



# Faithfully Fit Newsletter

NOV 2021: ISSUE 19


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.



[Mental Health Awareness for African American Men](#)


[How to Practice Gratitude](#)



[Take Care of Others by Taking Care of Yourself](#) 


## HEALTHY BODY


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

[9 Caring Ways to Support a Lung Cancer Survivor](#)  

[10 Tips for Family Caregivers](#) 


[Help a Loved One Get More Active: Quick Tips](#)  


[Small Steps Big Difference](#) 

[Benefits of Quitting Smoking Over Time](#) 

## 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!

[Diabetes Meal Planning](#) 

[Nutrition for Caregivers](#) 

## FAITHFULLY FIT PARTICIPATING MINISTRIES:

Dupont Park SDA

First Rock Baptist

Galilee Baptist

Pilgrim Rest Baptist

St Theresa of Avila

Urban Outreach Ministries



American Diabetes Month

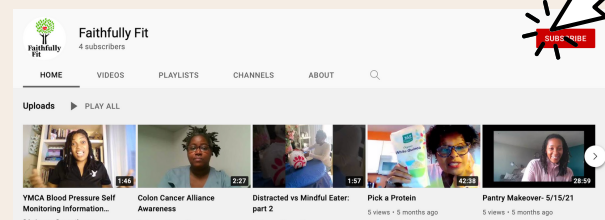


National Family Caregivers Month



Lung Cancer Awareness Month

**CHECK OUT AND SUBSCRIBE TO THE FAITHFULLY FIT YOUTUBE CHANNEL!!**



# COVID-19 INFO

[CDC Expands Eligibility For COVID-19 Boosters](#)

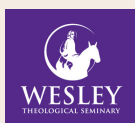
[Tackling COVID-19 by Getting the COVID Vaccine](#)

[Walkup Vaccination Sites](#)

[Find a COVID-19 Vaccine Near You](#)

## 30 DAY GRATITUDE CHALLENGE

- |                                               |                                            |                                                  |                                                |                                                |
|-----------------------------------------------|--------------------------------------------|--------------------------------------------------|------------------------------------------------|------------------------------------------------|
| 1 What moments are you grateful for?          | 2 Who in your life are you grateful for?   | 3 What food are you grateful for?                | 4 What new skills are you grateful for?        | 5 What about your body are you grateful for?   |
| 6 What new item are you grateful for?         | 7 What smell are you grateful for?         | 8 What new connection are you grateful for?      | 9 What books are you grateful for?             | 10 What tradition are you grateful for?        |
| 11 What colors are you grateful for?          | 12 What and how did you overcome recently? | 13 What season of the year are you grateful for? | 14 What recent challenge are you grateful for? | 15 What sounds are you grateful for?           |
| 16 Which new places did you see and love?     | 17 What in nature are you grateful for?    | 18 What invention are you grateful for?          | 19 What did you learn last year?               | 20 What role model are you grateful for?       |
| 21 What part of the day are you grateful for? | 22 What was the best moment last year?     | 23 What changes last year are you grateful for?  | 24 What lesson are you grateful for?           | 25 What attribute of God are you grateful for? |
| 26 What voyage are you grateful for?          | 27 Where did you see unexpected beauty?    | 28 What in day-to-day life are you grateful for? | 29 What talent are you grateful for?           | 30 What blessings are you grateful for?        |



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.



## THESSALONIANS 5:16-18

Rejoice always, pray continually give thanks in all circumstances; for this is God's will for you in Christ Jesus.

