



Faithfully Fit Newsletter

AUGUST 2021: ISSUE 16

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.

[Breastfeeding Promotes Early Brain Development](#)



HEALTHY BODY

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

[2021 Recommended Vaccinations for Infants and Children \(Birth Through 6 Years\): Parent-Friendly Version](#)



[Sun Safety Quiz](#)



[COVID-19 Vaccines: How do We Know They are Safe?](#)



[What You Need to Know about Sun Safety](#)



[Breastfeeding Benefits](#)



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!

[Top 10 Superfoods for Breastfeeding Moms](#)



[Returning to In-person School and Life: How to Boost your Immune System](#)

FAITHFULLY FIT PARTICIPATING MINISTRIES:

Dupont Park SDA

First Rock Baptist

Galilee Baptist

Pilgrim Rest Baptist

St Theresa of Avila

Urban Outreach Ministries



Immunization Awareness Month



Breastfeeding Awareness Month



Summer Sun Safety Month



Colorectal Cancer Alliance is hosting an interactive conversation called *Reclaiming my Health: An Urgent Black Health Discussion* on **August 27th.**

Click [here](#) for more information

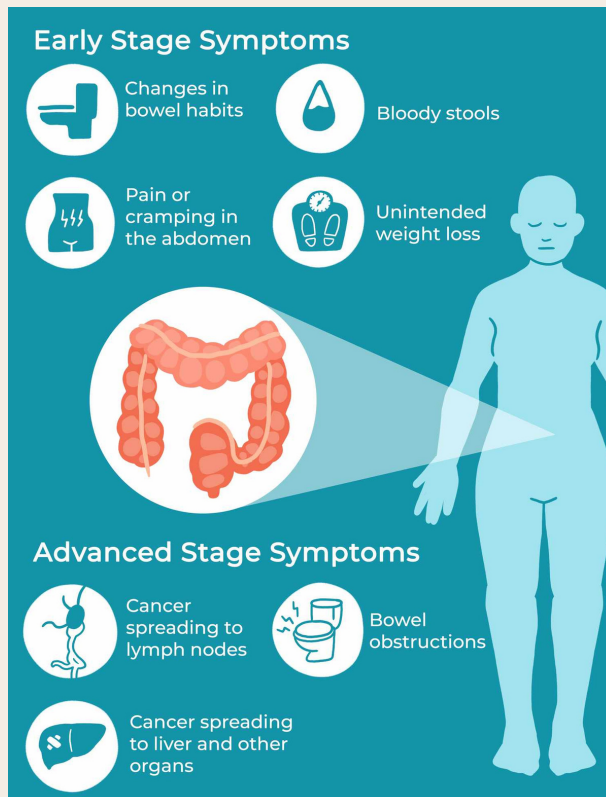
COLORECTAL CANCER

The **Colorectal Cancer Alliance** is a national nonprofit with the goal to empower allies to help support people impacted by colorectal cancer, raise awareness of preventative measures, and inspire efforts to fund critical research.

Click the video below to hear from a survivor and to find out more information about how to screen for colorectal cancer.



Colorectal cancer is the **3RD** most common cancer in black men and women. African Americans are **20%** more likely to develop this form of cancer and **40%** more likely to die from it than most other groups.



Colorectal cancer may develop with few, if any, symptoms. Symptoms include blood in or on stool, changes in stool habits, ongoing stomach pain, bloating, weakness, or fatigue.

Take charge of your health by taking a quiz where you can find out if you're eligible to receive a free Fit Kit



JOSHUA 1:9

"Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go."



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