BLACK HISTORY MONTH

Faithfully Fit Newsletter

FEB 2022: ISSUE 22

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.

Stress Less for a Healthier Heart

Prayer to Clear My Mind- Overcoming Doubt, Stress, Worry

Staying Mentally Healthy During the Winter Months

Dr. P- Taking the Stress out of Heart Health (podcast episode #143)

HEALTHY BODY

As we enter a new calendar year, now more than ever is a great time to focus on our health and build a strong routine.

Love is Respect: Talk About It

28 Days Towards a Healthy Heart

Tips to Get a Girl Active

Move More: Making Physical Activity Routine

Help Your Kids Find Their Way to Play

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!

Maintain Energy with Nutrition this Winter

FAITHFULLY FIT PARTICIPATING MINISTRIES:

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

American Heart Month

Teen Dating Violence Awarness Month

National Girls and Women in Sports Day (Feb 2)

ORDER YOUR FREE AT-HOME COVID-19 TEST NOW!

SEE THE NEXT PAGE FOR MORE INFORMATION

COVID-19 INFO

District of Columbia COVID-19 Testing Sites

Mayor Bowser and DC Health Launch COVID Centers

COVID Test Kit Order

ORDER YOUR FREE AT-HOME COVID-19 TEST NOW!

Here's how...

1. Click the **link** to order your free test kits. Click "Order Free At-Home Tests".
2. You will be directed to a USPS order form. Enter your contact information and shipping address.
3. Scroll to the bottom of the page and click the green "Check Out Now" button to review your order.
4. Click "Place My Order" and you will get confirmation that your order has been placed.
5. Here's what you need to know about your order:
   - Limit of 1 order per residential address
   - 1 order includes 4 individual rapid antigen COVID-19 tests
   - Orders will ship for free, usually in 7-12 days

WHAT TO KNOW ABOUT HOME COVID TESTS (BALM IN GILEAD)

1 CORINTHIANS 13:4-5

Love is patent love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

Faithfully Fit

*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.***