



Sitting Is the New Smoking



I have heard the saying that “sitting is the new smoking.” Can this be true?

In effect, yes! In recent years “sitting is the new smoking” is being used more in health and wellness circles. This catchy expression underscores the alarming consequences of a sedentary lifestyle, drawing parallels between the detrimental effects of prolonged sitting and the well-established hazards of smoking.

The dangers of smoking were denied and covered up for many years. Society has become more desk-bound and technology-driven. Health experts are appealing for a reevaluation of our work habits and environments because of the proven risks and dangers of extended periods of sitting.

The comparison to smoking is dramatic but serves as a powerful wake-up call. Just as smoking was once considered an acceptable and harmless behavior, sitting has become part of our lives, particularly in office-based occupations. Mounting evidence suggests that excessive sitting can contribute to numerous health issues.

Research has demonstrated that prolonged sitting may impact cardiovascular health through poor blood circulation and an increased risk of heart disease. A sedentary lifestyle promotes the accumulation of plaque in the arteries, raised blood pressure, and elevated cholesterol levels. Over time, these changes can manifest as heart attacks or strokes.

Studies have indicated that people who sit for more than eight hours a day, especially without regular breaks for physical

activity, face a significantly higher risk of cardiovascular issues compared to those who lead more active lifestyles. Sedentary behavior has been linked to an increased risk of such conditions as obesity and diabetes, further compounding the toll on the body.

The health of the musculoskeletal system is compromised by prolonged sitting. Hours spent in a seated position can contribute to poor posture, back pain, and stiffness. The lack of movement puts undue stress on the spine and can lead to the weakening of core muscles.

Mental health and emotional well-being are negatively impacted by a sedentary lifestyle. Physical activity releases endorphins, the body’s natural mood enhancers. When individuals spend extended periods sitting, they miss out on these crucial mood-boosting effects. Consequently, a sedentary lifestyle has been linked to an increased risk of depression and anxiety.

The growing awareness of the detrimental effects of prolonged sitting calls for us to redesign our work/learning environments and habits. Initiatives encouraging standing desks, walking meetings, and regular breaks are gaining popularity. Incorporating physical activity into daily routines, such as taking short walks, stretching exercises, or opting for active transportation, can mitigate the harmful effects of prolonged sitting. Ultimately the message that “sitting is the new smoking” serves as a warning that seemingly innocuous habits can have profound implications for our health. We need to intentionally exercise and stretch our muscles, thereby preserving our physical and emotional well-being even as we work at our desks and/or attend many lengthy meetings and committees. By so doing, we will live healthier and more productive lives and even make better decisions, by God’s grace!

*Peter N. Landless & Zeno L. Charles-Marcel
Adventist Health Ministries, General
Conference*



CALENDAR OF EVENTS OCTOBER

- 1 Adventist Teacher Recognition Day
- 1-29 Club Certifications
- 5 Day of Prayer and Fasting
- 5 World Teacher’s Day
- 5 SDA Inter-America Youth Society (Online)
- 6 CHAM Council Meeting
- 7 8 Weeks 2 Wellness Monthly Meeting
- 8 Let’s Move to Live Fun Run/Walk
- 11-13 ATCU Women’s Ministries Weekend
- 12 Ministerial Family Day
- 12-18 Creation Week
- 13-19 CHAM Week of Prayer
- 17-19 Mission Symposium
- 18-20 IAD Spirit of Prophecy Symposium
- 18-20 Public Campus Ministries Weekend
- 19 Spirit of Prophecy and Adventist Heritage Day
- 19 Men’s Power Hour (MPH)
- 24 Executive Committee Meeting
- 26 Creation Sabbath
- 28 Full Circle
- 28 Closing Program for Children’s and Adolescent Ministries “Olympics of Love”
- 28 Closing Program for Women’s Ministries “Rescuing Values”



ATCU PUSH INITIATIVE 2024 OCTOBER

- Sept 29-Oct 5 Adventist Teachers
- 6-12 General Conference Autumn Council Meetings
- 13-19 Evangelism efforts by Women and Children
- 20-26 Leaders of Church and Nation
- Oct 27-Nov 2 IAD Year-End Meetings



MT. THOMPSON CHURCH

All are invited to join the Mount Thompson SDA Church for Bible Class on Sabbath afternoons at 2 p.m. The Bible class is accessible via YouTube and Zoom. Zoom ID: 508 626 8046
YouTube Channel: MountThompsonSDA



NEW PROVIDENCE CHURCH

All are invited to attend New Providence SDA Church, Soldier Road, this Sabbath September 28, 2024, as we celebrate 48 years of witness. Guest Speaker Pastor Peter Joseph.



