

The Most Excellent Prince Hall Grand Chapter of Holy Royal Arch Masons
OF THE STATE OF TEXAS AND JURISDICTION



FROM THE DESK OF the
Most Excellent Grand High Priest
MICHAEL BERRY, SR.

HEALTH INITIATIVE!

July 6, 2022

Companions, your wellness truly matters! Exercise not only helps you look good but is also produces a substance called nitric oxide. This substance is essential for helping our bodies regulate our blood pressure and moves oxygen, blood, and nutrients throughout our body effectively. You have heard the old saying, “You are what you eat!” Although this statement is very cliché, it is very true. What we eat has a direct correlation with our overall health. Too much or too little of certain foods can put us at risk of heart disease, diabetes, cancer, stroke, and many other illnesses. High stress levels cause inflammation in the body. Stress and inflammation account for **75% of chronic conditions**. Proper diet and exercise can greatly assist with stress management and is an important factor in living an elevated life. We want ALL our Companions to live a long and happy life. **“A Healthy Royal Arch Mason is a Happy Royal Arch Mason.”**

The Most Excellent Prince Hall Grand Chapter of Holy Royal Arch Masons has launched the **Healthy RAM Program**: with an aim to raise awareness and encourage our Companions and family members to live a healthy and longer life by regular exercise and healthy eating.

This initiative has three Lines of Effort (LOE):

LOE 1: Mental Health Awareness; Strong RAM Program, seminars, round tables, **reference the RAM Mental Health policy, fact sheets, and emergency resources.**

LOE 2: Physical Activities; Regular exercise (daily), community projects, gym membership, resources.

LOE 3: Nutrition Awareness; Healthy eating and diet plans, professional guidance, resources

Actions of our Chapter Leadership and Companions.

Learn how to keep healthy, happy and ask certified trainers and fitness professionals about it.

- Challenge members to exercise at least 30 minutes a day.
- Develop a plan for you and your membership.
- Conduct group exercise with Companions at a park, gym, local track.
- Record your individual or group activities and take photos.
- Post your activities on our various social media.
- Issue exercise challenges to Companions and other Chapters, i.e., run / walk 5-10 miles a week, 20 push-ups a day for a week, 3 pulls up a day, etc.



Encourage Companions and family members around you to live healthy.

This includes **healthy eating habits** and increase water consumption.
Share you diet & exercise plans with other chapters, and leaders.

HEALTHY & FITNESS GOALS

Companion Health Goals

- To enjoy excellent health.
- To live a long life.
- To have high levels of energy and vitality.
- To be free from pain and illness.
- To follow a nutritious diet.
- To manage stress better.
- To be physically more active.
- To manage weight better.

The Most Common Fitness Goals and how to Reach Them

- Get healthy in body and mind to live a longer and more fulfilled life.
- Lose weight/fat.
- Gain weight/muscle.
- Lose fat and gain muscle

GENERAL INFORMATION

This information is provided as a starting point / guide to get you active.

As a general goal, aim for **at least 30 minutes** of moderate physical activity every day. If you want to lose weight, maintain weight loss or meet specific fitness goals, you may need to exercise more. Reducing sitting time is important, too. The more hours you sit each day, the higher your risk of metabolic problems. But remember, you'll build up to this. To start, you might only want to do two or three days per week and slowly work your way up to five days. Plan your workouts to include a combination of:

- cardio
- strength training
- core work
- stretching

For maximum results, a workout program should consist of cardiovascular and strength training exercise. When you lift weights, you increase your lean muscle mass. This allows you to increase your metabolism and burn calories at a higher rate, even when you're not working out. Cardiovascular exercise isn't just essential in maintaining good heart health. Cardio exercise can:

- burn calories
- boost your mood
- decrease stress

CARDIOVASCULAR EXERCISE

Generally, aim to do:

- 30 minutes of moderate-intensity cardio activity at least five days per week (150 minutes per week)
- at least 25 minutes of vigorous aerobic activity three days per week (75 minutes per week)



If you want to lose weight, consider two days of moderate activity and two days of vigorous aerobic activity or high intensity interval training.

STRENGTH TRAINING

Aim for two to three days per week of strength training. Include full body workouts that focus on compound exercises. These are moves that work multiple muscles at a time. Examples include:

- squats with a shoulder press
- deadlift with a bent-over row
- lunges with a lateral raise
- pushups and plank with a one-arm row

Other key exercises to include in your strength training program include:

- squats, lunges, planks, pushups, straight leg deadlifts, bench-presses, pushup dips, overhead presses, pullups, dumbbell rows, planks, exercise ball crunches.

To get the most out of your weight loss workouts, make sure you're following these guidelines:

- Vary the intensity of your workouts. Include both high intensity interval training (if physically able) and moderate-intensity exercises.
- Perform different methods of cardio in a week, like running on the treadmill, biking, rowing and swimming.
- Use circuit training when lifting weights to keep your calorie burn high. Circuit training involves doing a series of exercises, one after the other, with no rest between each exercise. At the end of the series of exercises, you typically rest for a set period (30 to 60 seconds) and repeat the circuit two or three more times.
- Take at least one or two days of rest each week.

Remember Companions, your wellness truly matters!

“A Healthy Royal Arch Mason is a Happy Royal Arch Mason.”

Michael Berry, Sr.

Michael Berry, Sr.
Most Excellent Grand High Priest

Attested:

Victor Wiggins, Jr.

Victor Wiggins, Jr.
Right Excellent Grand Secretary

