



# Faithfully Fit Newsletter

MAY 2020: ISSUE 2


This monthly newsletter provides you with resources to help your mind, body and spirit.


## HEALTHY MIND


Uncertain times can breed uncertain feelings, concerns and emotions. Staying positive and hopeful might seem like a chore. Having faith in God's love can help lead you through the toughest of times.

Below are some helpful links to reconnect to self through Him:

[Three Little Birds- Boy's Rendition of a Bob Marley Classic](#)

[Emotional Wellbeing During the COVID-19 Outbreak](#) 

[103 Encouraging Bible Verses & Inspirational Quotes to Boost Your Faith](#) 


[Powerful Morning Affirmations \(video\)](#) 



## HEALTHY BODY



Shelter-in-place regulations have given us the time and space to focus on our health. Along with building a strong routine, prioritizing movement and fresh air everyday can help.


Check out these links to inspire you to move everyday!

[Laughter is the Best Medicine](#)

[6 All-Natural Ways to Ease Arthritis](#) 

[Our 5 Favorite Indoor Exercises \(For Beginners and Experts\)](#)  

[Workouts For Seniors Who Want To Regain Their Youth](#)  

[Walk With Ease Program](#) 



## MAY AWARENESS TOPICS



**MENTAL HEALTH AWARENESS**



**NATIONAL PHYSICAL FITNESS & SPORTS MONTH**



**ARTHRITIS AWARENESS MONTH**

## FAITHFULLY FIT PARTICIPATING MINISTRIES:

Dupont Park SDA  
First Rock Baptist  
Galilee Baptist  
Pilgrim Rest Baptist  
Urban Outreach Ministries

**Urban Outreach  
Food Distribution  
Every Thursday & Saturday**

**10 am to 2 pm**

**5343 C Street, SE  
Washington, DC 20019**

## HEALTHY EATING

Now is a great time to focus on creating healthy meals for you and your family. Experiment with canned goods mixed with fresh produce. Without the convenience of fast food or the rush of commuting, use this time to fuel your body right.

Take a look at these links for healthy eating tips:

[25 Healthy Snacks While Working From Home](#)

[How to Snack Mindfully During Quarantine](#) (video)

[10 Healthy Foods That \(Practically\) Never Expire](#)

## TECHNOLOGY POINTERS

If you need help with technology, check out the links below to help you:


[Zoom Meeting Tips and Tricks](#)

[GoToMeeting Guide- How to Use and Join](#)


## ADDITIONAL RESOURCES

[Children: Home Schooling and Fun Activities](#)

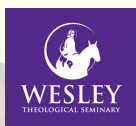
[13 New Hobbies to Master During Quarantine](#)

[Arthritis Resources](#) 

[7 Meditation Tips to Help Combat COVID-19 Anxiety](#) 

Text **HOME** to 741741 to connect with a Crisis Counselor 

- Free 24/7 support at your fingertips



Email [awells@american.edu](mailto:awells@american.edu) with any questions or if there are topics you would like included  
A partnership between American University and Wesley Theological Seminary funded by DC Health.



## EPHESIANS 4:2

*Be completely humble and gentle; be patient, bearing with one another in love.*

## HEAL THE SICK HEALTH MINISTER CERTIFICATE PROGRAM

For more information on how to serve your congregation, click [HERE](#).



### HEAL THE SICK

A FAITH AND HEALTH PROGRAM  
AT WESLEY THEOLOGICAL SEMINARY

