



Faithfully Fit Newsletter

JAN 2021: ISSUE 9

January is Cervical Health Awareness Month. Check out these resources to start off the New Year!

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.


[4 Feelings You May Experience When You Surrender To The Present Moment \(Essence\)](#)


[5 Scandinavian Secrets to a Happier, Healthier Life \(Kaiser Permanente\)](#)

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 every day can help.

[Achieving Your New Year's Fitness Goals \(Balm in Gilead\)](#)

[Cervical Cancer Fact Sheet \(CDC\)](#) 

[Cervical Cancer Awareness \(Balm in Gilead\)](#) 

COVID VACCINE INFO

[COVID Vaccine Estimator Tool \(NY Times\)](#)

[Explaining Vaccine Trial Phases](#)

FAITHFULLY FIT PARTICIPATING MINISTRIES:

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

CERVICAL CANCER AWARENESS 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.

[75 Easy Food Resolutions To Help You Eat Better In The New Year](#)

[Keep Those New Year's 'Eat Better' Resolutions \(WebMD\)](#)

ANNOUNCEMENTS

2021 Jump Start Program

Join a group of motivated people excited about making long-term healthy habits. This free 4-Week program is designed to inspire you physically, mentally, and spiritually for the year ahead.

Register by Wednesday, January 20 by emailing your name and church to Ayanna Wells (awells@american.edu).

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!](#)



Email awells@american.edu with any questions or if there are topics you would like included
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EZEKIEL 36:26

And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh.

