

# Healthy Leaders “Living Well at Luther”

*In the morning, LORD, you hear my voice; in the morning I lay my requests before you and wait expectantly. Psalm 5:3 (NIV)*

## *A Morning Offering*

I bless the night that nourished my heart  
To set the ghosts of longing free  
Into the flow and figure of dream  
That went to harvest from the dark  
Bread for the hunger no one sees.

All that is eternal in me  
Welcome the wonder of this day,  
The field of brightness it creates  
Offering time for each thing  
To arise and illuminate.

I place on the altar of dawn:  
The quiet loyalty of breath,  
The tent of thought where I shelter,  
Wave of desire I am shore to  
And all beauty drawn to the eye.

May my mind come alive today  
To the invisible geography  
That invites me to new frontiers,  
To break the dead shell of yesterdays,  
To risk being disturbed and changed.

May I have the courage today  
To live the life that I would love,  
To postpone my dream no longer  
But do at last what I came here for  
And waste my heart on fear no more.

~ John O'Donohue ~(*To Bless the Space Between Us*, 2008)

## Emotional and Spiritual Well-being

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## Current Recommendations for Physical Activity

Physical activity recommendations in the 2010 Dietary Guidelines for Americans were based on the 2008 CDC, Health and Human Services report. Adults should get the equivalent of 150 minutes weekly, or 30 minutes five days per week, of moderate-intensity aerobic activity- brisk walking, dancing, swimming, and bicycling on level ground. Vigorous activities -jogging, singles tennis, swimming laps, and bicycling uphill reduce the recommendation to 75 minutes each week.

*Good news for the busy lifestyle, aerobic activity can be broken up into increments as short as 10 minutes.*