



Faithfully Fit Newsletter

APRIL 2021: ISSUE 12

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.

[What is Mindfulness?](#)

[5 Things You Should Know About Stress \(NIH\)](#)

[A Guided Breath Meditation for Beginners \(video: 10:02\)](#)

HEALTHY BODY

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

[Diabetes Prevention and You! Reducing Your Risk of Type 2 with Southeast Diabetes Faith Initiative \(video\)](#)

[Easy Exercises](#)

[10 Best Stretches to Ease Your Lower Back Pain, According to Trainers](#)

COVID INFO

[Resources for Coping with COVID-19 \(support, FAQs, programs, etc.\)](#)

For vaccine schedules, check out [Coronavirus.dc.gov](https://www.coronavirus.dc.gov)

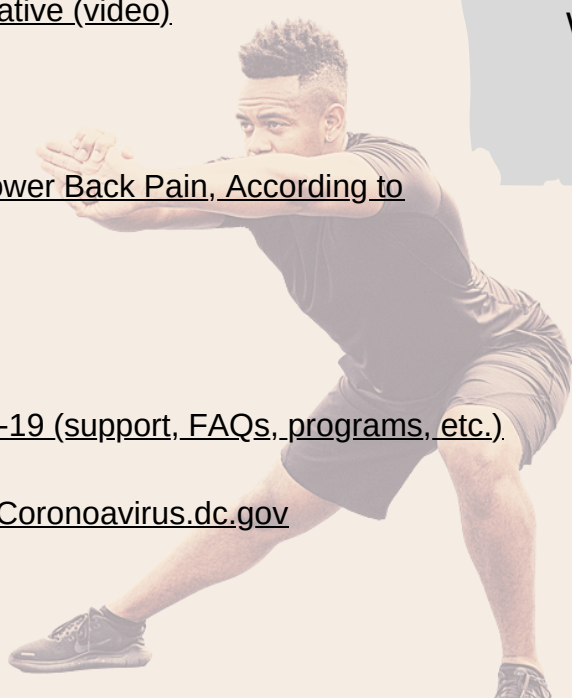
FAITHFULLY FIT PARTICIPATING MINISTRIES:

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

- World Health Day- April 7
- STD Awareness Week- April 11-17
- World Immunization Week- April 24 to 30

THE BLACK CHURCH: THIS IS OUR STORY, THIS IS OUR SONG, OUR STORY

COLORING BOOK



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. Fuel your body right!

[These Mindful Eating Habits Will Help Relieve Stress](#)

[What Is a Plant-Based Diet? Food List, 7-Day Meal Plan, Benefits, and More](#)

[6 Essential Exercises for COVID-19 Recovery, According to a Physical Therapist](#)

ANNOUNCEMENTS

Healthy for Life Nutrition Series

Stay tuned for the Healthy for Life series happening later this month. You will be able to join in for nutrition and cooking talks from our Health Ministers!

April 10- Double Duty Meals- Cooking Demo!

- Register: bit.ly/doubledutymeals1

April 17- Food Label Smarts

- Register: bit.ly/foodlabelsmarts2

April 24- Mind Over Matter: Developing Healthy Eating Habits

- Register: bit.ly/mindovermatter3

May 15- Pantry Makeover

- Register: bit.ly/pantrymakeover4

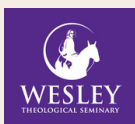
May 22- Pick a Protein- Cooking Demo!

- Register: bit.ly/pickaprotein5



HEBREWS 10:23

Let us hold unswervingly to the hope we profess, for he who promised is faithful.



Email 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.

