



Faithfully || Fit Newsletter

JULY 2021: ISSUE 15

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.

[Staying Mentally Healthy Over the Summer](#)
[15 Activities for Your Summer Self-Care Checklist](#)
[Inner Child Meditation \(video 10 mins\)](#)

HEALTHY BODY

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

[Preventing Skin Cancer](#)
[20 Summer Lifestyle Tips for a Healthy Mind and Body](#)
[World Hepatitis Day](#) 


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!

[5 Ways to Eat Healthy During the Summer Months](#)
[8 Healthy Summer Foods to Add to Your Diet](#)
[10 Tips for Staying Hydrated During the Summer Heat](#)

FAITHFULLY FIT PARTICIPATING MINISTRIES:

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

 National Youth Sports Week
(July 19-23)

 World Hepatitis Day (July 28th)



CREATING SMART GOALS THIS SUMMER

We have less than 6 months until the end of the year! What goals (big or small) do you want to accomplish in that time?

First, consider what you want to achieve, and then commit to it. Set SMART (specific, measurable, attainable, relevant, and time-bound) goals that motivate you, and write them down to make them feel tangible. Then plan the steps you must take to realize your goal and cross off each one as you work through them.

Click [HERE](#) for more info!

S

Specific (or Significant).

M

Measurable (or Meaningful).

A

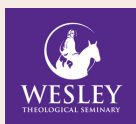
Attainable (or Action-Oriented).

R

Relevant (or Rewarding).

T

Time-bound (or Trackable).



Email awells@american.edu with any questions or if there are topics you would like included
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PSALM 32:8

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

