



# Faithfully Fit Newsletter

FEB 2021: ISSUE 10

February is Heart Health Month. Check out these resources to support a healthy 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.

[Real Men On How Mental Health Struggles Impacted Their Relationships](#)

[8 Simple, Brain-Healthy Habits To Work Into Your Quarantine Routine ASAP](#)

[8 Ways to Add Some Joy to Your Most Dreaded Chores](#)

## HEALTHY BODY

Shelter-in-place regulations have given us the time and space to focus on our health. Along with building a strong routine,

[NEW WEBINAR: What Can a Body Do? How We Meet the Built World – A Conversation with Author Sara Hendren \(2/10\)](#)

[Fun, Low Impact Workout for TOTAL Beginners \(video- 29 mins\)](#)

[20 Foods That Can Save Your Heart \(WebMD\)](#)

## COVID VACCINE INFO

Kimberly Dyan Manning, MD is an African American doctor from Emory University and she explains how the [COVID-19 vaccine](#) works in simple (video).

[Benefits of Getting the COVID-19 Vaccine \(Balm in Gilead\)](#)

### FAITHFULLY FIT PARTICIPATING MINISTRIES:

Dupont Park SDA  
First Rock Baptist  
Galilee Baptist  
Pilgrim Rest Baptist  
St Theresa of Avila  
Urban Outreach Ministries



Heart Health Month



# 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.



**CLICK FOR MORE**  
**NUTRITIONAL INFO**



exceed the limit  
for added sugars.



exceed the limit  
for saturated fat.

## ANNOUNCEMENTS

### Summer Health Minister Certificate program

Equips and trains faith community members, clergy, public health professionals, social workers, chaplains, and others to support whole-person health in many settings.

Reach out to your church's health minister for more information!

Register [HERE!](#)



## 3 JOHN 1:2

Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.



Email [awells@american.edu](mailto:awells@american.edu) with any questions or if there are topics you would like included  
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