MUSIC DEPARTMENT

Choir Rehearsals for SBC Children's Choir will commence this Sabbath afternoon beginning at 4:30 p.m. at the MARANATHA Church. Children between the ages 6-12 who are not members, are also invited to attend.

All singers who would like to be a part of the 2024 FESTIVAL OF CAROLS are invited to attend rehearsals for that event this Sabbath afternoon, beginning at 6:30 p.m., at the MARANATHA Church.

SBC Music Coordinator
Annette Dorsett



ASI BAHAMAS

The ASI Bahamas Chapter is raising funds for their Ghana 2024 Mission trip. All are invited to support this endeavor at the ASI Stew and Souse out this Sunday, September 29, 2024. For more information contact 556-0492.



BETHANY CHURCH

Bethany Seventh-day Adventist Church will hold a Gospel Series titled, "The Messages of Hope" from October 5th-26th, 2024. Host Pastor Kareem Black will be the evangelist for the series.

Off nights: Mondays, Thursdays, and Saturdays.

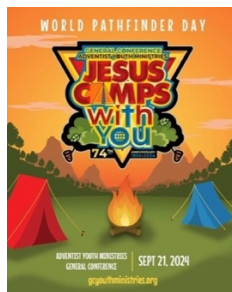


YOUTH ANNOUNCEMENTS

2024 Pathfinder Rally

The 2024 South Bahamas Conference Pathfinder Rally has been rescheduled for Sabbath, October 5, 2024, at the Hillview Church. Come out and support our

pathfinders as they share their testimonies under the theme, "Jesus camps with you!"



Youth Month Nominee Registration

Under the theme: Homecoming: Let's Make More Memories, National Youth Month 2024 is almost here! All church youth leaders are encouraged to nominate an outstanding youth and adventurer, by October 6, 2024, using the link below:

<https://forms.gle/P88JWmWVEbpBZiUL7>

Youth Month Sabbath Service

The National Youth Month will begin with a special Sabbath Service on October 5, 2024, highlighting various youth organizations in the country.



ATCU WOMEN'S CONFERENCE

The Atlantic Caribbean Union will host its 2024 women's conference under the theme "Rescuing Your Value for Mission". The conference will be held at Atlantis, Paradise Island from October 11-13, 2024. The international guest speaker will be Jill Morikone, 3ABN Vice President.



BIBLE CONFERENCE

November 1-3, 2024, the South Bahamas Conference of Seventh-day Adventists will be hosting its Bible Conference under the theme, "Rediscovering Biblical Truth" with Dr. Daniel Bediako, GC Associate Director of the Biblical Research Institute.



MEN'S MINISTRIES CONFERENCE

Attention All Men!

Dates: November 15-16, 2024

Location: SuperClubs Breezes, Cable Beach, Nassau, Bahamas

Theme: "Powered By God"

Join us for an empowering weekend of fellowship, worship, and spiritual growth. Strengthen your faith and connect with other men as we become powerful servants of God. Don't miss this transformative experience—mark your calendars for "Powered By God"! For details and registration, scan the QR code or visit <http://bit.ly/3SY7XXJ>.



BAHAMAS ACADEMY Alumni Weekend



Please Email Weekly Announcements

To: sbclogos@gmail.com

Or logos@sbcadventist.org.bs

By Tuesday at 3:00 p.m.

Visit the Conference website:

<http://southbahamasconference.org>

for the Logos publication archives and the ATV658 NEWS, as well as weekly programming.



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SUN SETS NEXT SABBATH

Saturday, October 5, 2024

@ 6:52 p.m.

Have a Happy Sabbath!