



Faithfully Fit Newsletter

SEPT 2020: ISSUE 5

This monthly newsletter provides you with resources to help to support a 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.

[The Mental Health Benefits of Exercise](#)

[Guided Meditation for Stress Relief \(video 11:35\)](#)

[5 Best Brain Games For Kids On Android](#)

[Multicultural Mental Health Facts \(NAMI\)](#)


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.

[How to Exercise with Limited Mobility](#)

[Low Impact, Beginner Workout \(video 29:33\)](#)

[Seated Back Pain Relief Stretches \(video 8:18\)](#)

[Exercise and Physical Activity Guide \(NIH National Institute on Aging\)](#) 

FAITHFULLY FIT PARTICIPATING MINISTRIES:


Dupont Park SDA

First Rock Baptist

Galilee Baptist

Pilgrim Rest Baptist

Urban Outreach Ministries

 St Theresa of Avila

**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.

[How to Eat Healthy on a SMALL Budget \(video 9:59\)](#)

[Rethink Your Drink \(CDC\)](#)

[Heart Healthy Home Cooking \(HHS\)](#)



Psalm 32:8

I will instruct you
and teach you in
the way you
should go; I will
counsel you with
my eye upon you.

ADDITIONAL RESOURCES

[Guide to Reopening Church Services \(Humanitarian Disaster Institute\)](#)

[Preparing Caregivers during COVID-19 \(AARP\)](#)

[The Book of Alzheimer's for African American Congregations \(Balm In Gilead\)](#)



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