lot of the Guild families of yore are expected. We look forward to catching up with old friends.

We are told although not yet confirmed, that the Cathedral has narrowed down its preference for a new Provost. Like they say in this part of the world, "I congratulate you. I congratulate myself as well". We pray that the good Lord Himself will be the counselor and Guide of the Provost-Elect.

Have a lovely month.

ws is the looming US elections, and on
Olumide Sofowora Esq. SAN
Editor

Offering to the Altar: Sunday, October 18, 2016

7.15 a.m. - Mr. Olanyi Tayo

9.15 a.m. - Mr. J. G. Ayodele

11.15a.m.- Mr. Tunji Jackson

5.00 p.m.- Mr. Steve Amihere

Offering to the Altar: Sunday, November 13, 2016

7.15 a.m. - Mr. Akin Martins

9.15 a.m. - Mr. Yomi Adelola

11.15a.m.- Mr. Dotun Aboaba

Roster of Records of Collections:

Oct. 16, 2016 - Mr. Steve Amihere

Nov. 13, 2016 - Mr. J. Claudius Cole

Dec. 11, 2016 - Dr. J. J. Agbaike

UPCOMING GUILD EVENTS

Sunday, November 13, 2016 at 4.00pm – Cathedral Guild of Stewards' Musical Heritage Evening at the cathedral Church in celebration of the 70th Anniversary of the Guild of Stewards.

Wednesday, November 25, 2016 at 5.00pm- Guild of Stewards 70th Anniversary Talk at the Fellowship Centre



Battle heats up as Group “D” Steward of Quarter Results emerge...page 3



Nine of the worst habits that have contributed to your belly fat...page 4

The “Extremely Coded” Jide & Damola Claudius-Cole!



A proud Mr. Jide Claudius-Cole steps out with rapturous wife Damola Group D's most recent addition decided to add some flavor to his life by choosing to leave the comforts of Lagos State and reaching out as far as Ondo State. This was the story behind the joyous event on Saturday, September 17, 2016 when Mr. Jide Claudius Cole marched out to the hilly countryside of Ondo City to wed the lovely former Miss Damola Alabi. The wedding itself was preceded by a colourful engagement ...continued on page 3

PRAYER FOR THE MONTH A Prayer in This Time of Recession

God, we thank you for the gift of your presence--Christ who is your Word made flesh; Christ who is the wisdom of God and the power of God. We need your wisdom especially in these troubled times. In the midst of turmoil and uncertainty, as financial institutions crumble, and the very economic and social fabric of our lives is shaken.

Many of us are gripped by anxieties and fears, With the clouds of recession over us, and worsening prospects ahead.

But surely, God, we as your children do not look to the horizon, desperately waiting for an economic savior to emerge.

Financial kingdoms, economic empires may come and go, But throughout, God, you remain our stronghold and refuge. Those...continued on page 2

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