



# Faithfully Fit Newsletter

JUNE 2021: ISSUE 14

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.

[COVID-19 Vaccine: Answers for Dementia Caregivers and People Living with Alzheimer's](#)



[3 Key Mindset Shifts That Made Me a Significantly Happier Person](#)

## HEALTHY BODY

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

[Summer Safety Tips](#) 

[8 Tips for Better Posture When You Don't Have a Desk](#)



[What Do You Want to Know About Men's Health?](#)



## 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!

[Natural Ways to Boost Testosterone](#)



[Creating a Healthy Summer Meal and Snack Plan for Kids](#)

## FAITHFULLY FIT PARTICIPATING MINISTRIES:

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



Men's Health Awareness Month



Alzheimer's and Brain Awareness Month

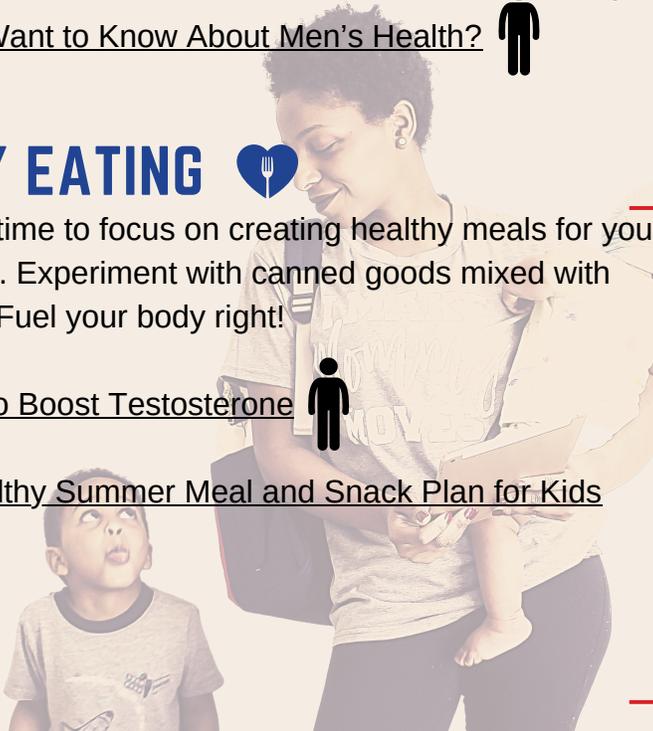


National Safety Month

CHECK OUT THE **NETFLIX**  
DOCUMENTARY

**HIGH ON THE HOG:**  
HOW AFRICAN AMERICAN CUISINE  
TRANSFORMED AMERICA

2021



# DID YOU KNOW THERE'S A JUNETEENTH FLAG?

## The star

The white star in the center of the flag has a dual meaning, Haith said. For one, it represents Texas, the Lone Star State. It was in Galveston in 1865 where Union soldiers informed the country's last remaining enslaved people that, under the Emancipation Proclamation issued two years earlier, they were free. But the star also goes beyond Texas, representing the freedom of African Americans in all 50 states.

## The burst

The bursting outline around the star is inspired by a nova, a term that astronomers use to mean a new star. On the Juneteenth flag, this represents a new beginning for the African Americans of Galveston and throughout the land.

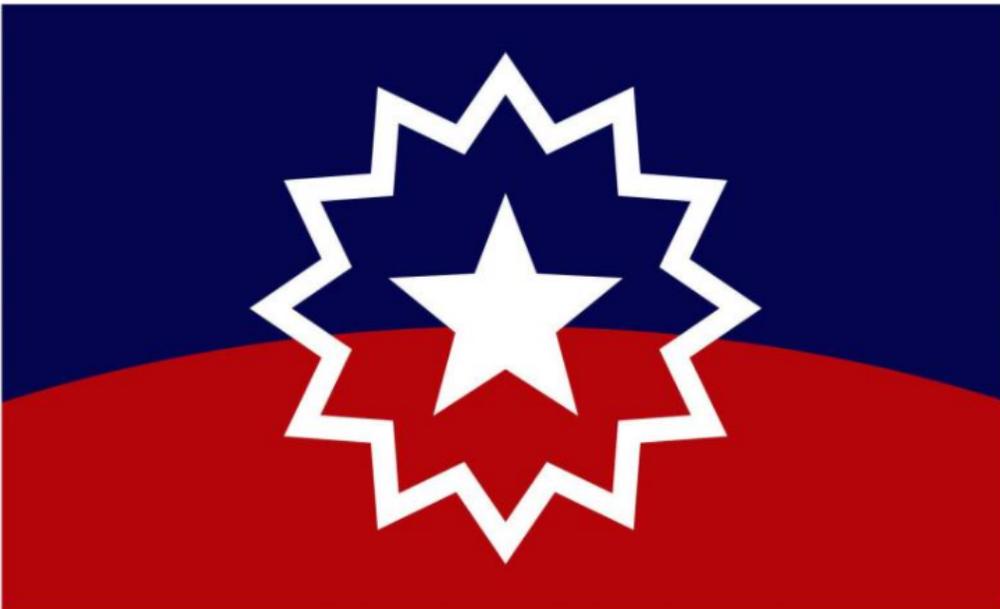
## The arc

The curve that extends across the width of the flag represents a new horizon: the opportunities and promises that lay ahead for black Americans.

## The colors

The red, white and blue represent the American flag, a reminder that slaves and their descendants were and are Americans. June 19, 1865, represents the day that enslaved black people in Galveston, Texas, became Americans under the law.

from: <https://www.cnn.com/2020/06/19/us/freedom-day-juneteenth-flag-meaning-trnd/index.html>



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.



## 1 CORINTHIANS 6:12

"I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but I will not be mastered by anything.

